



LEWIS & CLARK COLLEGE

GRADUATE SCHOOL OF EDUCATION AND COUNSELING
CPSY 588: INTERNSHIP IN FAMILY THERAPY
FALL 2009

Time & Day: Mondays, 1:00 am – 4:00pm
Instructor: Teresa McDowell, Ed.D.
Office: Rogers Hall/ Office hours TBA

CATALOG DESCRIPTION

Extensive clinical training and experience in couples, family, and child therapy during a calendar year internship. Requires the student to complete 600 hours client contact hours. Students must be supervised by an Approved Supervisor through AAMFT.

COURSE DESCRIPTION

Ongoing clinical supervision is required of all Marriage and Family Therapy (MFT) students in clinical practice at any internship site. This meets the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) requirement that students receive ongoing individual supervision of their clinical work from a qualified MFT supervisor. It is also meets the practice requirements of the University of Connecticut MFT graduate program.

Throughout your clinical practice, you will participate in both individual and group supervision.. You may be asked to meet with your supervisor alone or with one other MFT trainee in the program for 60-90 minutes each week. Individual supervision is defined as no more than two supervisees meeting with a supervisor face to face. You will also meet as a group with up to 10 other MFT students who are working at various sites. This group supervision will be led by an AAMFT Approved Supervisor or the equivalent.

The majority of supervision (at least 50%) must be based on raw data (i.e., live observation/video-tapes of sessions with clients, or co-therapy with your supervisor). These arrangements and all of the requirements of CPSY 588 must be maintained during academic breaks, including summer months, when you are not actually enrolled in the course but are seeing clients through your affiliation with Lewis & Clark College. This syllabus serves as a contract between you, the program, and your individual supervisor.

COURSE PURPOSE & OBJECTIVES

Your individual supervisor provides oversight for all of your clinical cases. It is essential that you keep him or her apprised of all of your cases and of any urgent situations that arise (e.g., high risk situations, times when you may need to report abuse or neglect). Individual supervision allows students to work in-depth on their developing clinical skills and to both give and receive detailed ongoing feedback from a colleague and supervisor. Group supervision provides you with additional case supervision and training in applying family therapy theory and models across varied contexts with diverse populations. Group supervision provides a venue for students to consider many perspectives and approaches to working with families. Both individual and group supervision give you the opportunity to review your clinical practice in depth and to encourage your ongoing development as a family therapist. Individual and group supervision also serve in different ways as contexts in which you will be encouraged to explore yourself as a therapist (i.e., self of the therapist) relative to your world view, assumptions, relational styles, and so on.

If you are dealing with a clinically urgent situation, you should first call your individual supervisor. If he or she is not available, then call your group supervisor.

Throughout your clinical experience and supervision, you will be working on numerous areas of your clinical work. This includes, but is not limited to, the AAMFT Core Competency subsidiary domains, which are focused on the types of skills or knowledge that MFTs must develop. These are reflected on the *Lewis & Clark MCFT Supervisee Evaluation* form (see appendix).

COURSE ASSIGNMENTS

Case Presentations & Supervision Worksheets

On the first day of class, you will sign up to present 2- 3 cases during the semester. Case presentations must include a pre-selected section of video (approximately 20 minutes long), copies for all course participants of the *Supervision Worksheet* for the family you are working with (using pseudonyms), the theoretical approach(es) you are using, and specific goals for supervision. (See *Supervision Worksheet* & explanation.)

Research to Practice Exercises

When you present, you will be asked to include research relative to the presenting problem(s). For example, if you have a family struggling with alcohol addiction, your presentation can include recent research on relational approaches to treatment and how what you learned might influence your work with the family. In other words, we want you to get in the practice of going to the literature and using research in your daily practice. Include your findings on the topic including resources you think might be helpful for your colleagues on a separate sheet or on your supervision worksheet. Bring copies of your summary for all class participants.

Weekly Self-of-the-Therapist Journals

Students are expected to write journals that should include the following:

- (a) Feelings, thoughts, and reactions to your sessions/site/supervisor/classmates, including an exploration of why you might have the aforementioned feelings, thoughts, and reactions.
- (b) How your feelings, thoughts, and reactions might influence your counseling style and counseling relationships.
- (c) Other people's reactions to you and how that might relate to your style and personal characteristics such as racial/ethnic group, gender, social class, etc.
- (d) Questions for supervision.

The journal entries may include discussion of client's transference phenomenon and how the client dealt with them during the session, as well as discussion of the counselor's counter-transference phenomenon and how the counselor understood and dealt with them in the session. The instructor will read and may provide feedback about these journals. The ideal journal entry will exhibit self-reflection and indicate that you are continuing to increase your self-awareness. Journal entries should not exceed a single page and should be submitted to the instructor at the beginning of each class.

