

**Lewis & Clark College**  
**Professional Mental Health Counseling & Professional Mental Health**  
**Counseling – Specialization in Addictions**  
**MHC 503 / MHCA 502**  
**Introduction to Professional Counseling / Introduction to PMHC-A**  
**Syllabus Cover Sheet**

Required Objectives:

Professional Counseling Identity (CACREP 2016 Standards)

- 1a. history and philosophy of the counseling profession
- 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
- 1d. the role and process of the professional counselor advocating on behalf of the profession
- 1e. advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients
- 1f. professional counseling organizations, including membership benefits, activities, services to members, and current issues
- 1g. professional counseling credentialing, including certification, licensure, and accreditation practices and standards, and the effects of public policy on these issues
- 1i. ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling
- 1l. self-care strategies appropriate to the counselor role
- 2d. the impact of heritage, attitudes, beliefs, understandings, and acculturative experiences on an individual's views of others
- 2e. the effects of power and privilege for counselors and clients

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

- C1a. history and development of clinical mental health counseling
- C2a. roles and settings of clinical mental health counselors
- C2k. professional organizations, preparation standards, and credentials relevant to the practice of clinical mental health counseling
- C2l. legal and ethical considerations specific to clinical mental health counseling

## Methods of Instruction for this Course

Instruction Method	Mark All That Apply
Lecture	X
Small Group Discussion	X
Large Group Discussion	X
Course Readings	X
Group Presentation	
Individual Presentation	
DVD/Video Presentation	X
Supervised Small Group Work	
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 may not be the only requirements/expectations.

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.

	Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	Program Objective
MHC 503: Social Locations Paper	Is able to identify multiple social locations and the impact on personal experience and worldview.	Is able to identify 1-3 social locations and the impact on personal experience and worldview.	Attempts to explore worldview, struggles with understanding concept of social location or lacks self reflectivity AND unable to complete revision after feedback	Is unable or unwilling to explore own worldview  Fails to meet	Self as Counselor: Demonstrates awareness of their values, worldview, and social locations in self and client
Student uploads paper  Link back to self study : section 4F	Exceeds	Meets	Fails to meet		
MHC: 503 Professional Orientation Paper		Outlines career goals and identifies one or more areas of specialty focus,	Outlines career goals/interests fails to use ACA journals Grade below 80%	Fails to complete assignment	Professional Identity Understands philosophy of mental health profession,

Student uploads paper <a href="#">Link back to self study</a> : section 4F		uses ACA journals Grade:min 80%				
503/MHCA502 Roles and Functions assignment or test	90-% 100	80-89%	70-79%			Professional Identity: Demonstrates Understanding of roles & functions of mental health counselor
Student uploads assignment <a href="#">Link back to self study</a> : section 4F						
Signs Ethics Agreement/attendance lecture		Participates in class for ethics review and signs ethics agreement/make-up for missed class required Met/not met		Fails to complete make-up assignment if class missed		Ethical Practice: Understands, and follows ethical standards
Student Uploads agreement <a href="#">Link back to self study</a> : section 4F						
Self care plan	Begins to use self care plan, learns to adapt plan when needed, and seeks supervision and personal therapy as needed.	Introductory; develops self care plan	Engages in inadequate self care that impedes learning ability or client care.	Failure to complete assignment		Self as Counselor: Maintains self care
Student uploads assignment <a href="#">Link back to self study</a> : section 4F		Met/not met				
	Items		Benchmark	Emerging	Inadequate/Fail	Program Objective
Professional Qualities Evaluation: Critical Items  Note: Other low PQE items may result in referral to BRC or ARC	Maturity and Attitude Items 1 and 3	Demonstrates self awareness and emotional stability. Emerging use of self in therapeutic process, uses supervision to	Demonstrates self awareness, emotional stability and a beginning understanding of impact of self in relationships with clients, seeks assistance	Demonstrates self awareness, emotional stability, and willingness to address/remediate problems.  One or more	Student demonstrates lack of self awareness or emotional instability that impedes learning or client care.	Self as Counselor: Demonstrates ability to explore how personal experiences, thoughts,

		continue growth.	for continued learning  All Score: 2	Score: 1	One or more score 0	and feelings impact counseling with clients.
Instructor Completes <a href="#">Link</a> back to self study : section 4F						
	Professional Responsibility Item 3 Maturity and Attitude Item 4: Social/Self Awareness Item 3	Seeks supervision from faculty, supervisors and peers. Utilizes supervision to grow and develop.	Complies with suggestions, requests and directives from faculty and supervisors All Score:2	Responds to supervision from faculty and supervisors reluctantly, has difficulty with feelings of defensiveness One or more Score:1	Refuses supervision or fails to comply with supervisor requests and directives One or more Score:0	Self As Counselor: Openness to supervision
	Responsibility Item 5, Integrity Items 3,4,5 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		All Score : 2	One or more scores of 1	One or more scores of 0	Multicultural Competence: Respect for others

Lewis & Clark  
Graduate School of  
Education and Counseling



**MHCA 502:**  
**INTRODUCTION TO COUNSELING & SOCIAL JUSTICE**

**FALL 2023**

#### **INSTRUCTOR**

Justin D. Henderson, Ph.D., NCC

Assistant Professor, Professional Mental Health Counseling -Addictions

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Office  
Hours: By appointment

#### **REQUIRED TEXTS**

Granello, D. H. , & Young, M. E. (2019). *Counseling today: Foundations of professional identity*. New York, NY: Pearson.

