

Counseling Practicum

CSD 5630

Spring 2008

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Course Description:

Supervised practice in counseling individual students. Practice provided at the level of the graduate's primary interest.

Prerequisites:

All CSD tier one level courses and group therapy, which may be taken concurrently.

Text:

Jongasma, A.E., Jr., & Peterson, M. (1995). *The complete adult psychotherapy treatment planner*.

New York: John Wiley & Sons, Inc.

Pipes, R.B. & Davenport, D.S. (1999). *Introduction to psychotherapy: Common clinical wisdom* (2nd edition). Boston: Allyn and Bacon.

Vernon, A. (2004). *Counseling Children & Adolescents* (3rd edition). Denver, CO: Love Publishing, NY: Wiley & Sons, Inc.

Required Materials:

During this course, you will tape a minimum of 20 sessions for review. You will need your own cassette tape recorder and several quality cassette tapes. Plan on recording one session per side, therefore 60 minutes per side (or a 120 minute tape) is recommended. Please use a recorder that takes [regular size](#) tapes. Between practicum sites visits, you are expected to keep all tapes, case notes, consent forms, and other confidential materials in a 100% secure place.

Course Objectives:

1. To establish effective therapeutic relationships through application of theories and techniques relevant to school and community counselors.
2. To listen to feedback from the instructor, your site supervisor and classmates with an open mind and effectively utilize supervision.
3. To understand the developmental needs and characteristics of client concerns in the school and community setting.

4. To begin to apply theory and techniques in counseling situations while developing your own personal style.
5. To understand procedures for intake, assessment and treatment planning in school and community settings.
6. To become familiar with the professional identity of community and school counselors. Knowledge base will include setting, curriculum, ethical standards, scheduling, and implications of sociocultural, demographic and lifestyle diversity relevant to school and community settings.
7. To become familiar with the referral process, treatment, coordination and consultation in the school and community settings.

Note: This course is designed to provide you with the opportunity to develop and refine the counseling skills that are applicable to school, community or a variety of other settings. Since counseling is ordinarily a confidential process, opportunities for direct observation of one's work becomes limited after entering the profession. I encourage you to make full use of this unique opportunity to grow by having others in the field offer feedback on your work.

Instructional Mode:

Students will have an opportunity to engage in the therapeutic process and receive feedback on their work. The group process will involve clinical observation, case consultation, discussion, and professional support. This course will require a lot from you both in terms of work and energy. You will be offered continuous feedback from the instructor as well as from your colleagues.

Assignments: (ALL OF THE FOLLOWING ARE REQUIREMENTS)

1. Practicum site: You may spend between 8-15 hours per week (several clients per week) at your site. You are required to be at your site for the entire semester.
2. Log Hours: Each student will log **100 hours** of professional activity at his or her selected field site. You must log at least **40 direct** hours and 10 of these 40 hours **must** be group hours. [**Direct** Hours: Individual Counseling = 20 hrs. taped; Group Counseling = 10 hrs.; Other direct hrs. 10 = individual/group counseling, talking with client by phone or consultation. The other **60** hours are **indirect** hours: 15 hrs. supervision at your site, 15 hrs. supervision on campus & 30 hrs. of activities that may include (paperwork, staff meeting, training, consultation, or any time you are not directly working with a client) Up to 40 indirect hours may be carried over to internship]. You must complete weekly forms (Practicum activity logs), which record your clinical hours. You will be provided with some copies. Extra copies may be found in the department office. Don't wait until the last minute and panic about your hours. Please keep track of direct/indirect hours and where you should be to accomplish your goals. See the instructor with problems. You must also complete an end of the semester form that reflects the total hours from each area. All of these forms will be placed in your permanent file. ****Keep a subtotal running on each section.**
3. Tapes: Tape 16 Counseling Sessions (Audio) and 2 **required** Video and complete taped session forms for all 18 tapes (forms will be provided). Try to have 8 to 10 completed by midterm! Your tapes will be reviewed in campus supervision. These tapes should consist of a variety of counseling experiences, including: intake interviews, one-time

sessions, ongoing sessions, consultations with significant others, termination sessions, and group sessions.

