# **Lewis & Clark College**

# Professional Mental Health Counseling & Professional Mental Health Counseling – Specialization in Addictions MHC 582/583 Mental Health Internship Syllabus Cover Sheet

# **Required Objectives:**

# Professional Counseling Identity (CACREP 2016 Standards)

- 1e. advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients.
- 1i. ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling
- 11. self-care strategies appropriate to the counselor role
- 2h. strategies for identifying and eliminating barriers, prejudices, and processes of intentional and unintentional oppression and discrimination.
- 3c. theories of normal and abnormal personality development
- 3d. theories and etiology of addictions and addictive behaviors
- 3e. biological, neurological, and physiological factors that affect human development, functioning, and behavior
- 5b. a systems approach to conceptualizing clients
- 5c. theories, models, and strategies for understanding and practicing consultation
- 5f. counselor characteristics and behaviors that influence the counseling process
- 5g. essential interviewing and counseling skills
- 5k. strategies to promote client understanding of and access to a variety of community based resources
- 51. suicide prevention models and strategies
- 5m. crisis intervention, trauma-informed, and community-based strategies, such as Psychological First Aid
- 7b. methods of effectively preparing for and conducting initial assessment meetings
- 7c. procedures for assessing risk of aggression or danger to others, self-inflicted harm, or suicide
- 7d. procedures for identifying trauma and abuse and for reporting abuse

- 7e. use of assessments for diagnostic and intervention planning purposes
- 7m. ethical and culturally relevant strategies for selecting, administering, and interpreting assessment and test results
- 8b. identification of evidence-based counseling practices
- 8d. development of outcome measures for counseling programs
- 8i. analysis and use of data in counseling

# Entry-Level Specialty: Clinical Mental Health Counseling (CACREP 2016 Standards)

- C2a. roles and settings of clinical mental health counselors.
- C2e. potential for substance use disorders to mimic and/or co-occur with a variety of neurological, medical, and psychological disorders
- C2I. legal and ethical considerations specific to clinical mental health counseling
- C2m. record keeping, third party reimbursement, and other practice and management issues in clinical mental health counseling
- C3a. intake interview, mental status evaluation, biopsychosocial history, mental health history, and psychological assessment for treatment planning and caseload management
- C3b. techniques and interventions for prevention and treatment of a broad range of mental health issues
- C3c. strategies for interfacing with the legal system regarding court-referred clients
- C3d. strategies for interfacing with integrated behavioral health care professionals
- C3e. strategies to advocate for persons with mental health issues

# **Key Required Assignments/Student Learning Outcomes**

These assignments are required for the course, but <u>will not be the only requirements/expectations</u>. The chart below lists the assignment, method of submission, and benchmark score/grade. These assignments are set up for upload to Taskstream and/or instructor provides rating for assignment. See syllabus for details.

| Theory and Research into Practice   |            | Proficient (A)  | Benchmark<br>(B)   | Emerging (C)   | Inadequate<br>/Fail  | As<br>evidenced<br>by:              | Evaluation<br>and<br>Remediation                                 |
|---|------------|---|--|--|--|-------------------------------------|--|
| Goal 2 of 6 Human<br>Development  |            |   |  |  |  |                                     |  |
| Demonstrates an<br>understanding of<br>individual and family<br>development | Internship | Highly skilled at identifying the impact individual and family development has on the therapeutic process.:Score: 3 | Understands<br>the impact<br>of a person's<br>individual<br>and family<br>developmen<br>t on the<br>therapeutic<br>process:<br>Score 2 | Is aware of<br>the impact<br>of a person's<br>individual<br>and family<br>developmen<br>t on the<br>therapeutic<br>process<br>Score: 1 | Is unable to<br>apply<br>developme<br>ntal theory<br>with clients<br>Score:0 | Internship<br>Evaluation<br>Item 52 | Internship<br>Instructor<br>Review/Refe<br>rral to BRC<br>or ARC |

| Theory and Research into Practice |            | Proficient (A)   | Benchmark<br>(B)   | Emerging (C)  | Inadequate<br>/Fail   | As evidenced by:                    | Evaluation<br>and<br>Remediation                                 |
|-----------------------------------|------------|--|--|---|---|-------------------------------------|--|
| Goal 3 of 6                       |            |  |  |   |   |                                     |  |
| Understands and applies diagnosis | Internship | Uses DSM to diagnose clients, integrates into treatment plan, does not rely only on diagnosis for treatment plan Score:3 | Uses DSM to<br>diagnose<br>clients,<br>integrates<br>into<br>treatment<br>plan<br>Score: 2 | Unable to<br>diagnose<br>clients,<br>inappropriat<br>ely applies<br>diagnosis<br>Score: 1 | Inappropria<br>tely uses<br>diagnosis<br>to<br>pathologize<br>client<br>problems<br>or fails to<br>use<br>diagnosis<br>when<br>needed<br>Score: 0 | Internship<br>evaluation<br>Item 35 | Internship<br>Instructor<br>Review/Refe<br>rral to BRC<br>or ARC |