*Supplemental Texts (provided online):*

American Counseling Association (2014). *ACA code of ethics*. Alexandria, VA.

#### **ADDITIONAL REQUIRED AND RECOMMENDED READINGS**

Additional articles, chapters, and other materials will be used during the course. These materials will be made available electronically or via hard copy handout(s) throughout the semester.

#### **Required Readings (All copies can be found on Moodle: moodle.lclark.edu ):**

Each week there will be both text and electronic readings due. Please read the materials ahead of the class and come prepared to discuss them.

#### **Recommended Readings:**

On Moodle there are also suggested readings and additional resources. They are marked as additional materials and are not required for the course.

#### **COURSE DESCRIPTION**

Basic theoretical assumptions of the counseling profession, with an overview of its historical roots, social and cultural contexts, types of practice, ethical principles, and professional orientation. Introduction to social justice principles and how they apply to professional counseling.

#### **OBJECTIVES**

REFER TO COVER SHEET.

### COUNSELING, THERAPY, AND SCHOOL PSYCH DEPARTMENT ATTENDANCE POLICY

Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time (i.e., 1.5 hours for a 15 hour class; 1 credit) may result in failure to complete the class. In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.

Our class will also follow the COVID-19 mitigation policy. The most current version of this policy can be found at: [https://college.lclark.edu/student\\_life/-our-departments-/student-rights-responsibilities/COVID/](https://college.lclark.edu/student_life/-our-departments-/student-rights-responsibilities/COVID/)

### 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 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.

### EVALUATION

#### Classroom Discussion and Participation (10 points)

This course is heavily participatory and requires students to engage in both dyadic and experiential training methods. Students are expected to attend class in order to participate in lecture, group discussion, and activities exploring the topics in class. It is also expected that students have done the assigned readings prior to that class meeting. Simply attending class is not sufficient for full credit in class participation.

Students are allowed one excused absence. Further absences will result in a loss of attendance points for the course.

#### Meet with Your Advisor (Credit/No Credit)

***DUE: 11/9 Upload First Advisory Meeting Sheet to Taskstream & Moodle***

Prior to the end of this class, you will be required to have met with your advisor and completed the First Advisor Meeting sheet. ***Please schedule these meeting for the month of October.*** You will then upload this form to **Taskstream** as part of your portfolio assignment. Please also submit it to Moodle for this course record.

### Support Group Attendance & Reflection (10 points)

***DUE: 10/5 Upload to both Moodle & Taskstream. PORTFOLIO REQUIREMENT***

You will be required to attend one open support group meeting (e.g., Narcotics Anonymous, Alcoholics Anonymous, SMART Recovery, Al-Anon, Cocaine Anonymous, Marijuana Anonymous, Gamblers Anonymous, Refuge Recovery). You will write up a 1-2 page reflection paper on the experience. This paper does not need to be in APA format but should be well written with proper grammar and spelling.

### Term Paper: Social Locations & Professional Interests Paper (50 points)

***Due: 10/19***

The purpose of this term paper is an introductory exploration into counselor identity, professional interests, and finding professional communities and resources.

***Part I (Social Locations):*** Describe your interest in the counseling profession and why you are choosing the addictions specialization. Include elements of how your personal social locations have informed your decision to become a professional counselor. Your social locations include but are not limited to the following elements: physical ability, culture, race/ethnicity, gender, socioeconomic status, exile/migration, religious and spiritual beliefs, language, education, sexual orientation and age. This should also include a description of your personal educational and professional goals. Do not use your personal statement from your application to the program. You must provide a personal photo, poem, song, or other form of art that depicts one or more of your social locations and/or history related to one or more of your social locations for this assignment. Please include this as an appendix to the paper per APA guidelines. You must also write about what you are sensing & thinking as you reflect on the form of art and how it relates to one or more of your social locations. This paper should focus on a self-analysis of the impact of your individual, cultural, and social context factors that have influenced you and your decision to become a counselor and your goals as a professional. This portion of your paper should be a minimum of 3-4 pages. Formatting should be consistent with APA style, double-spaced, and use Times New Roman 12 pt font. You do not need to reference any published material but should you choose to do so you must cite your references appropriately and include a reference page. (20 points)

