

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

Introduction to Professional Counseling  
CPSY 503

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Office Hours:

Monday 4:30-5 Wednesday 4:00-5:00 Thursday 12:30-3:00

### Course Reading

1) Text:

Patrick, P.K.S. (2007). Contemporary Issues in Counseling. Boston: Pearson.

2) Moodle: Other readings are available on Moodle, the Lewis & Clark online course program. Log on to [moodle.lclark.edu](http://moodle.lclark.edu) (note there is no www.), sign in using your L & C login (same as email). Use course enrollment code: Counseling (case sensitive). If you have ANY trouble with Moodle, contact the Helpdesk at 503-768-7225, [consult@lclark.edu](mailto:consult@lclark.edu) or Damian Miller at [dpm@lclark.edu](mailto:dpm@lclark.edu) or 503 – 768-6195.

3) Ethical Guidelines:

Students will obtain and bring a current copy of the ACA Ethical Guidelines to class.

### **Catalog Description:**

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

### **Learning Objectives:**

Guided by the CACREP standards of learning about professional identity, this class will provide an understanding of:

- History and philosophy of the counseling profession
- Professional roles, functions, and relationships with other human service providers
- Professional organizations like ACA, divisions, functions, and services to members
- Professional credentialing, certification, licensure, accreditation practices, professional organizations, journals and effects on public policy
- The role of professional counselor in advocating on behalf of the profession
- Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients
- Ethical standards of ACA and related entities, and applications of ethical and legal considerations in professional counseling
- The current modes and settings of the counseling practice
- How to be conversant about philosophical, ethical, and political issues regarding the role of counselors in various settings through both discussion and writing
- Researching information about counseling which includes the use of technological competence and computer literacy

### **Class Assignments/Grading:**

1. Attendance and participation: You **MUST** attend AND PARTICIPATE in all five classes. If an emergency requires that you miss a class or any portion of a class, make up work will be required. The exact content of this makeup assignment will be determined by the instructor.

Be prepared, after all assigned chapter readings (see schedule below) to bring 2 questions related to each reading written on a 3x5 card. Be prepared to be randomly selected for leading a small group discussion surrounding the chapters and the questions submitted (**Due January 25, February 1, February 8: February 15, be prepared to discuss your 12-step meeting attendance and conference experiences – see below**)

Attendance and Participation: 55 points per class/ 275 total

2. Two Part Worldview and Professional Interests Paper:

Part 1: Describe your interest in the counseling profession and include elements of how your personal worldview has informed your decision to become a professional counselor. Your world view includes but is not limited to the following elements: *physical ability, culture, race/ethnicity, gender, social and political processes, socioeconomic status, exile/migration, religious and spiritual beliefs, language, education, gender, sexual orientation and age*. This should also include a description of your personal educational and professional goals. Please do not use your personal statement from your application to the program. 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. Maximum length: 3-4 pages.

Part 2: Find 3 articles (in class time allowed) that represent a current topics or controversies in the profession of counseling (e.g. identity, ethics, training standards, etc). List articles in APA style and write 3-4 sentences in review of each article. From this basis write a position paper describing your position on the issue/topic with a reasoned, supporting rationale for your opinion. Maximum 1-2 pages.

*Paper: 50 points each part – Total 100*

**Due February 8 (both parts)**

3. Class work creating a history of counseling timeline (**during class on January 25**).

*Timeline: 25 points*

4. Conference Attendance or Community Action Volunteer Experience (Alternate): Attend one day (6 hours) at the IWOK Conference (January 14-16) or Association for Women in Psychology Conference (February 11-14). IWOK is offered at no cost to Lewis & Clark students, AWP offers free conference registration for 4 hours of volunteer work which can be included in your 6 hours of attendance. Write a 1-2 page reaction paper about your experience. Use one (short) paragraph to describe the portion you attended, the rest of the paper will contain a thoughtful consideration of your experiences, thoughts, and feelings. Conferences cover six days of 8-12 hours of available time during the day, evening, and weekend. It is anticipated that you will be able to work attendance into your schedule. However, if you are unable to do so because of work or childcare issues, you may choose to complete 6 hours of volunteer experience to be approved by the instructor in advance. Volunteer work must include being in a helping role in direct contact with people, preferably with a population that will increase your diversity/social justice understanding.