| Theory and Research into Practice     |            | Proficient (A)  | Benchmark<br>(B)  | Emerging (C)   | Inadequate<br>/Fail   | As evidenced by:   | Evaluation<br>and<br>Remediation                                 |
|---------------------------------------|------------|---|---|--|---|--|--|
| Goal 4 of 6                           |            |   |   |  |   |  |  |
| Understands and applies interventions | Internship | Skillfully<br>implements a<br>range of<br>interventions<br>with adults<br>Score:3 | Consistently implements a range of intervention s with adults Score:2 as relev. | Begins to implement a range of intervention s with adults Score: 1 | Fails to implement a range of interventio ns with adults Score: 0 | Internship<br>Evaluation<br>37, adult<br>84,<br>child/adol<br>85, family | Internship<br>Instructor<br>Review/Refe<br>rral to BRC<br>or ARC |

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| Theory and Research into Practice                                      |            | Proficient (A)   | Benchmark<br>(B)  | Emerging<br>(C)   | Inadequate<br>/Fail | As<br>evidenced<br>by:                        | Evaluation<br>and<br>Remediation                                 |
|--|------------|--|---|---|---------------------|---|--|
| Goal 5 of 6  |            |  |   |   |                     |   |  |
| Able to gather client data, conceptualize and develop a treatment plan | Internship | Demonstrates high skill at completing intakes and treatment plans consistent with site expectations Score 3 on all | Completes intakes and treatment plans consistent with site expectations Score 2 on both | Fails to complete intakes and treatment plans consistent with site expectations |                     | Internship<br>evaluation<br>items<br>31,34,38 | Internship<br>Instructor<br>Review/Refe<br>rral to BRC<br>or ARC |

| Theory and Research   |            | Proficient (A)   | Benchmark  | Emerging  | Inadequate  | As   | Evaluation   |
|---|------------|--|--|---|---|--|--|
| into Practice   |            |  | (B)  | (C)   | /Fail   | evidenced  | and  |
|   |            |  |  |   |   | by:  | Remediation  |
| Goal 6 of 6   |            |  |  |   |   |  |  |
| Students develop treatment plans and interventions consistent with their own theoretical orientation, a critical evaluation of the literature, client mental health needs and goals in counseling, diagnosis, and best practices in the profession. | Internship | Develops well integrated treatment plans that meet client mental health needs, diagnosis, and goals in counseling that is consistent with student theoretical orientation, evaluation of the literature, and best practices in the profession. | Develops treatment plans that meet client mental health needs, diagnosis and goals in counseling. Consistency with theoretical orientation, evaluation of the literature and best practices in the profession adequate. Score: 2 | Develops<br>treatment<br>plans that<br>meet client<br>needs, but<br>inadequate<br>ly address<br>other<br>areas.<br>Score :1 | Does not develop tx plans or develops tx plans that focus on one aspect of client and or one interventio n Score: 0 | Internship<br>Case<br>Presentation<br>AND<br>Internship<br>Evaluation<br>Item 40 | Internship<br>Instructor<br>Review/Refe<br>rral to BRC<br>or ARC |
|   |            | Score: 3   |  |   |   |  |  |

| Clinical skill | Proficient (A) | Benchmark<br>(B) | Emerging (C) | Inadequate<br>/Fail | As<br>evidenced | Evaluation and |
|----------------|----------------|------------------|--------------|---------------------|-----------------|----------------|
|                |                |                  |              | 71 un               | by:             | Remediation    |
| Goal 1 of 5    |                |                  |              |                     |                 |                |

