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Time: Wednesdays 11 am-2 pm  Location: Counseling Center Rm. 2124

EDCP 680 BASIC PRACTICUM IN COUNSELING PSYCHOLOGY  
Spring 2018

Course Objectives:
1. Provide supervised experience in counseling clients.
2. Further develop basic counseling skills and techniques.
3. Develop and sustain a counseling relationship that is characterized by respect, trust, empathy, warmth, and high regard for the client.
4. Enhance theoretical conceptualizing abilities.
5. Develop assessment, diagnostic and case management skills.
6. Understand the importance of cultural competence in the counseling relationship.
7. Share your personal process of becoming a psychotherapist with your cohort in an open environment.
8. Explore professional issues related to the practice of counseling, including but not limited to cultural competence.
9. Abide by legal standards and ethical principles that guide counseling practice.
10. Develop an awareness of personal issues and how to differentiate the client’s needs from the counselor’s needs.

Course Activities:
1. Weekly seminar and case presentations.
2. Weekly contact with 2-3 Counseling Center clients, recording each session, completing progress notes and reviewing the recordings. A minimum of 20 direct client contact hours is required for successful completion of this course.
3. One hour of weekly individual supervision which will involve reviewing the recordings and progress notes as well as receiving feedback and support.
4. Completing assigned readings and outside preparation necessary for adequate case management.

Course Expectations:
1. Observe two intakes as soon as possible.
2. Attend class, client sessions, and supervision meetings.
3. Appropriately prepare for each of the above activities by completing reading assignments, recording and reviewing sessions, and completing case notes.
4. Keep a log specifying client and supervision contacts. (This log is for your benefit as you will need this information for internship applications.)
5. Exhibit professional behavior in your contacts with clients, supervisors, the Counseling Center staff, and your practicum colleagues.
6. Carry liability insurance
7. Assignments: initial self-assessment paper, a clinical topical presentation, one formal case presentation, and a final self-assessment paper.

Evaluation of Performance: The course is graded on an S/U basis.
1. Level of counseling skills (40%)
2. Class participation (20%)
3. Initial and final self-assessment Papers (20%)
4. Formal case conference presentation and clinical topical presentation (20%)

Failure to meet the above expectations could constitute a U. A final written evaluation will be sent to your advisor and become a part of your file.

**Texts:**


**Readings:**


Willer’s diagnostic screening questions: [http://drwiller.com/mybooks/#tab-1409436271-1-60](http://drwiller.com/mybooks/#tab-1409436271-1-60)

Other readings will be assigned throughout the semester. You will be informed of these readings at least one week in advance of their assigned date of completion.

All assigned readings should be completed by their due date so that we can have a full class discussion. As you are completing your readings, please have your clients in mind. Class participation, including having done the readings in advance of class, is what will make this class most useful for your professional development. If you have any barriers to participation, please let me know.

**Diversity and Inclusion:**

The Counseling Psychology Program is committed to creating a multicultural training environment, which is broadly defined as a place where individuals' diversity and opinions are respected. All faculty members strive to integrate diversity issues in their courses in ways that are relevant to course content and process. It is hoped that students will contribute their unique perspectives to this effort by considering and raising issues related to multiculturalism and diversity and respecting others' worldviews throughout this course.

**Accommodating Students with Disabilities:**

If you have a documented disability and wish to discuss academic accommodations with me, please contact me as soon as possible.

**Attendance Policy:**

Students are expected to be in every class. However, in the event that a class must be missed, the policy in this class is as follows:

1. For every medically necessary absence from class, a reasonable effort should be made to notify the instructor in advance of class.
2. If a student is absent more than 2 times for medical reasons, the instructor may require documentation signed by a health care professional.
3. Please notify the instructor in advance regarding planned absences due to religious holidays or other unavoidable obligations.

**Child Abuse and Neglect Policy**

While receiving instruction, advising, or other services at the University, Maryland state law requires advisors/educators/employers to report any incident of past or current child
abuse or neglect to Child Protective Services and to the University President’s Designee, the University’s Chief of Police. In addition, if an educator has reason to believe that a vulnerable adult (an adult who lacks the physical or mental capacity to provide for the adult's daily needs) over the age of 18 is in danger, the educator is required to make a report to law enforcement authorities. Health professionals, psychologists, psychotherapists, counselors and mental health professionals are not required to report child abuse neglect to the President’s Designee, but are required by law to make reports to Child Protective Services.