**Due February 15**

*Conference Attendance: 100 points*

4. Attend a minimum of one 12-step meeting as required for your portfolio.  
*12-step Attendance: 25 points Due Feb 15*
5. Professional Counselor Development Portfolio, *50 points, Due Feb 15*  
See attached description for requirements, syllabus pages 6-10.

## Grading Summary

Attendance/Participation	275
Paper	50
Timeline	25
Conference Attendance/Paper	100
12 Step Meeting Attendance	25
Professional Dev. Portfolio	50
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	525

Grading scale:

90-100% A

80-89% B

Below 80%: As graduate students, you are expected to do the work as assigned and described. If you are unable to complete the work at an acceptable level of performance you will be asked to complete the work again or to complete alternative tasks. A grade of B or above is considered acceptable performance for the class.

**Schedule –As a group who has come together to learn and share we are unique from any other class. The schedule may change to accommodate our particular class needs.**

## Tentative Course Schedule

### January 11, 2010

#### Topics

Syllabus & Class overview

Portfolios & Advisors

Introductions

Being a Graduate student

Becoming and Being a professional counselor

#### Class Plan

Lecture/ Q & A : Professions, professional associations, the effective helper

Practice settings and specialties

Program Overview – Your preparation

#### Reading:

Moodle: The Counselors Identity: What, Who, and How? Neukrug, E (2007)

Text: Chapter 1, Social Forces and Counseling: Impact on Practice and Preparation

**January 18, 2010**

**MLK Day, No class**

**January 25, 2010**

**Due: Discussion Questions**

Topics: History of the profession  
Advocacy

Class Plan: 1:00- 2:30 History Timeline Activity  
3:00-4:00 Advocacy discussion – Student determined

Reading

Moodle: A History of the counseling Profession. Neukrug, E. (2007)

Text: Chapter 7, Counselors as Advocates for Practice and the Profession

**February 1, 2010**

**Due: Student Questions**

Topics: Context of counseling practice – economic and political influences  
Art and Science of Counseling: Theory to Practice and Worldview

Class Plan: 1:00-2:15 Lecture, Student Q & A  
2:30-3:15 Library Reference Librarian – Elaine Heras  
3:15-4:00 Research professional interests, topics for position paper and Professional Development Portfolio

Reading

Moodle: Standards in the Profession: Ethics, Accreditation, and Credentialing. Neukrug, E (2007)

Text: Chapter 2, Economic and Political Issues

Chapter 4, Research and Counseling Practice

**February 8, 2010**

**Due: Discussion Questions**

**Worldview and Professional Interests Paper**

Topics: Diversity  
Self-Care

Class Plan: To be determined

Reading:

Moodle: Preparing Emotionally for Consciousness-Raising

Chapter 3, Diversity and Multiculturalism: Issues in Contemporary Counseling

Chapter 8, Stress-Induced Challenges to the Counselor Role: Burnout, Compassion Fatigue, and Vicarious Traumatization

**February 15, 2010**

**Due: Reflection paper from conference**  
**Reflection paper from 12-step meeting(s)**  
**Portfolio**

Topics: Ethics

Group sharing about conferences and 12 step meetings.  
Small group review of portfolio

Class Plan: 1:00-1:45 Application/Ethics case  
2:00-3:15 Conference/12 step meeting sharing/report  
3: 15-3:45 Peer Portfolio review/checksheet  
3:45-4:00 Course evaluations

Reading:

Text: Chapter 6, Ethical Challenges to Counseling Practice  
Ethical Guidelines – from ACA website



**CPSY 503 Introduction to Professional Counseling  
Spring 2010  
Professional Counselor Development Portfolio**

**Purchase a 2-4” notebook with plastic insert cover and section dividers (for each section underlined). Make a section for each of the following headings. The first group of items is required for CPSY 503, the second group is to be completed prior to practicum, and the third for program completion and personal recordkeeping. The portfolio is designed to both evaluate your work AND to provide a location for you to save important information from your program for you future use in obtaining licensure.**

**Required for CPSY 503**

**Cover of Notebook: Name, Personal Design, Program, Date of admission**

**ADVISING**

Advising sheet

Set Meeting with Advisor

Community Counseling web page

[www.lclark.edu/graduate/departments/counseling\\_psychology/community\\_counseling/](http://www.lclark.edu/graduate/departments/counseling_psychology/community_counseling/)