| Students      | Internship | Demonstrate    | Demonstrate   | Demonstrate   | Demonstra    | Internship | Internship    |
|---------------|------------|----------------|---------------|---------------|--------------|------------|---------------|
| develop       | Year       | s high level   | s good level  | s adequate    | tes very     | evaluation | Instructor    |
| therapeutic   | /Graduati  | of             | of            | level of      | low level of | Items      | Review/Refer  |
| communicatio  | on         | therapeutic    | therapeutic   | therapeutic   | therapeutic  | 41,42,50   | ral to BRC or |
| ns skills     |            | communicati    | communicati   | communicati   | communica    |            | ARC           |
| emphasize the |            | on skills, is  | on skills, is | on skills, is | tion skills, |            |               |
| client-       |            | able to        | able to       | able to       | is not able  |            |               |
| counselor     |            | develop and    | develop and   | develop and   | to develop   |            |               |
| relationship  |            | maintain very  | maintain very | maintain      | and          |            |               |
| with          |            | strong         | strong        | adequate      | maintain     |            |               |
| individuals   |            | counseling     | counseling    | counseling    | counseling   |            |               |
| and families  |            | relationships  | relationships | relationships | relationshi  |            |               |
|               |            | Score 3 on all | Score 2 on    | Score 1 on    | ps           |            |               |
|               |            |                | most          | most          | 0 on most    |            |               |

| Clinical<br>skill   |                                | Proficient<br>(A)  | Benchmark<br>(B)  | Emerging (C)  | Inadequate<br>/Fail   | As<br>Evidenced<br>by:                                   | Evaluation<br>and<br>Remediation                     |
|---|--------------------------------|--|---|---|---|--|--|
| Goal 2 of 5   |                                |  |   |   |   |  |  |
| Students<br>facilitate and<br>manage the<br>counseling<br>process with<br>individuals<br>and families | Internship Year<br>/Graduation | Demonstrates high level of able to facilitate and manage the counseling process across longer periods of time and across many different client populations Score 3 on most | Demonstrates good level of able to facilitate and manage the counseling process across longer periods of time and across several different client populations Score 2 on most | Is beginning to be able to facilitate and manage the counseling process across moderate periods of time and across limited client populations Score 1 on most | Is not able to facilitate and manage the counseling process across periods of time and across many different client populations Score 0 on most | Internship<br>evaluation<br>items<br>44,45,46,4<br>7, 49 | Internship Instructor Review/Refer ral to BRC or ARC |

| Clinical skill  |                    | Proficient<br>(A)  | Benchmark<br>(B)    | Emerging (C)       | Inadequate<br>/Fail | As<br>evidenced<br>by:                                | Evaluation<br>and<br>Remediation                                 |
|---|--------------------|--------------------|---------------------|--------------------|---------------------|---|--|
| Goal 3 of 5   |                    |                    |                     |                    |                     |   |  |
| Students develop an understanding of group development, dynamics, counseling theories, group counseling methods and skills, and other | Internship<br>Year | Score 3 on<br>most | Scores 2 on<br>most | Score 1 on<br>most | Score 0 on<br>most  | Internship<br>evaluation<br>:items<br>63,64,65,6<br>6 | Internship<br>Instructor<br>Review/Refer<br>ral to BRC or<br>ARC |

| group work  |  |  |  |  |
|-------------|--|--|--|--|
| approaches. |  |  |  |  |

| Clinical skill  |                    | Proficient<br>(A)  | Benchmark<br>(B)    | Emerging (C)       | Inadequate<br>/Fail | As<br>evidenced<br>by:                       | Evaluation<br>and<br>Remediation                                 |
|---|--------------------|--------------------|---------------------|--------------------|---------------------|--|--|
| Goal 4 of 5   |                    |                    |                     |                    |                     |  |  |
| Students develop an understanding of addiction and co- occurring disorders and counseling skills with clients with addiction and co- occurring disorders. | Internship<br>Year | Score 3 on<br>most | Scores 2 on<br>most | Score 1 on<br>most | Score 0 on<br>most  | Internship<br>evaluation<br>:items 70-<br>78 | Internship<br>Instructor<br>Review/Refer<br>ral to BRC or<br>ARC |

| Clinical skill  |                    | Proficient<br>(A)  | Benchmark<br>(B)    | Emerging (C)       | Inadequate<br>/Fail | As<br>evidenced<br>by:                         | Evaluation<br>and<br>Remediation                                 |
|---|--------------------|--------------------|---------------------|--------------------|---------------------|--|--|
| Goal 5 of 5   |                    |                    |                     |                    |                     |  |  |
| Students develop an understanding of the impact of trauma on clients and demonstrate skills in trauma counseling. | Internship<br>Year | Score 3 on<br>most | Scores 2 on<br>most | Score 1 on<br>most | Score 0 on<br>most  | Internship<br>evaluation<br>:items<br>67,68.69 | Internship<br>Instructor<br>Review/Refer<br>ral to BRC or<br>ARC |