4. On-Site Supervision: Each student will meet one hour per week with site supervisor for individual supervision. The procedure and purpose of supervision is to be determined between you and your site supervisor. Please **inform** the instructor if supervision does not occur weekly.
5. Campus Supervision: You are required to meet with your campus supervisor weekly for an hour. These weekly times will be arranged in the first class meeting. You are expected to be prepared for supervision with the following: case notes completed, tapes cued, questions for consultation, and completed practicum activity logs & client tracking forms. Students who come to supervision **unprepared** may result in a lower grade.
6. In class participation: This means that attendance is necessary. Each student will need to demonstrate understanding of at least three different theoretical approaches to counseling. The class will be structured as follows: 5-10 minute check-in, 5-10 minutes to provide you with a new technique, a case presentation for 45 minutes and then an open consultation session for anyone who has questions about a client, site or issue. Your grade will be lowered if you miss more than **one** class.
7. Transcriptions: Transcribe two of your own counseling sessions (the entire tape- minimum 20 mins.). Under each counselor statement analyze your work. (20 points each)
 - a. Include: 1) Identification of the skill, technique or method you used. 2) A response you would like to have implemented. 3) Your thoughts or intentions at particular moments in the session.
 - b. At the end of the transcription, answer steps 4 & 5 when reflecting over the entire transcription. Step 4) Conclude with a summary of what you were trying to accomplish and 5) what went well and what didn't; what might you do differently next time.
8. Case Presentation: Throughout the semester, each student is expected to present and discuss **two** cases with the group. (15 points each)
 - a. At a minimum, you should include the following: a) reason for referral, b) client description, c) presenting problem, d) developmental history, e) assessment of client, f) problem area(s), g) treatment(s) used during counseling, h) evaluation of client outcome, I) please provide a **video** of the counseling session with the particular client, j) five minutes of the session transcribed, k) **provide** copies for class members, collect after class an shred and l) have prepared questions for consultation. Class members and instructor will provide feedback of case presentation.
9. Summary Paper: Write a 4-5-page summative evaluation of your practicum experience. Include reflections on your learning and growth as a counselor, key practicum experiences and future clinical goals. (10 points)

10. Evaluation: Evaluations by on site supervisor and course instructor at mid-term and end of semester.
11. Peer Evaluation: Complete **one** written evaluation of your peer's taped counseling session. (5 points)
12. Create a file to be turned in the close of the semester. This file will become part of your permanent file and should include the following:
 1. All weekly Activity logs
 2. One semester total Activity log
 3. CSD 5630 Requirement checklist

*****Student must fulfill the contract specifications in order to meet the minimum grade requirements for advancement into internship.**

Evaluation

90-A= Clearly superior demonstration of counseling skills at the Master's degree level.

80-B= Satisfactory, consistent demonstration of counseling skills at the Master's degree level

70-C= This grade indicates a lack of consistent demonstration of counseling skills expected at the Master's degree level. Further supervised experience is recommended.

Course Requirements:

Transcript I	20
Transcript II	20
Summary Paper	10
Evaluation of Peer	5
Case Presentation I	15
Case Presentation II	15
<u>*Supervision</u>	<u>50</u>

Total Points..... 140

*Supervision includes site and campus supervision (forms filled out, tapes cued, demonstration of techniques, open response to feedback), class observations and participation, completion of hours and course requirements and your work as a whole. You will also have to identify theoretical orientation and techniques used with each of your clients in supervision and in your tape critique forms.

Note: Incomplete is not a grade to be used for this course. Students who cannot fulfill course requirements should withdraw and register for practicum at a later time.

Disability: If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services as soon as possible (581-6583).

Tentative Course Outline

Week	Date	Topic	Readings
1	January 10	Introduction to the course	
2	January 17	Intake procedures	Pipes Ch 1 & 4, & pp. 154-180 Vernon Ch 1
3	January 24	Assessment, tx. Planning	Pipes Ch 2 & 7 Vernon Ch 2
4	January 21	Suicide Assess't & Self-Harm	Pipes Ch 3 & 8, & pp184-189 Vernon Ch 11
5	Feb. 7	Mandated Reporting & Duty to Warn & Case Pres.	Pipes Ch 4 & 5 Vernon Ch 3
6	Feb 14	Consultation & Case Pres.	Pipes Ch 9 & 11 Vernon Ch 4
7	Feb. 21	Case Presentation	Pipes Ch12 & 15 Vernon Ch 5 Transcript I
8	Feb. 28	Consultation & Case Pres.	Pipes Ch 10
9	March 6	Consultation & Case Pres. Mid-term Evaluation	Pipes Ch 14 & 16 Vernon Ch 10 Supervisor's Evaluations
10	March 13	Spring Recess	
11	March 20	Consultation & Case Pres.	Vernon Ch 9, 13 Peer Evaluations
12	March 27	Termination & Referral Case Presentation	Vernon Ch 8
13	April 3	Consultation & Case Pres.	Vernon Ch 6 Transcript II
14	April 10	Consultation Case Presentation	Pipes Ch 13
15	April 17	Play Therapy Case Presentation	Vernon Ch 7, 14 Summary Paper
16	April 24	Final Learning Assessment Final Evaluation	Evaluations Due & Paperwork