**Academic Integrity:**
You are expected to abide by the Code of Academic Integrity. For more information please visit: [https://www.president.umd.edu/sites/president.umd.edu/files/documents/policies/III-100A.pdf](https://www.president.umd.edu/sites/president.umd.edu/files/documents/policies/III-100A.pdf)

**Course Evaluation:**
Your participation in the evaluation of courses through CourseEvalUM is a responsibility you hold as a student member of our academic community. Your feedback is confidential and important to the improvement of teaching and learning at the University as well as to the tenure and promotion process. CourseEvalUM will be open for you to complete your evaluations at the end of the semester. You can go directly to the website ([www.CourseEvalUM.umd.edu](http://www.CourseEvalUM.umd.edu)) to complete your evaluations. By completing all of your evaluations each semester, you will have the privilege of accessing the summary reports for thousands of courses online at Testudo.

**ASSIGNMENTS**

**Initial Paper Guidelines**

The purpose of this paper is for students to assess their developing theoretical perspectives, their strengths and weaknesses as clinicians, and their training goals for the practicum. The paper should be at a minimum 10 double-spaced pages, with 1-inch margins, and in 12-point, Times New Roman font. This paper should be shared with your supervisor to facilitate supervision. Results of these papers will also be integrated into the ongoing planning of this class. The paper will be due on 2/7/18.

Please consider the following to structure your thinking:

- Previous counseling experiences and how you plan to draw on them in this counseling practicum.

- Briefly discuss your current theoretical perspective making reference to theoretical concepts, goals of therapy, the therapeutic relationship, techniques of therapy, and the strengths and limitations of your current approach.
- What enhances your effectiveness as a clinician and what detracts from that effectiveness? What strengths do you bring to the clinical encounter? What are your areas of growth?

- What are your personal goals for the practicum experience (in what ways do you want to develop as a therapist)?

- What expectations do you have for the practicum, and what specific interests, issues and topics would you like to see addressed?

- What makes feedback most useful to you?

- What do you need from your supervisor? What makes supervision work or not work for you?

- What, if any, self-care activities do you use that can enhance your work as a therapist? What activities would you like to develop for this purpose?

**Clinical Topic Presentation Guidelines**

**Purpose:** This assignment is designed to give you experience in the application of a scholar-practitioner perspective as related to your clinical work.

**Details:** Select a topic on the syllabus that is relevant to your professional interests or is an issue with one of your clients. You will present on and moderate a discussion of that topic.

Search the current literature for references on this topic including journal articles, book chapters, and popular resources. Review a selected number of these sources to compile empirical and/or theoretical material that helps you conceptualize and/or intervene effectively with your client.

Prepare a 45-60 minute presentation on your topic to present in class. As part of your presentation, assign one reading to your practicum colleagues one week in advance of your presentation to enhance their knowledge of the topic and to promote a useful class discussion. If you decide to use Power Point for presentation purposes, please make your slides available to the rest of the class.

Prepare a summary handout, including a bibliography, to support your presentation. Please provide paper copies of the summary for everyone in the class.

**Formal Case Presentation Format**

Presenter
Client Initials
Session Number
Client Description
Presenting Issues and Treatment Goals
Course of Counseling
Theoretical Framework
Questions for Class

To protect client confidentiality, do not email this presentation. Please provide paper copies for everyone in the class.

**Final Paper Guidelines**

The second paper is a follow-up to your initial self-assessment/theoretical orientation paper. You should describe how you have developed as a clinician over the course of the semester, what you have learned, and your goals for the future as a psychotherapist. Your paper should be at least 10 double-spaced pages, with 1-inch margins, and in 12-point Times New Roman font. This paper should be shared not only with your instructor but also your supervisor, as it will further inform the supervisor of your practicum experience.

Specific suggestions include:

- What critical incidents highlight what you have learned this semester as a therapist?
- How well were you able to meet your personal goals in the practicum?
- Identify your strengths and weaknesses as a clinician. What are the areas you want to work on to improve your effectiveness?
- What have been the most and least helpful aspects of your practicum experience?
- How (if at all) has your current theoretical understanding of therapy changed?
- What are your future goals towards your professional development as a therapist?

The paper will be due on 5/2/18.

**COUNSELING CENTER SPECIFICS**

**Training Site:**
The University Counseling Center, as the primary mental health facility for the campus, provides full service to undergraduate and graduate students, and more limited counseling services for members of the faculty and staff. The development of a professional stance toward client concerns, punctual attendance at scheduled intake and counseling sessions,
maintaining confidentiality, as well as the professional handling of all client counseling records plays a central role in the evaluation of students enrolled in EDCP 680.

