

**Department of Counseling Psychology Lewis & Clark College**  
**Community Counseling Practicum Counseling Psychology**  
**CPSY 505 Spring 2010**  
**January 12<sup>th</sup> to April 27<sup>th</sup> Tuesday 5:30-8:30 Rogers 201**

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*"Your practicum/internship can be viewed as a time to build a framework of new professional relational skills on a foundation of the material you have learned in your counseling program courses, your own life experiences, and your personal values and philosophies. This framework is composed of new perspectives, understandings, abilities, and skills, added gradually and with care. Your goal is to construct a strong framework over a solid foundation, working diligently but patiently, and often standing back to take a look at the work you have accomplished so far." (Faiver, Eisengart & Colonna, 1994)*

Catalogue Description

**CPSY 505 Practicum in Mental Health Internships**

Working with clients in an agency or school setting (eight to 10 hours per week, 150 hours total) under intensive supervision from CPSY faculty, developing the therapeutic relationship and basic counseling competencies. Students are expected to demonstrate personal characteristics and professional conduct necessary for effective, ethical counseling.

**Corequisite:** CPSY 506, 522.

**Prerequisite:** CPSY 503, 504, 509, 510, 512 or 513, 514 or 515, 522, 523, 524, 550.

**Credit:** 3 semester hours, CR/NC.

**Required Text Books:**

*The Counselor Intern's Handbook; 3<sup>rd</sup> ed*      Faiver, C. Eisengart, S & Colonna, R.

*35 Techniques Every Counselor Should Know;*      Erford, B.

**Course Description**

This class is designed to provide weekly group supervision to practicum students while working with clients at their designated Lewis and Clark clinical sites. Students will receive supervision from this class in conjunction with weekly individual/triadic supervision from a designated qualified professional at their clinical site. The focus of the class will be on the integration of theoretical knowledge, counseling skills and other academic training as related to the experience and practice of working effectively with clients while growing professionally as a counselor. Trainees will work on developing their client conceptualization skills and understanding their practicum site procedures and culture. It is intended that counselor trainees will complete their practicum prepared for entry into the internship level of clinical work with the skills necessary to continue to provide competent and effective treatment services.

## **“Standards for Training Practicum Students About the Helping Relationship”**

The practicum students, in either the group class or their onsite individual supervision, will fulfill understanding and practicing these areas of the helping relationship as defined by the following **CACREP Standards**.

5. **HELPING RELATIONSHIPS**—studies that provide an understanding of the counseling process in a multicultural society, including all of the following:
  - a. an orientation to wellness and prevention as desired counseling goals;
  - b. counselor characteristics and behaviors that influence helping processes;
  - c. essential interviewing and counseling skills;
  - d. counseling theories that provide the student with models to conceptualize client presentation and that help the student select appropriate counseling interventions. Students will be exposed to models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling;
  - e. a systems perspective that provides an understanding of family and other systems theories and major models of family and related interventions;
  - f. a general framework for understanding and practicing consultation; and
  - g. crisis intervention and suicide prevention models, including the use of psychological first aid strategies.

### **Class Discussions**

Class discussions will create an opportunity for each student within a collaborative classroom environment to receive feedback, guidance and support from the instructor as well as classmates. While focused on the client concerns, the discussions will include; theory exploration, personal concerns, transference and counter transference issues as well as interpersonal communication. Ongoing attention will be given to intern self-awareness and especially a practice of self-care. Through these experiences of reflecting on strengths and challenges students will learn to use and value direction, feedback and consultation as a springboard for ongoing professional case consultation and development.

### **State Licensure**

Successful completion of this course is necessary for fulfillment of degree requirements for any specialty areas in the Counseling Psychology Department. This course is necessary for gaining access to licensure as a professional counselor.

## Course Requirements

### Required hours:

This fourteen week practicum experience is based on the minimum requirements of one and one half hours a week of group supervision (held on campus as a three hour class) and one hour a week of individual or triadic supervision. Students must have a minimum of **forty hours of direct client contact** and the overall practicum experience (including campus group supervision) must be at least **one hundred hours over the fourteen weeks**.

**Students may obtain more direct client hours than the minimum, but are limited to no more than sixteen hours at their clinical site a week. This includes on site supervision, on site group supervision and required paperwork.**

### Ethical Guidelines

Students are expected to follow the ethical guidelines put forth by the American Counselor Association and to seek supervision when there is case confusion or an ethical dilemma to be resolved. Failure to follow ethical guidelines and/or non-disclosure of ethical problems and the seeking of appropriate supervision may result in dismissal from the practicum and/or counseling program.

It is expected that students have read and will follow the guidelines put forth in the internship manual for the Lewis and Clark Graduate School Counseling Psychology Program.

Students are expected to share their process and case information as accurately and completely as possible in order to facilitate a meaningful and successful supervision opportunity.

To follow ethical guidelines in relation to clients and to respect the work of our peers it is of fundamental importance that the contents of group discussion be regarded as **absolutely confidential**.

### Confidentiality and Informed Consent

Students will make their clients aware they are student interns from Lewis and Clark College under supervision. Clients should know that information about the counseling experience will be brought to a group supervision class for the purpose of training practicum students. Their names will not be used in order to keep their identity confidential. Informed consent forms will be used with all clients that delineate what information about them will be used (and how it will be protected), for what purpose and in what setting. Clients under the age of 14 must have the forms signed by a parent or legal guardian. This informed consent is required in addition to any forms a supervision site requires for release of confidential information. Student interns will be vigilant in keeping records and tapes secure during transportation for the purpose of keeping client information confidential.

