

Lewis & Clark College
Graduate School of Education & Counseling
Professional Mental Health Counseling &
Professional Mental Health Counseling – Specialization in Addictions

MHC591 Professional Career Development | Syllabus Cover Sheet

Required Course Objectives

Professional Identity Standards (CACREP 2016 Standards)

1b. The multiple professional roles and functions of counselors across specialty areas, and their relationships with human service and integrated behavioral health care systems, including interagency and inter-organizational collaboration and consultation.

1e. Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients.

1g. Professional counseling credentialing, including certification, licensure, and accreditation practices and standards, and the effects of public policy on these issues.

1h. Current labor market information relevant to opportunities for practice within the counseling profession

1i. Ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling

1j. Technology's impact on the counseling profession

1m. The role of counseling supervision in the profession

5c. Theories, models, and strategies for understanding and practicing consultation

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

C1b. Theories and models related to clinical mental health counseling

C2a. Roles and settings of clinical mental health counselors.

C2i. Legislation and government policy relevant to clinical mental health counseling

C2l. Legal and ethical considerations specific to clinical mental health counseling

Instruction Methods	
Lecture	X
Small Group Discussion	X
Large Group Discussion	X
Course Readings	X
Group Presentation	
Individual Presentation	X
DVD/Video Presentation	
Supervised Small Group Work	X
Individual/Triadic Supervision	
Group Supervision	
Case Study	
Debate	
Class Visitor/Guest Lecturer	X
Off-Campus/Field Visit	
Other:	

Key Required Assignments/Student Learning Outcomes

These assignments are required for the course, but **will not be the only requirement/expectation**. The chart below lists the assignment, method of submission, and benchmark score/grade. These assignments are set up in Taskstream and the instructor provides rating for assignment. See syllabus for details.

	Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate (F)	As evidenced by:	Program objective met:
Self as Counselor						
Goal 3 of 5 Maintains self care	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 burnout before client care is impacted.	Begins to use self care plan, learns to adapt plan when needed, and seeks supervision and personal therapy as needed.	Engages in inadequate self care that impedes learning ability or client care.	Internship Evaluation Items 14, 24 AND MHC591 Self care plan	Self as Counselor (3 of 5)
Professional Identity						
Demonstrates knowledge of professional functioning including history, roles, organizational structures, ethics, standards, and credentialing.		CPCE score at or above national average OR CPCE score below national average & course grade of A in both MHC503 & MHC591			CPCE score MHC503 Grade MHC591 Grade	Professional Identity (1 of 6)
Demonstrates understanding of philosophy of mental health counseling		Defines area of expertise in mental health profession		Fails to complete assignment	MHC591 Expertise Paper	Professional Identity (3 of 6)

Lewis & Clark College
Graduate School of Education & Counseling

MHC 591 Professional Career Development
Fall 2022

Fridays, 9.30-10.28 | 1pm-4pm | York 115

Credit: 1 semester hour

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(Business cell number, email is preferred
to schedule meetings)

Course Description

Addresses key issues of importance to new professional mental health and addiction counselors entering the field. This course is designed to apply career development principles to the professional development of counselors in a variety of roles and settings. Administration, supervision, consultation, and other career-related opportunities for professional mental health counselors will be explored.

Class Objectives

1. Students will be informed about graduation requirements and will resolve any remaining questions or issues related to completion of their degree.
2. Students will learn about various approaches to supervision and will have the opportunity to apply knowledge about supervision to their current settings.
3. Students will update their resumes and identify prospective employers.
4. Students will learn about the LPC licensing process in Oregon and will have the opportunity to ask questions about licensing.
5. Students will learn about private practice, agency, and group practice settings.

Required Readings

There is no required textbook for this course. Recommended articles & other resources will be posted to Moodle.

Suggested Readings

Northrup, L.M. (2022). *Radical healership: How to build a values-driven healing practice in a profit-driven world*. North Atlantic Books.

Course Evaluations

Instructors must require students to complete course evaluations during class time following established guidelines of the Graduate School of Education and Counseling.

Course Expectations

General Policies:

This course adheres to the general policies outlined in the catalog and [Student Handbook](#) of the Lewis & Clark Graduate School of Education and Counseling. In addition, this course will follow the [COVID-19 safety protocols](#) as established by the college.

Disability Services Statement:

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 Albany Quadrangle (503-768-7192). This contact is the necessary first step for receiving appropriate accommodations and support services. After you have submitted documentation and filled out paperwork for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible. Please discuss with me which accommodations will best support your learning in this class.

Attendance:

You must attend all scheduled classes, whether in-person or online, in order to receive credit for this class.

Assignment Submission:

All assignments will be submitted as PDFs through Moodle unless indicated in the assignment description. Please name your files using the following convention:

FirstInitialLastName_AssignmentTitle.pdf

So, if Rae Smith was submitting their Professional Experiences Paper, they would submit a file named:

RSmith_ProfessionalExperiences.pdf

Late papers and assignments:

Any assignments turned in late (without previous permission) will automatically receive a reduction in grade and may result in a course grade of No Credit.