**Contact Information:**
Students are expected to supply the Practicum Receptionist, Ms. Margie Gibbs, with personal information as to their whereabouts (i.e., telephone numbers, addresses, class schedules, etc.). Students should check the practicum mailbox frequently after a client has been requested or assigned in order to receive important messages.

**Audio Recordings:**
All clients assigned to you must complete the Consent to Audio/Video Recording Form. You must review this form with the clients before you begin the recording session. Assure the client that the recording is for the purpose of your supervision and will be destroyed once reviewed by your supervisor.

Students are expected to use the Center’s recording devices to record sessions. Students are expected to listen to each recorded session prior to their supervision sessions, and their supervisors will listen to recorded sessions as well. In effect, students become their own critic upon listening to session recordings.

**Confidential Counseling Information:**
Folders are stored in the practicum file behind the Front Desk at the Center. Practicum supervisors secure recordings/flash drives from the file for listening purposes. The practicum file at the Front Desk for the storage of client information is locked at 9:00 p.m. Monday through Thursday, and at 4:30 p.m. on Fridays. This file is unlocked by 8:30 a.m. each morning for counseling work. Folders not returned to this file by the close of the day must be secured in the special “lock box” in the Front Desk area. Receptionists will return all client material to individual counselor files the following day.

**Progress notes and Titanium:**
Progress notes are completed after each session in the Titanium software. This is an internal scheduling and note system that maintains the confidentiality of client information. This system is only accessible at the Counseling Center, so you will need to allow for time to complete your notes after the completion of your session. As a result you may not see a client at 8 p.m. Monday – Thursday or at 4 p.m. on Friday as you won’t have time to complete your notes before the Center is locked up for the day. Your supervisor may not sign off on a note immediately, but at least a draft of your session note should be completed by the end of the day on which you see your client. This allows for appropriate case management, particularly in case of an emergency with the client.

**SCHEDULE AND READINGS**

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<thead>
<tr>
<th>DATE</th>
<th>TOPICS</th>
<th>READINGS</th>
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<tbody>
<tr>
<td>1/24</td>
<td>Introduction to the course and each other</td>
<td>Willer 1</td>
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<td></td>
<td>The beginning psychotherapist</td>
<td>Corey 1, 2</td>
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<td></td>
<td>CAMS orientation</td>
<td>Jobes</td>
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1/31
Preparing to see clients  Willer 2, 11
Counseling Center Orientation  [Willer 7, 13]
Titanium Orientation

Checklist for the week:
Observe two intakes ____
Bring proof of liability insurance___ for me and prac coordinator
Supervisor assignment ____
1st supervision session scheduled____
1st supervision session attended ____

2/7
Case Notes  Willer 12
Person-Centered Therapy  Corey 7
Working Alliance, Empathic Attunement, Immediacy
Initial paper due

2/14
Crisis Readiness  Willer 17 - 21
Assessing & Managing Suicidality/Clinical Emergencies

2/21
Ethical issues in Practice  Corey 3, APA code
Clinical Topic Presentations
Willer, pp. 82-94

2/28
Psychoanalytic Therapy & Adlerian  Corey 4, 5
Process & Countertransference Disclosure  [Willer 3, 4]
Patient-Therapist Interaction
Clinical Topic Presentation

3/7
Clinical Observation & Diagnosis  Willer 8, 9
Case conceptualization
Clinical Topic Presentations

3/14
Assessment  Sedlacek & Kim
Suzuki, Onoue & Hill
Client resistance and internal focus for change
Clinical Topic Presentation
Teyber 3, 4

3/21
Spring Break

3/28
Multicultural Counseling  Willer 5
Case Presentation  Arredondo &
Tovar-Blank
APA guidelines
4/4  Behavior Therapy  
Cognitive Behavior Therapy  
**Case Presentation**

4/11  Feminist Therapy  
Postmodern Approaches  
**2 Case Presentations**

4/18  Theoretical Integration
Relational themes and reparative experiences  
**Case Presentation**

4/25  Caring for Yourself and Your Clients
Termination: Loss, endings, saying goodbye  
**Case Presentation**

5/2  Professional Development
Class termination and Class Evaluation  
**Final Paper due**

5/9  Individual conferences