Copy of Community Counseling Mission Statement

**ETHICS**

Ethics Confirmation (copy to go in academic file)

Ethical Guidelines of the American Counseling Association (ACA) [www.counseling.org](http://www.counseling.org)

**Licensure**

**Oregon State Board of Licensing for Professional Counselors and Therapists (print web page 1) [www.oregon.gov/OBLPCT/](http://www.oregon.gov/OBLPCT/)**

Out of State Licensure; If you are planning on practicing and being licensed in another state please go to the web page for the licensing board and compare educational requirements for licensure. If additional requirements are need make an appointment with your advisor to discuss how you might include these needed classes with in your Lewis and Clark program of study. **(print web page 1)**

**Criminal Back Ground and Insurance Information**

**Program policy and information**

**Associations**

**ORCA** Oregon Counseling Association (web page 1) [or-counseling.org](http://or-counseling.org)

Coalition of Oregon Counselors (web page 1) [www.oregonmentalhealth.info](http://www.oregonmentalhealth.info)

**ACA** Sign-up Information : choose 2 subdivisions **you might consider joining** and brief rationale (web page 1) [www.counseling.org](http://www.counseling.org)

Other associations of interests ie: APA, International Play Therapists, WPA (web page 1)

### **Certifications Information**

- NBCC National Board for Certified Counselors(web page list of requirements) [www.nbcc.org](http://www.nbcc.org)
- NCE National Counselors Exam (web page 1)
- CADC Addiction Counselor Certification Board of Oregon [www.accbo.com](http://www.accbo.com)

### **Professional Counselor Development Plan**

Worldview and Professional Interest Paper: Part 1: Describe your interest in the counseling profession and include elements of how your personal worldview has informed your decision to become a professional counselor. Your world view includes but is not limited to the following elements: *physical ability, culture, race/ethnicity, gender, social and political processes, socioeconomic status, exile/migration, religious and spiritual beliefs, language, education, gender, sexual orientation and age*. This should also include a description of your personal educational and professional goals. Please do not use your personal statement from your application to the program. 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. Maximum length: 3-4 pages.

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## **Required Prior to Practicum – Must meet with your advisor to approve**

### **Resume (curriculum vitae format, include institutes and degrees)**

#### **Helping Experience**

Description of 200 hours or more of experience in helping roles: This may be in previous employment, volunteer work or practicum placements. If you have other kinds of experience that might apply, check with your advisor about including that experience.

#### **Documentation of Collaboration Skills**

List your collaborative experiences as a developing professional counselor in training; work interactions with advisors, professors, instructors, peers. Please include the context; team projects, small group projects, class projects and other scenarios where you can describe your role and contributions to the group.

### **Documentation of Personal Counseling**

**Document at least 10 hours of personal counseling (individual, couple, family, or group).**

Documentation does not require you to reveal any personal material, but does require both you and your professional mental health provider to sign a statement indicating that you completed at least 10 hours of personal counseling. **This personal work should be completed by the end of your first three semesters in your degree program.** The Department will also accept documentation of personal counseling completed prior to admission to the Counseling Psychology program. If you want information or advice about how and where you can obtain this experience, your advisor will

be happy to discuss options with you. The internship/practicum administrator maintains a list of counselors who provide low-cost services.

## **12-Step Program Attendance**

- 1. Attend a minimum of four meetings of various 12-step oriented groups**
- 2. Prepare a one-page, single-spaced summary of each of the separate meetings attended.**

We strive to prepare students in a comprehensive and best practice-based course of study to work effectively with clients impacted by the full range of presenting problems. This preparation includes acknowledging the importance of both mental health issues as well as the substance use disorders that often co-occur with mental health problems. Of specific importance to effectively treating dual diagnosis clients is developing a basic understanding of addiction and the role of community-based, 12-step groups that serve as vital supports to effective treatment efforts.