| Self as<br>Counselor  |                                   | Proficient<br>(A)   | Benchmark<br>(B)  | Emerging<br>(C)  | Inadequate<br>/Fail   | As<br>evidenced                               | Evaluation and                                      |
|---|-----------------------------------|---|---|--|---|---|---|
|   |                                   | (-7   | (-7   |  | 7   | by:   | Remediation   |
| Goal 1 of 5   |                                   |   |   |  |   |   |   |
| Demonstrates<br>awareness of their<br>social locations<br>and impact on<br>their life<br>experiences. | Internship<br>Year/Gradu<br>ation | Demonstrat es high level of skill in negotiating impact of counselor social locations on therapeutic process. | Demonstrates<br>ability to<br>address the<br>impact of<br>counselor<br>social<br>locations in<br>therapeutic<br>process | Is able to identify multiple social locations and the impact on personal experience as well as | Is unable or<br>unwilling to<br>explore own<br>worldview<br>Score 0 on<br>one or more | Internship<br>evaluation<br>Items<br>13,57,59 | Internship Instructor Review/Referral to BRC or ARC |

|  | Score 3 on | Score 2 on | how these   |  |  |
|--|------------|------------|-------------|--|--|
|  | most       | most       | impact      |  |  |
|  |            |            | personal    |  |  |
|  |            |            | and         |  |  |
|  |            |            | professiona |  |  |
|  |            |            | l worldview |  |  |
|  |            |            | Score 1 on  |  |  |
|  |            |            | most        |  |  |

| Self as<br>Counselor   |            | Proficient<br>(A)  | Benchmark<br>(B)   | Emerging<br>(C)  | Inadequate<br>/Fail  | As evidenced by:                     | Evaluation<br>and<br>Remediation                    |
|--|------------|--|--|--|--|--------------------------------------|---|
| Goal 2 of 5  |            |  |  |  |  |                                      |   |
| Demonstrates ability to explore how personal experiences, thoughts, and feelings impact counseling with clients. | Internship | Demonstrates awareness of self, emotional stability, impact of self in the therapeutic relationship, dealing with countertransf erence, and an understanding of need for lifelong learning Score 3 | Demonstrates self awareness and emotional stability. Immerging use of self in therapeutic process, uses supervision to continue growth. Sore 2 | Demonstrates self awareness and emotional stability. Immerging use of self in therapeutic process, uses supervision to continue growth Score 1 | Student<br>demonstrates<br>lack of self<br>awareness<br>that impedes<br>learning or<br>client care.<br>Score 0 | Internship<br>Evaluation<br>Item 48B | Internship Instructor Review/Referral to BRC or ARC |

| Self as<br>Counselor   |                    | Proficient<br>(A)  | Benchmark<br>(B)   | Emerging<br>(C)  | Inadequate<br>/Fail  | As evidenced by:   | Evaluation<br>and<br>Remediation                    |
|------------------------|--------------------|--|--|--|--|--|---|
| Goal 3 of 5            |                    |  |  |  |  |  |   |
| Maintains self<br>care | Internship<br>year | Demonstrates ability to maintain personal wellness to optimize professional competence. Recognizes and proactively addresses early signs of burnout. | Demonstrates ability to perform adequate self care to enhance personal wellness and ability to attend to professional responsibilities. Recognizes signs of burn out before client care is impacted. Score 2 on both | Begins to use self care plan, learns to adapt plan when needed, and seeks supervision and personal therapy as needed. Score 1 on one or more | Engages in inadequate self care that impedes learning ability or client care. Score 0 on one or more | Internship Evaluation Items 14, 24 AND MHC 591: Self care plan | Internship Instructor Review/Referral to BRC or ARC |

| Self as<br>Counselor  |            | Proficient<br>(A)  | Benchmark<br>(B)  | Emerging<br>(C)  | Inadequate<br>/Fail   | As evidenced by:                    | Evaluation<br>and<br>Remediation                    |
|---|------------|--|---|--|---|-------------------------------------|---|
| Goal 4 of 5   |            |  |   |  |   |                                     |   |
| Demonstrates<br>awareness of<br>competence and<br>limitations | Internship | Demonstrat es clear awareness of competence and limitations, goes above and beyond to seek opportunitie s for learning using multiple channels | Demonstrates clear awareness of competence and limitations, uses multiple channels to learn/grow (e.g. supervisor, literature search, colleague feedback. | Is under confident or inconsisten t in awareness of limitations, unsure when to seek supervision | Overestimat<br>es<br>competence<br>does not<br>recognize<br>limitations | Internship<br>Evaluation<br>Item 25 | Internship Instructor Review/Referral to BRC or ARC |