***Part II (Professional Orientation):*** Describe your career goals and where you see yourself in the future as a professional counselor. Be sure to include what type of professional settings in which you hope to work (private practice, community mental health, hospital, etc.), what type of population or populations with whom you plan to work and any specialized areas of professional interest. This is not a commitment! It is an exploration of your current professional goals. This portion of your paper should be a minimum of 2-3 pages. (15 points)

***Part III (Finding Professional Resources):*** Please look at the American Counseling Association (ACA) and the subdivisions on the ACA website (<http://www.counseling.org>),

choose the ones that are most related to your professional interests you discussed in Part II, find the journals associated with those divisions and find an article specifically related to your professional interests. After reading this article find two more articles from other sources related to this topic. List articles in APA style and write 3-4 sentences in review of each article, add a paragraph about something new you learned about your area of interest. (15 points)

### Knowledge Exam (30 points)

You will have a knowledge exam towards the end of the class. This exam will cover all prior material from the Granello text and classroom discussions and activities centered on professional identity. The exam will consist of multiple choice questions, T/F questions, and some short answer questions. We will have plenty of review time before the exam to go over other questions.

### Wellness Plan (Self-Care & Community Care) (Credit/No Credit)

**Due: 11/2**     *In-class activity and discussion (pass/fail)*

You develop an initial wellness plan to help you intentionally address various domains of your personal and professional life in order to engage meaningfully in your training, attend to your values, and prevent future burnout.

### Background Check (Credit/No Credit)

***DUE: 11/9***

Complete this requirement to receive final grade. You are required to initiate the background check to receive your grade; however, no points are awarded. The record is not required to be clear, but if a student's background check reveals a record not disclosed on the application to the program, procedures for student difficulties will be followed (See Professional Mental Health Student Handbook).

### SUMMARY OF POINTS

Class Participation	10 points
Meet Advisor	Credit/No Credit
Support Group Reflection	10 points
Term Paper	50 points
Wellness Plan	Credit/No Credit
<u>Exam</u>	<u>30 points</u>
<b>TOTAL</b>	<b>100 points</b>

### COURSE GRADING SCALE

95-100% = A
90-94% = A-
87-89% = B+

84-86% = B
80-83% = B-
77-79% = C+
74-76% = C
70-73% = C-
≤ 69% = F

<b>CLASS STRUCTURE AND SCHEDULE</b>			
<b>Date</b>	<b>CACREP Standards</b>	<b>Topic</b>	<b>Readings &amp; Assignments</b>
9/7		<b>1. Introduction to the Course</b>	
9/14	1B, C2a	<b>2. Counseling Identity and Responsibilities; Licensure</b>	Granello & Young Chapters 1-3, 5 Check Moodle for additional readings  In class activity
9/21	1A, C1a	<b>3. History of the Counseling Profession; Interdisciplinary Work; Healthcare Contexts</b>	Granello & Young Chapters 9  Check Moodle for additional readings  In class activity
9/28	1a, C1a, 2d	<b>4. Counselor Identity Development; The Role of Development in Counseling; Social Locations and Cultural Identities with a Multicultural Context</b>	Granello & Young Chapters 4 & 5  Check Moodle for additional readings  In class activity
10/5	5a, 5c, 5f	<b>5. Counseling Theories and Frameworks; The Counseling Process; Counselor Ethics</b>	Granello & Young Chapters 6, 8, 12  Check Moodle for additional readings  <i>Support Group</i> <i>Attendance Reflection</i> <i>Paper Due</i>

10/12	1e, 2e	<b>6. Addiction Counseling Field, Specialization, History, and Current Sociocultural Contexts</b>  Guest Speakers Greg Stone & Jarome Gilgan	Check Moodle for additional readings
10/19	2c, 2h, 2f	<b>7. Multicultural and Social Justice Counseling Processes; Social Justice as an Orientation and a Strategy</b>	Granello & Young Chapters 10  Check Moodle for additional readings  <i><b>Social Locations &amp; Professional Interests Paper Due</b></i>
10/26	2d, 7a, 8a	<b>8. The role of assessment in counseling; How counselors use research</b>	Granello & Young Chapters 7 & 11  Check Moodle for additional readings
11/2	1d, 1l	<b>9. Counselor wellbeing and sustainability; Self Care &amp; Community Care; Finding Joy; Burnout prevention</b>	Granello & Young Chapters 13  Check Moodle for additional readings
11/9		<b>10. Trends in the field; Counselors as Advocates and Systems Changers; Celebration!</b>	Granello & Young Chapters 14  Check Moodle for additional readings  <i><b>Knowledge Exam Due</b></i>

This instructor reserves the right to alter the course structure as needed.