Grading: This course is graded in accordance with the grading policy of the Graduate School of Education and Counseling, available for viewing in the [Student Handbook](#) and is the point equivalent of that grading scale (A = 4.0, A- = 3.7, B+ = 3.3, B = 3.0, B- = 2.7, C+ = 2.3, C = 2.0, C- = 1.7, D+ = 1.3, D = 1.0, F = 0.0).

Thus, grades for this course are determined by the following percentages:

A 94%-100%

A- 90-93%

B+ 87-89%

B 83-86%

B- 80-82%

C+ 77-79%

C 74-76%

F 73% or below

Points Breakdown

Professional Experiences 15 points

Developing Expertise 15 points

Career Portfolio & Presentation 35 points

Panel Questions 20 points

Self Care Plan 15 points

Final grades between A and B- will receive a

Credit (CR) grade. Final grades of C+ and below will receive a No Credit (NC) grade. Graduate credit is not granted for grades below a B-.

TOTAL 100 points

ASSIGNMENT 1 Due 10/7 **Constructing Your Future Professional Experiences (15 points)**

In this **brief** assignment, describe your ideal professional experience(s). Feel free to describe both your short- and long-term hopes and plans for your professional career. This assignment should be a minimum of one paragraph and no more than three paragraphs.

ASSIGNMENT 2 Due 10/14 **Self Care Plan (15 points)**

Self care supports your ability to ethically sustain your clinical practice. Read the articles [Dear mental health practitioners, take care of yourselves: A literature review](#) (Posluns & Gall, 2020) and [Self-care is not a solution for burnout](#) (Henderson, 2022). Develop a plan that addresses the self-care domains of systems-level advocacy, self-awareness, balance, flexibility, physical health, social support, and connection with greater meaning & purpose.

ASSIGNMENT 3 Due 10/21 **Developing Expertise (15 points)**

The objective of this short (no more than 2 page) paper is to describe, in detail, either an area of expertise in the counseling profession that you already have or one that you plan to work on developing. For example, have you been working with trauma survivors and have accrued skills in working with clients with post-traumatic stress disorder? How would you present your expertise to a potential employer or how would you market yourself to potential clients? What you plan to do to continue to sharpen current skills and develop new ones?

ASSIGNMENT 4 Due 10/28 **Career Portfolio (35 points)**

The purpose of this assignment is to both prepare you for post-graduation and to get you thinking and planning for your longer-term professional goals. All narrative portions are intended to be brief (1-2 paragraphs). ***All of the below items should be compiled into one document and uploaded to Moodle.***

Professional Resume & Reflection | During class on 10/14, you will pair up with a classmate and share a draft of your resumes with each other. Use the resume rubric to give each other feedback. ***Include a final copy of your resume in your Career Portfolio.*** Write about the feedback you received from your colleague and what, if any, changes you made in response to this feedback.

One-Minute Counselor Identity Statement | Ah, the dreaded “elevator pitch”! As you either go out on interviews or work on building up a private practice (or both), it is important that you are able to briefly articulate who you are, what you do, and how you work. Read the article [Crafting a one-minute counselor professional identity statement](#) (Burns, 2017). After reading the article, write up a one-minute counselor professional identity statement for yourself. It should be no more than one paragraph and cover the components addressed in the article.

Current Aspirations & Explorations of the Future

Aspirations & Goals: What do you aspire to do in your current and future work as a professional counselor? List a minimum of 2-3 short-term and 2-3 long-term career goals

Brainstorm: Make a list of passions and interests. They do not need to be job related, income generating, or have anything to do with counseling. Write down 8-10 items. Don't overthink it.

Jobs list: Based on the two above activities, come up with the following:

Dream jobs. A job where money is no object and anything is possible.

Realistic jobs. Given your current situation (e.g. loans, life circumstances, etc.) what is realistic for you right now?

Reality check: Are there ways in which your present reality may be limiting your professional vision?

MHC 591 Course Schedule

This is a preliminary schedule. Our schedule will remain flexible and this page will be updated on Moodle as needed.

Week	Date	In Class Topics & Activities	Due
1	9/30/22	Lecture/Discussion: Introductions, Syllabus, Q&A So, where do you want to go from here?: Job search, resumes, career goals, visioning	
2	10/7/22	Lecture/Discussion: Self care, community care, advocacy Supervision Guest speaker: Tever Nickerson, LPC	Constructing Your Future Professional Experiences
3	10/14/22	Lecture/Discussion: Student loan repayment/forgiveness Activity: Peer resume review Agency, group practices, and other settings Guest speaker: Danielle Schwegman LPC, MAC, CGACII, Outpatient Program Manager, Hazelden Betty Ford Andrea Redeau, LPC	Self Care Plan - Bring revised resume to class
4	10/21/22	Lecture/Discussion: Private practice considerations: Personal, professional, financial Guest speakers: TBD	Developing Expertise
5	10/28/22	Lecture/Discussion: Laws & ethics, records, and other paperwork Licensing & certifications Guest speaker: Lonnie Knotts, Oregon Board of Licensed Professional Counselors and Therapists (OBPLCT)	Career Portfolio