| Self as<br>Counselor<br>Goal 5 of 5               |            | Proficient<br>(A)  | Benchmark<br>(B)   | Emerging (C)                                     | Inadequate<br>/Fail                            | As evidenced by:                       | Evaluation<br>and<br>Remediation                             |
|---|------------|--|--|--|--|--|--|
| PQE Critical Items:<br>Openness to<br>supervision | Internship | Develops clear supervisory working alliance with faculty, supervisors and peers. Able to determine when/how to express opinions differing from supervisor and to work toward resolution. Score 3 on both | Seeks supervision from faculty, supervisors and peers. Utilizes supervision to grow and develop. Score 2 on both | Same as<br>above<br>Score 1 on<br>one or<br>more | Same as<br>above<br>Score 0 on<br>more or more | Internship<br>Evaluation<br>Items 6,27 | Internship<br>Instructor<br>Review/Referral<br>to BRC or ARC |

| Multicultural<br>Competence  |            | Proficient<br>(A)  | Benchmark<br>(B)   | Emerging<br>(C)   | Inadequate<br>/Fail   | As evidenced                           | Evaluation<br>and<br>Remediation                             |
|--|------------|--|--|---|---|--|--|
|  |            |  |  |   |   | by:                                    | Remediation  |
| Goal 1 of 4  |            |  |  |   |   |  |  |
| Students develop<br>awareness of the<br>effect of power,<br>privilege, and<br>difference and | Internship | Addresses<br>impact of<br>therapist<br>cultural<br>attitudes and<br>beliefs on | Understands<br>how therapist<br>cultural<br>attitudes and<br>beliefs may<br>impact | Understands<br>how<br>therapist<br>cultural<br>attitudes<br>and beliefs | Fails to<br>recognize<br>how therapist<br>cultural<br>attitudes and | Internship<br>Evaluation<br>Item 15,58 | Internship<br>Instructor<br>Review/Referral<br>to BRC or ARC |

| their own cultural attitudes, beliefs,  |            | relationship<br>and<br>therapeutic<br>process with<br>client either<br>directly with<br>client or in tx<br>planning as<br>appropriate<br>Score 3 on<br>both | relationship<br>and therapeutic<br>process with<br>client, begins to<br>develop<br>strategies to<br>address impact<br>Score 2 on both | may impact relationship and therapeutic process with client with supervisor assistance. Score 1 on one or more | beliefs impact<br>relationship<br>and<br>therapeutic<br>process with<br>client, and<br>impedes<br>client care.<br>Score 0 on<br>both |   |   |
|---|------------|---|---|--|--|---|---|
| Multicultural   |            | Proficient  | Benchmark   | Emerging   | Inadequate   | As  | Evaluation  |
| Competence  |            | (A)   | (B)   | (C)  | /Fail  | evidenced   | and   |
|   |            |   |   |  |  | by:   | Remediation   |
| Goal 2 of 4   |            |   |   |  |  |   |   |
| PQE Critical items: Responsibility Item 5 Students will demonstrate the ability to engage in dialogue with people who carry or hold other perspectives in ways that show respect for the other persons and other points of view. Integrity Items 3,4,5 Respect for others | Internship |   | Score of 2<br>on most   | Score of 1<br>On most  | Score of 0<br>On most  | Internship<br>Evaluation:<br>Disposition<br>s 4, 10, 11 | Internship Instructor Review/Referral to BRC or ARC |

| Multicultural<br>Competence  |            | Proficient<br>(A)   | Benchmark<br>(B)   | Emerging<br>(C)   | Inadequate<br>/Fail   | As<br>evidenced<br>by:                     | Evaluation<br>and<br>Remediation                             |
|--|------------|---|--|---|---|--|--|
| Goal 3 of 4  |            |   |  |   |   |  |  |
| Students recognize limitations of theory and research to apply to all people and demonstrates awareness of need to adapt to individual client worldview, culture and social location | Internship | Recognizes client worldview, social locations, and culture and the impact on client problems, and adapts treatment accordingly. | Recognizes client worldview, social locations, and culture and the impact on client problems and adapts treatment with | Recognizes, with supervisor assistance, client worldview, social locations, culture and the impact on client problems | Fails to acknowledge client worldview, social locations, culture and the impact on client problems Score 0 on one or more | Internship<br>evaluation<br>Items<br>16,60 | Internship<br>Instructor<br>Review/Referral<br>to BRC or ARC |

|  | Score 3 on | supervisor | Score 1 on |  |  |
|--|------------|------------|------------|--|--|
|  | both       | assistance | one or     |  |  |
|  |            | Score 2 on | more       |  |  |
|  |            | both       |            |  |  |