## Mandate Reporting

**Students will make mandate reports in accordance with Oregon and Washington Statutes.** Any questions about what constitutes a report or how to make a report should be immediately discussed with site supervisor (or phone class professor if a licensed professional is not available at the site.) Students will utilize policies and forms related to making those mandate reports as provided at their internship sites.

## Attendance

- ❖ **It is essential that students attend each class session to receive credit for the required campus supervision hours.**
- ❖ **Any missed classes will require make-up work including any of the following; written work including research, additional transcript of counseling session and professional reading with written review.**
- ❖ **Any “planned absences” must be discussed with and approved by the course professor and site supervisor at least two weeks in advance of the absence.**
- ❖ **Unplanned absences: In case of illness and true emergencies please notify site supervisor and campus supervisor as soon as possible.**
- ❖ **More than one absence a semester could result in a grade of “no credit.”**
- ❖ **Any unexcused absences or failure to notify campus and site supervisor of absences will also result in the loss of supervision credit and counseling hours for that week as well as a meeting with the campus supervisor to determine outcome which might include receiving a “no credit” grade for the class.**
- ❖ **Late to class: More than 20 minutes will require make-up work at the discretion of the professor. Please implement the necessary boundaries for leaving work or internship sites on time. Arriving late impacts the work of your classmates.**

## GRADING

This class is graded on a credit/no credit basis; completion of all assignments and requirements at a satisfactory level of competence is necessary to obtain credit. Each student will be evaluated in the areas of counseling competence including use effective use of micro skills, theoretical knowledge, self-awareness, and ethical practice. Of consideration is case presentations, case conceptualization, effectiveness of oral and written communication, and openness to feedback/consultation. Evaluation methods will include written work, observation, tape or audio review, transcriptions, case presentations, supervisor evaluations and in class participation. Students will be able to review the evaluation forms utilized by the site supervisor so as to have an understanding of that part of the evaluation criteria. There will be a site visit as well as e-mail and telephone contact with your supervisor. Judgments about what constitutes satisfactory performance will be made by campus instructor in collaboration with the on-site supervisor.

- The campus instructor will make final decisions about the earning of credit.
- Failure to complete class requirements may include a deferred grade as well as the possible enrollment in a second semester of practicum.

- Failure to complete the required number of direct service hours in a semester may result in a deferred grade with the possible enrollment in a second semester of practicum.
- Failure to follow Ethical Guidelines of the profession will require a meeting with campus supervisor to determine the next steps for addressing the concerns.
- Sometimes a student needs more than two semesters to develop and demonstrate the requirements of a master's level counselor. Occasionally personal issues or life events will make it impossible for a student to move forward in their growth as a counselor and they will be encouraged or required to take some time off for self care.

### **Laptops and Cell Phones**

Due the experiential nature of the class laptops may be used only when designated by the instructor. Cell phones must be silenced and text messaging is not allowed during class time. If there is an emergency you may exit the class to use your cell. Laptops and cells phones may of course be used on breaks. Please come prepared to take hand written notes. If a disability requires the use of a laptop please let the instructor know at the beginning of the semester.

**Please notify instructor of any special learning considerations that need to be taken into considerations as covered by the American Disabilities Act.**

### **Assignments**

- **Forms: Students are required to print, utilize and bring necessary copies of forms required for practicum documentation. These may be found on the Lewis & Clark Community Counseling web page under: resources/forms**
- **To be Scheduled: At least one on site meeting with Professor and Supervisor as well as a biweekly contact or check in between campus supervisor, site supervisor and student.**
- **Weekly Documentation of hours and confirmation of onsite supervision.**

### **Due February 2nd**

Worldview Cards/blocks or other manipulatives – that are labeled with important elements of your worldview or values (usually around 24 elements.) These may be for professional use, including yourself, in supervision and possibly with clients. Some examples will be shared in class.

### **Theories Articulation: dates to be determined**

Theory Articulation with class feedback to include:

Theories that resonant with your counseling philosophy, what informs your work with clients, and theories you would like to infuse into your work or pursue learning more about.

### **Two verbal/written presentations: Dates to be determined**

Outline format as follows:

1. Worldview, Lifespan, social context, racial, cultural, socio economic, gender,
2. Mental health history, medical history (diagnosis if known), current medications, presenting concerns,
3. Interventions, theory, case conceptualizations, skills used, challenges, questions
4. One research article that applies to one dimension of your clients work, articulate how this article has informed your conceptualizations about the client's issue and interventions utilized.

### **One Video with audio Transcription: Dates to be Determined**

1 transcription of a 15 minute counseling session with a client including;

1. Label client statements and counselor response
2. Identify skill used for response
3. Describe intention, conceptualization
4. Include another version of a response if needed

### **Due April 20th**

**Reflection paper including development of your professional counselor identity: 3 pages**

Articulate professional Orientation, philosophy & identity, theoretical orientation as well as reflect on your learning and growth process in your graduate counseling program including the development the development of your professional counselor identity. Reflect on challenges and future focus for professional career.

### **End semester Documentation: Due April 27<sup>th</sup>**

Bring all paperwork to final class with **site supervisor signatures already completed.**

Documentation of Clinical hours

Documentation of On-site supervision

Final Hours Summary Form

Evaluation by on-site supervisor