

Counseling Practicum
HDCO 571-03
Human Development Clinic
Spring Semester 2008/ Wednesdays 1:10-4:00pm

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Description:

Supervised experience in counseling. Practicum site will be the Human Development Clinic. Some students may elect an off-site practicum as well.

Goal:

The goal of the counseling practicum is to assist the student in learning all aspects of performing counseling and facilitating change in another person through the counseling relationship.

Objectives:

Students will:

1. demonstrate skills for assessment and treatment planning in a counseling relationship.
2. apply knowledge and skills in supervised counseling relationships.
3. develop a level of self-awareness which permits appropriate use of one's behavior in a counseling relationship.
4. evaluate the effectiveness of strategies being utilized in the counseling relationship in order to assess the client's progress.
5. demonstrate skills for intake interviews, assessment instruments, treatment planning, case management and consultation.
6. utilize theory-based strategies which will guide the treatment process to facilitate client goals.
7. develop professional manner and responsibility.
8. implement ethical standards and principles with clients, colleagues, and others.
9. apply counseling skills in various community settings outside the HDC (when applicable).
10. demonstrate an understanding and appreciation of cultural differences and diversity with clients and in other (professional, personal) relationships.

Required Readings:

Teyber, E. (2006). *Interpersonal Process in Psychotherapy: An Integrative Model*. Belmont, CA: Thomson Brooks/Cole.

Articles provided by instructor.

Requirements:

Individual Supervision:

Students are expected to attend 1 hour of individual supervision per week with the supervising faculty member for all client hours in the HDC. When students are doing clinical work at a site outside the HDC, they must see a licensed on-site supervisor for 1 hour for every ten hours of work. Participation and preparation will be evaluated. Students should be prepared to show portions of taped counseling sessions every week in individual supervision. Students should be prepared to examine their individual strengths and weaknesses regarding their counseling relationships and demonstrate increasing ability to conceptualize their own personalization issues as well as patterns and issues that arise with their clients.

Group Supervision:

Students are expected to participate in group supervision every week for two hours. Active participation in both presenting material and providing constructive feedback to peers is required to earn a passing grade.

Case Presentations:

Students will present one formal case during the course of group supervision throughout the summer semester. Included in the presentation will be the following:

- *Provide six copies of a written case conceptualization (one for each member of practicum-these can be double-sided). See Case Conceptualization Outline.
- *20 minute verbal presentation of case conceptualization
- *20 minute presentation of videotape demonstrating counseling skills representative of theoretical orientation with described client
- *20 minutes of feedback and questions from supervisors and peers

Peer Supervision Requirement: Students will be expected to give and receive peer supervision one time per week during the semester. In giving peer supervision students will watch an entire session of their peer (either live or on video) and then enter into thirty minutes of feedback and dialogue. Receiving peer supervision entails having your video or session observed and then having thirty minutes to process. Students may or may not choose to do both at the same time (a three hour commitment). Students will also be expected to turn in a write-up of their peer supervision experience. This write-up should be 2-3 pages in length and are due on the last day of class. They are not intended to be a summary of what happened in your peer supervision. Rather, they are an opportunity to explore some of the themes and issues that came up for you. The write-up should be a time of soul searching.

Additional requirements:

1. Accrue at least 200 hours of activities related to the provision of services at the practicum site including:
 - * A minimum of 40 hours must be accrued in direct service with clients.
 - * Remaining hours may be indirect counseling activities relevant to the practicum. These can include: All outside work for this course, research on specific clients, your own therapy, other clinic activities (trainings, etc.), and professional development (conferences, etc.).

2. Maintain a log of all practicum activities.
3. Meet weekly with faculty supervisor.
4. Videotape and review all counseling sessions.
5. Maintain progress notes for each client seen each week--notes on a session will be expected to be completed prior to the next meeting with the client. Notes must be dated and signed and should be in the required format (SOIAP).
6. Performance as counselors must be within the Ethical Guidelines of the American Counseling Association.
7. Students are required to have liability insurance prior to and for the duration of practicum.
8. Students may borrow videotapes from the clinic. All tapes must remain in clinic at the end of the semester.
9. Additional responsibilities will be determined on an individual basis.
10. Attend at least 2 of the 4 "Sack Lunch Seminars" of the Spring 2008 Human Development Clinic series.

Grades, Performance Evaluation, and Procedures:

The assignment of a grade for each student will be the responsibility of the practicum supervisor. Successful completion of the course requirements and of practicum objectives will determine students' grades. Student progress will be determined mid-semester and at the end of the semester. Final evaluation will consist of a written assessment provided by the practicum instructor and will be reviewed individually with each student. In addition, students will complete a written evaluation of the practicum supervisor.

Grading will be based on:

40% Counseling Skills and Responsibilities to Clients

25% Written and Presented Case Presentation

* Written Case Presentation is due the day you are presenting it

15% Peer Supervision Paper

10% Preparation/participation in Group Supervision (assignments, watching peers' videos)

10% Preparation for individual supervision (reviewing videos of sessions, bringing videos to supervision, etc.)

Note: In accordance with the Americans with Disabilities Act, the instructor would like to offer reasonable accommodations to qualified students with a disability. This statement in no way asks that students identify themselves as having a disability; however, reasonable accommodations can only be granted when students make their disability known to the instructor through university documentation.

Tentative Course Outline

- January 16 Introduction
Read Teyber Chapter 1 for next week
- January 23 Group ground rules
Discussion of student goals, client issues & cases
Read Teyber Chapter 2 for next week
- January 30 Discussion of cases
Read Teyber Chapter 3 for next week
- February 6 Discussion of Cases/Review Tapes
Read Teyber Chapter 4 for next week
- February 13 Discussion of Cases/Review Tapes
Read Teyber Chapter 5 for next week
- February 20 Review Tapes
- February 27 Review Tapes
Read Teyber Chapter 6 for next week, and pp. 403-405 of Teyber
- March 5 Case Discussion (bring Client Conceptualization Outline)
- March 12 SPRING BREAK
- March 19 Case Presentation _____
Read Teyber Chapter 7 for next week
- March 26 Case Presentation _____
Read Teyber Chapter 8 for next week
- April 2 Case Presentation _____
Read Teyber Chapter 9 for next week
- April 9 Case Presentation _____
Read Teyber Chapter 10 for next week
- April 16 Case Presentation _____
- April 23 Case Discussions and Termination
- April 30 Group Process & Wrap-Up
Peer Supervision Papers Due
- Finals Week: TBA