| Multicultural  |                    | Proficient  | Benchmark  | Emerging  | Inadequate | As                                  | Evaluation   |
|--|--------------------|---|--|---|------------|-------------------------------------|--|
| Competence   |                    | (A)   | (B)  | (C)   | /Fail      | evidenced                           | and  |
|  |                    |   |  |   |            | by:                                 | Remediation  |
| Goal 4 of 4  |                    |   |  |   |            |                                     |  |
| Learns strategies<br>for working with<br>gender and<br>gender spectrum<br>issues, diverse<br>populations,<br>ethnic and other<br>non-dominant<br>groups. | Internship         | Score 3   | Score 2  | Score 1   | Score 0    | Internship<br>Evaluation<br>Item 61 | Internship<br>Instructor<br>Review/Referral<br>to BRC or ARC |
| Professional   |                    | Proficient  | Benchmark  | Emerging  | Inadequate | As                                  | Evaluation   |
| Identity   |                    | (A)   | (B)  | (C)   | /Fail      | evidenced                           | and  |
| ,  |                    |   |  | , ,   | ,          | by:                                 | Remediation  |
| Goal 4 of 6  |                    |   |  |   |            | ·                                   |  |
| Demonstrates<br>ability to<br>complete a<br>career<br>assessment and<br>give feedback to<br>client in role play  | Internship<br>year | Provides career evaluation and includes career developme nt in tx plans as regular part of planning | Addresses<br>career<br>issues with<br>clients at<br>intake,<br>includes in<br>tx plan as<br>needed | Fails to<br>consider<br>career in<br>tx<br>planning |            | Internship<br>Evaluation<br>Item 39 | Internship<br>Instructor<br>Review/Referral<br>to BRC or ARC |

| Professional  |            | Proficient | Benchmark | Emerging | Inadequate | As                       | Evaluation   |
|---|------------|------------|-----------|----------|------------|--------------------------|--|
| Identity  |            | (A)        | (B)       | (C)      | /Fail      | evidenced                | and  |
|   |            |            |           |          |            | by:                      | Remediation  |
| Goal 5 of 6   |            |            |           |          |            |                          |  |
| Demonstrates Understanding of roles & functions of mental health counselors | Internship |            |           |          |            | Internship<br>Evaluation | Internship<br>Instructor<br>Review/Referral<br>to BRC or ARC |

| Ethical Practice                           |            | Proficient<br>(A)  | Benchmark<br>(B)   | Emerging<br>(C)   | Inadequate<br>/Fail  | As evidenced by:                         | Review and<br>Remediation                      |
|--|------------|--|--|---|--|--|--|
| Goal 1 of 1                                |            |  |  |   |  |  |  |
| Understands, and follows ethical standards | Internship | Demonstrat es a strong understandi ng and commitment to ethical standards, recognizes ethical issues independent ly, demonstrate s ability to recognizes and remediates ethical errors with supervisor consultation . Score 3 on all | Demonstrates an understandin g of and commitment to ethical standards, recognizes ethical issues independentl y, recognizes and remediates errors with supervisor assistance. Score 2 on all | Demonstra tes an understand ing of and commitme nt to ethical standards, begins to recognize ethical issues with supervision , may make ethical errors without awareness Score 1 on one or more | Does not demonstrate an understandin g of ACA Code of Ethics, or does not recognize practical applications. Attempts to hide mistakes or lacks openness to supervision. Score 0 on any | Internship<br>Evaluation<br>1,9,28,29,30 | Internship instructor review. Referral to ARC. |

| Research and<br>Assessment  |            | Proficient<br>(A)  | Benchmark<br>(B)  | Emerging<br>(C)  | Inadequate<br>/Fail               | As evidenced by:                       | Review and<br>Remediation                           |
|---|------------|--|---|--|-----------------------------------|--|---|
| Goal 5 of 7   |            |  |   |  |                                   |  |   |
| Develops and<br>Utilizes<br>measureable<br>outcomes<br>with clients<br>supported by<br>research<br>literature | Internship | Develops measureab le outcomes/ goals, supported by the literature and within the therapists theoretical orientation | Develops<br>measureab<br>le<br>outcomes/<br>goals<br>supported<br>by<br>literature. | Outcome s/goals are not measure able and/or are not supporte d by literature | Unable to<br>develop a<br>tx plan | Internship<br>Case<br>Presentati<br>on | Internship Instructor Review/Referral to BRC or ARC |

| Research and<br>Assessment   |                    | Proficient<br>(A) | Benchmark<br>(B) | Emerging<br>(C) | Inadequate<br>/Fail | As<br>evidenced<br>by:               | Review and<br>Remediatio<br>n                                    |
|--|--------------------|-------------------|------------------|-----------------|---------------------|--------------------------------------|--|
| Goal 6 of 7  |                    |                   |                  |                 |                     |                                      |  |
| Students demonstrate an understanding of assessment and evaluation in mental health counseling | Internship<br>Year | Score 3           | Score 2          | Score 1         |                     | Internship<br>Evaluation:<br>Item 36 | Internship<br>Instructor<br>Review/Referr<br>al to BRC or<br>ARC |

