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: Contact me to make appt

Course Reading

1) Texts:

Johnson, A.G. (2006) Privilege, Power, and Difference, 2nd ed. McGraw Hill: Boston.

American Psychological Association (2009). *Publication Manual of the American Psychological Association, Sixth Edition* (6th ed.). American Psychological Association (APA):Washington, DC.

2) Moodle: Other readings are available on Moodle, the Lewis & Clark online course program. Log on to 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 or Damian Miller at 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 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. **More than one absence may lead to a failure to complete requirements for credit**.

Attendance and Participation:
Be prepared each week by coming to class with the following: **be prepared to discuss your 12-step meeting attendance and diversity experiences – see below)**
May 18 1) Bring 2 questions related to each week's 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 **(2 total, not 2 for each reading)**
June 1, 8, 15, 22, 29 : Questions as described above
June 8: Worldview and Professional Interests Paper
July 6: 12-step meeting reflection paper
Diversity experience reflection paper
(Be prepared to discuss both of the above)
July 13 Portfolio, Questions as described above

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: Look at the ACA subdivisions, choose the ones that are most related to your professional interests, 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.

Paper: 50 points each part – Total 100 ***Due June 8***

3. Class work creating a history of counseling timeline (**Due June 1).**
   Timeline: 25 points

4. Diversity Experience: Spend 4 hours in an experience where you are interacting with people different from you. Goals: 1) Examine honestly your interest and comfort in interacting with people who are different from you 2) Determine how much you are ready to push yourself to do what feels uncomfortable, it is o.k. to stay in your comfort zone, for now. This is an exercise to help you get ready for the rest of your program where you will be pushed into your discomfort zone. However, the more you are willing to take a risk and push yourself now, the more you will benefit in your entire program. 3) Commit to an attitude of learning, not "cultural tourism," your goal is to *experience* not to merely observe.
Diversity Experience: 100 points ***Due July 6***

4. Attend a minimum of one 12-step meeting as required for your portfolio.
   *12-step Attendance: 25 points :**Due July 6***
5. Professional Counselor Development Portfolio, *50 points,* Due **July 13**
   See attached description for requirements, end of syllabus.
6. Background Check: Required to receive 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 Community Counseling Student Handbook).

Grading Summary

Paper (2 part)	50
Timeline	25
Diversity experience/Paper	100
12 Step Meeting Attendance	25
Professional Dev. Portfolio	50
	250

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.

Students with Disabilities

The Student Support Services Office, located in the Templeton Student Center, is a resource for students with disabilities. A variety of services are available through this office according to the particular needs of each student. Students interested in such services may contact Student Support Services at 503-768-7191. This contact is the necessary first step for receiving appropriate accommodations and support services. Please inform me if you need accommodations in 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. The course schedule is posted on the Moodle webpage, please check the page each week for updates.

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Fall 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/
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

Licensure

Oregon State Board of Licensing for Professional Counselors and Therapists (print web page 1) 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, required during 503

Associations

ORCA Oregon Counseling Association (web page 1) or-counseling.org
Coalition of Oregon Counselors (web page 1) www.oregonmentalhealth.info

ACA Sign-up Information : choose 2 subdivisions **you might consider joining** and brief rationale (web page 1) www.counseling.org
Other associations of interests i.e.: APA, International Play Therapists, WPA (web page 1)

Certifications Information

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

Professional Counselor Development Plan

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: Look at the ACA subdivisions, choose the ones that are most related to your professional interests, 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.

Alternative: Attend the Association for Creativity in Counseling conference, attend 2-3 sessions of interest to you, write a 1-2 page reflection paper on your experience and what you learned from attending the conference.

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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
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

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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)