ADDITIONAL COURSE REQUIREMENTS

- 1. Attend and actively participate in all scheduled individual and group supervision meetings.
- 2. Keep your supervisors informed regarding the status of all of your cases.
- 3. Contact your individual supervisor immediately should you encounter a clinical emergency or suspect the need to report abuse or neglect.
- 4. Practice according to the American Association for Marriage and Family Therapy (AAMFT) code of ethics and the Oregon State Laws. Inform your individual supervisor, CPSY 588 instructor/group supervisor, and/or the program coordinator of any potential ethical or legal infractions you may be involved in or know about.
- 5. Practice according to all requirements given to you at your internship site. This includes completing all paper work and case management duties in a timely and thorough manner. Any questions or concerns you have about completing these requirements should be taken to your supervisor.
- 6. Video tape as many therapy sessions as possible and make arrangements for your supervisor to be involved in/observe live sessions whenever possible. Make sure you discuss video tape policies with your internship site supervisor and follow all policies regarding obtaining client consent and transporting sensitive clinical material.
- 7. During the first few minutes of supervision, inform your supervisor of any emergency/urgent situations that need to be handled during the supervision time.

8. Let your supervisor know when supervision is and isn't "working" for you so that you can maintain a positive working relationship.
9. Be involved and offer input about all cases presented during supervision, even if you are not directly seeing the clients.
10. Use time efficiently during supervision. Being prepared to really talk about a case and thinking through your goals ahead of time makes the process more vital for everyone involved. When presenting a video, cue the parts of the tape you want to watch in supervision. This saves searching for pertinent data.
11. Keep complete and ongoing records of all client contact and supervision hours (See *CPSY MCFT Program Hour Logs* in *MCFT Clinical Handbook*). Have your hours signed by your individual supervisor(s) each month and turn them in to your CPSY 588 instructor. He or she will ensure they are placed in your student clinical file as a permanent record of your meeting required clinical and supervision hours.
13. Make sure you use pseudonyms and remove all identifying information from any cases you present in supervision and class or use as examples to complete assignments in order to protect client confidentiality.
14. Maintain contact and respond in a timely manner to clients and other professionals.
15. Readings may be assigned throughout the course as needed. Complete course readings each week as assigned/agreed upon and be prepared to discuss and apply readings to case presentations.

GRADING

In order to pass the course, you must demonstrate competency as evaluated on the *MCFT Supervisee Evaluation Form*. You must also meet all course requirements as outlined in this syllabus. All paperwork associated with completion of Internship I must be turned in to the instructor in order to receive a grade for this course. On or before the last day of class, you must turn in the following:

The *MCFT Supervisee Evaluation* signed by your site supervisor and yourself;

The *MCFT Supervisor Evaluation* which is your evaluation of your site supervisor; and

Up to date *MCFT Monthly Hour Logs*.

METHODS OF INSTRUCTION

The course is taught in a seminar-type format. The course instructor will facilitate discussion among students and each week a different student will present a clinical case from their fieldwork site.

STUDENT PRIVACY STATEMENT

At times, students may disclose personal information through class discussions. It is expected that the class will respect the privacy of their classmates. The information disclosed in the class will not be repeated or discussed with other students outside of the course.

NON-DISCRIMINATION POLICY/SPECIAL ASSISTANCE

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

SPECIAL ASSISTANCE

If you need course adaptations or accommodations because of a disability and/or you have emergency medical information to share please make an appointment with the instructor as soon as possible.

COURSE EVALUATION

At the beginning of each semester, you will receive a copy of a supervision evaluation form outlining the areas of clinical competence you are expected to develop. You and your individual supervisor will also have ongoing conversations about your progress. At the end of the semester, you and your supervisor will complete the evaluation form and you will also be offered the opportunity to evaluate your supervision experience. Your CPSY 588 instructor/group supervisor will have input into your evaluation and will maintain contact with your individual supervisors at Lewis & Clark and your internship site regarding your progress. Passing this course will be based on successfully completing all requirements and expectations for practice and supervision listed in this agreement.

Completion of case presentations and research to practice exercises must also be completed for a passing grade.

Agency in which supervisee will see clients: _____

Supervisee Signature: _____

CPSY 588 Instructor Signature: _____

Date: _____

SUPERVISION WORKSHEET

Therapist _____ Date _____

Case ID _____ Live ____ Video ____ Case ____

THEORETICAL APPROACH(ES) _____

Specific Goals for Supervision

1.

2.

3.

FAMILY/SYSTEM MEMBERS & BACKGROUND INFORMATION
(e.g., genogram, structural map)

PRESENTING PROBLEM(S)

THERAPY GOALS

FAMILY STRENGTH AND RESILIENCE

PATTERNS OF INTERACTION

LIFE SETTING

FAMILY HISTORY

OUTSIDE SYSTEMS INVOLVED

DESCRIPTION OF THERAPY

CONCEPTUALIZATION OF PROBLEM

TREATMENT PLAN

RELATED RESEARCH

INPUT FROM SUPERVISION GROUP