| Research and<br>Assessment   |            | Proficient<br>(A) | Benchmark<br>(B) | Emerging<br>(C) | Inadequate<br>/Fail | As evidenced by:                     | Review and<br>Remediatio<br>n                        |
|--|------------|-------------------|------------------|-----------------|---------------------|--------------------------------------|--|
| Goal 7 of 7  |            |                   |                  |                 |                     | ,                                    |  |
| Students understand social and cultural factors related to assessment and ethical strategies for using assessment in mental health counseling. | Internship | Score 3           | Score 2          | Score 1         |                     | Internship<br>Evaluation;<br>Item 36 | Internship Instructor Review/Referr al to BRC or ARC |

Lewis and Clark College
Graduate School of Education and Counseling
Department of Counseling Psychology

MHC 582/583 & MHC A 582 Mental Health Internship Amy M Rees 503-768-6060 arees@lclark.edu

Office hours
Please call office for appt.

### **Course Readings:**

Readings as assigned based on issues as they arise in the semester.

<u>Catalog Description</u>: Internship in a community setting. Participants engage in counseling and related professional activities under supervision. Students write reports, prepare case histories, and submit work samples for supervisory review.

Goals: See cover sheet

### Course Description:

This course provides group supervision to students in their mental health internship placement. This format is designed to provide students with experiences in addition to the on-site supervision each student will receive. The class will use a developmental model to focus on counselor growth in competence (skills, techniques), purpose and direction (goal setting, direction in counseling), theoretical identity (application of theory), ethics, respect for individual differences and diversity, and counselor self awareness, sense of personal motivation, and development of appropriate autonomy.

Class activities will primarily be organized to provide time in each class period for case review, student presentations, supervision focused on above model, consultation with peers, and discussion of readings. As part of this process students will develop an understanding of the role of supervision for counselors in order to learn to become active participants in their personal and professional growth. In order for supervision to be effective and useful for the supervisee (student), a working alliance between supervisors (on campus and on site) and supervisees is vital to the process.

Class discussion will provide each supervisee with support, critical feedback, and treatment suggestions and recommendations. Coordination will occur between the supervisors. Students are expected to provide information as accurately and completely to both supervisors in order to facilitate this process. Additionally, the discussion addresses topics concerning transference and counter-transference issues,

personal concerns, and interpersonal communication. IT IS OF FUNDAMENTAL IMPORTANCE THAT THE CONTENTS OF GROUP DISCUSSIONS BE REGARDED AS STRICLY CONFIDENTIAL.

It is intended that mental health interns will complete the internship prepared for entry into the professional community with the skills necessary to provide competent and effective treatment services.

**A Note on Confidentiality:** Much of our class discussion and most of the written work you do for this class will contain information about clients. All such private information falls within our shared responsibility for maintaining its confidentiality and protecting the privacy of our clients. Guidelines for fulfilling our responsibilities in this regard include the following:

- Written materials referring to clients should either refer to them by their initials or a by a pseudonym. If the materials are copied and contain the client's name, the name should be blocked out with a black felt tip pen.
- Video recordings of client counseling sessions should be kept secure and should be erased when they
  have been viewed. They should be in a password protected file, preferably on an IronKey or other
  encrypted drive.
- Classroom doors will be closed when we are discussing cases or viewing videos of actual clients.
- Written materials you turn in for review must follow confidentiality guidelines.
- NEVER, NEVER leave materials in your car unattended. Even if you are just running into a store for coffee take your bag with materials with you. It takes 30 seconds to break a window and grab a bag and it HAS happened to our students before.
- Remember, what we talk about in the classroom STAYS IN THE CLASSROOM!

### **Course Requirements:**

1) Attendance: Attendance and active participation are ESSENTIAL. More than ONE absence from class per semester may result in a grade of "no credit." Please call me in advance if you have any problems preventing you from attending class. You may be able to attend the "off week" section of internship with me with advance permission. Missed classes not made up will require SIGNIFICANT makeup work which may include any or all of the following: meeting with me to make up time missed, written work, or additional documentation of supervision in a group setting on-site.

Active participation is defined as bringing video of sessions to class for case review on a regular basis, offering feedback to others in an appropriate manner, participation in class discussions, and presentation of articles as assigned.