In recognition of this, all students are required to **attend a minimum of four meetings of various 12-step oriented groups** held in their communities. (By having the experience yourself, you should be more able to empathize with a client who may be involved in the recovery community or anticipating attending a meeting for the first time. In addition, you will be able to give basic information to clients about how to contact 12-step groups, where to go, and what to expect.) **Students are also required to prepare a one-page, single-spaced summary of each of the separate meetings attended.** The summary should include the type, address, and time of the meeting. Additional information should include an assessment of the behavioral, cognitive, social, and affective elements/activities observed at the meetings as well as the student's own personal reactions and feelings. **The four summaries of visits made should be submitted to your advisor upon completion, before you enroll for internship courses.**

**Meeting Requirements** (Students should attend only meetings that are listed as open to the public. Contact information for specific groups concerning meeting schedules and locations is readily available in the Yellow Pages and via the Internet.):

- One meeting of Alcoholics Anonymous
- One meeting of Narcotics Anonymous
- One meeting of Alanon
- One meeting of another 12-step oriented group such as Cocaine Anonymous, Overeaters Anonymous, Gamblers Anonymous, Adult Children of Alcoholics (ACOA), Codependents Anonymous (CODA), etc.

To arrange visits, contact:

Portland Area AA Intergroup, (503) 223-8569; [www.portland-aa.org](http://www.portland-aa.org)

Portland Area NA, (503) 284-1787

Portland Area Alanon, (503) 292-1333

Portland Alano Club, (503) 222-5756

The following are some general guidelines for you to follow as you attend these meetings yourself.

1. There are various types of meetings, including speaker meetings, small group meetings, and open and closed meetings. **Open meetings are the type you should attend.** These are

open to anyone. Closed meetings are for individuals who are attending for their own need (i.e. people with drug addiction attending NA meetings) and it is not appropriate for you to attend those meetings as a professional.

2. When attending a meeting, you will be interacting with a number of people and may or may not be asked to introduce yourself to the group. Even if you do not speak or participate in the meeting you attend, individuals before or after the meeting are likely to strike up conversations with you. BE HONEST. It is appropriate to say something like: "I'm a graduate student in a counseling program and I'm here to learn more about (AA, NA, etc.). I want to have the knowledge and experience I need to help my clients find the places they can get assistance with (alcohol problems, eating problems, etc.)."
3. DON'T tell people you are only there as a requirement for school. It may be considered insulting to those in attendance. People attend these groups to help them survive and cope with tremendous difficulties and they deserve your respect.
4. Yes, you will probably feel uncomfortable at your first meeting. This is part of the point of attending. If you accidentally get into a closed meeting, apologize politely, ask whom you can contact about an open meeting, and leave.
5. All meetings have a different "flavor" to them, depending on who is in attendance and the norms of the group. Be open to a variety of experiences.

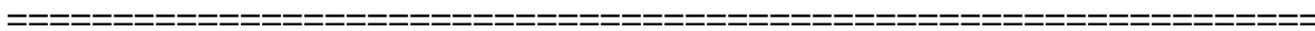
**Documentation of Background Check**

**Copy of Webadvisor transcript**

Bring a copy of your current unofficial transcript from Webadvisor to your advising appointment for portfolio review.

**Statement of Professional Goals**

One paragraph summer, use as an update your professional interest paper from CPSY 503



**Required for Program Completion**

**Clinical Experience Information**

Practicum and Internship sites, include copies of all practicum and internship documents (contracts, proof of insurance, hours logs, etc) – Original documents are to be retained by the program

**Evaluation from Supervisors and others including self-evaluations**

Include copies of supervisor evaluations, self evaluations if completed/required, and any other evaluative information obtaining during your training – Original documents are to be retained by the program.

**Conferences, Workshops, Trainings and Seminars (list with dates) attended**

Include copies of certificates, schedules, or descriptions of the event.

**Professional Presentations/Publications (if applicable)**

Copies of your presentations and publications

**Course Syllabi (from all classes) and 2 work samples from classes presentation**

Include a copy or the original syllabus from all of your classes. These may be needed later when applying for licensure or certification at a later date. If you include work samples from your clinical experiences be sure to REMOVE ANY CLIENT IDENTIFYING INFORMATION.

**Master Thesis (if applicable)**

**Research Projects, Special study projects Including Independent Studies (if applicable)**

**Letters of Recommendation (if applicable)**

**Test results – National Counselor Exam (NCE) (if applicable)**