- 2) **Program/Internship Expectations**: Students are expected to meet all requirements for the program and internship as outlined in the Counseling Psychology Student Handbook, Internship Handbook, and Internship Contract. This includes receiving satisfactory ratings on the evaluation form from the on-site supervisor.
- 3) **Ethical Behavior:** Students are expected to understand and follow ethical guidelines, and to seek supervision when there is confusion or an ethical dilemma to be resolved. The student must inform both the on-site supervisor and the faculty supervisor in the event that an ethical error is made. Failure to follow ethical guidelines and/or non-disclosure of ethical errors and seeking of appropriate supervision may result in dismissal from the internship and/or counseling psychology program.

- 4) Case Presentation: Students are expected to do one formal case presentation, using the format from CPSY 549 (if you took the course from me) or I will provide a format. You will turn in a written case summary and treatment plan. Be prepared to discuss your conceptualization of the case and choice of treatment goals. Dates will be scheduled for each student. 30 minutes, 15 presentation, 15 feedback/discussion.
- 5) **CARE form**: Complete the supervision CARE form each week and uploaded to Moodle. NOTE: this must be done EVERY WEEK, even when internship class does not meet.
- 6) All final hours forms and evaluations will be uploaded to the Moodle page for the program(s):

PMHC/PMHC-A 2020 Practicum/Internship Hours Logs and Evaluations

Due to the COVID limitations for office staff and faculty to be on-site, we also need for you to upload all of your prior paperwork from PRACTICUM 1 & 2.

7) **Other:** Other assignments may be required as needed for optimal student development, and based on your individual needs.

### Documentation required by semester end:

First semester internship students:

Evaluation by the on-site supervisor

Self-evaluation on same form that supervisor completes

Fall hours summary sheet

Second semester internship students:

Evaluation by the on-site supervisor

Self-evaluation on same form that supervisor completes

Fall hours summary sheet

Site evaluation (your evaluation of the site)

Fall hours summary sheet

Final hours sheet (Summer/Fall)

Exit interview (anonymous, print thank you page, sign)

Grading: Although this class is graded on the basis of credit/no credit, completion of all requirements at a satisfactory level of competence is necessary to obtain credit. Each student will be evaluated in the areas of counseling competence, self-awareness, theoretical knowledge, integration and application, ethical considerations, effectiveness of oral and written communication, and openness to feedback/supervision. Judgments about what constitutes satisfactory performance will be made by the

campus instructor in collaboration with the on-site supervisor. Final decisions will be made by the campus instructor.

Evaluation methods include written work, observation, tape review, case study, and in class participation/performance. I will visit you at your site and meet with your supervisor at minimum one time during the semester. I will also have telephone contact with the supervisor as needed.

All students will receive a Credit grade at the end of each semester if all requirements of the internship are met. Completion of the required number of hours is only one of the minimum standards, Students must also demonstrate the appropriate growth and skills as outlined above and in the Internship Manual and Contract. Sometimes students need more than two semesters to develop and demonstrate the requirements of a master's level counselor. Also, occasionally a student will have personal issues or life events that make it impossible to develop as a counselor, and the student will be encouraged or required to take time off for self-care. In the event that the internship needs to be interrupted or discontinued, a plan will be developed in conjunction with the instructor, on-site supervisor, and other faculty members in the department.

### **Students with Disabilities**

If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (503-768-7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.

Class format: Check in (personal and professional), emergency issues, ethical issues, case presentation(s)

| Class Schedule:                        |  |
|--|--|
| May 18: Introductions, syllabus review |  |
| June 8:                                |  |
| Last 22Const Recorded to               |  |
| June 22Case Presentation               |  |
| Case Presentation                      |  |
| July 13: Case Presentation             |  |
| Case Presentation                      |  |
|  |  |
| July 27: Case Presentation             |  |
| Case Presentation                      |  |

| August 10 : Case Presentation                    |  |
|--|--|
| Case Presentation                                | <del></del>  |
|  |  |
|  |  |
| <b>Direct Service Hours:</b>                     |  |
| Supervision CARE Note (contin                    | nue on back for each section if necessary)                 |
| Student name:                                    | Date of Supervision:                                       |
| Clients (List all current clients/groups, presen | nting problem/dx, # of visits, & possible risk factors):   |
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| Analysis/reflection (Synopsis of cases/issue     | s discussed this session, what I learned, was it helpful): |
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| $\mathbf{R}$ ecommendations from supervisor:     |  |
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| Ethical Issues (List any relevant or possible ethical issues regarding clients, supervision, or the site): |      |  |  |  |
|--|------|--|--|--|
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|  |      |  |  |  |
|  |      |  |  |  |
| Supervisor Signature   | Date |  |  |  |