

EDCP 680 BASIC PRACTICUM IN COUNSELING PSYCHOLOGY
Spring 2016

Instructor: Dr. Pepper E. Phillips pepper@umd.edu ~ (301) 314-7672
Time: Tuesdays 12 pm-3 pm ~ **Location: Shoemaker: First Floor conference room**

Course Objectives:

1. To provide supervised experience in counseling clients.
2. To further enhance counseling skills.
3. To further enhance theoretical conceptualizing abilities.
4. To develop assessment and diagnostic skills.
5. To share your personal process of becoming a psychotherapist with your cohort in an open environment.
6. To explore professional issues related to the practice of counseling, including but not limited to cultural competence.
7. To receive feedback on case management.

Course Activities:

1. Weekly seminar and case presentations.
2. Weekly contact with 2-3 Counseling Center clients, recording each session, and reviewing the tapes. *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 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 tapes, 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 (50%)
2. Class participation (20%)
3. Initial and final self assessment Paper (2) (15%)
4. Formal case conference presentation and clinical topical presentation (15%)

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.

Students are expected to be in every class. If you have to miss a class, discuss this with the instructor beforehand.

Texts:

Teyber, E., & McClure, F.H. (2011). *Interpersonal process in therapy: An integrative model* (6th ed). Belmont, CA: Brooks/Cole.

Willer, J. (2014). *The beginning psychotherapist's companion*. (2nd ed). Oxford, NY: Oxford University Press.

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 all have a full class discussion. As you are completing your readings, please have your clients in mind. My hope is that the readings can help inform both your feedback as well as your questions for others.

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.

Religious Observations:

You are excused from class for religious holidays. Please inform me in advance when you will miss class.

Academic Integrity:

You are expected to abide by the Code of Academic Integrity. For more information please visit <http://www.she.umd.edu>.

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) 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.

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.

SCHEDULE AND READINGS

DATE	TOPICS	READINGS
1/26	Introduction to Course Counseling Center Orientation Getting to know each other	Willer 1 Teyber 1
2/2	Preparing to see clients--Checklist First session and establishing a working relationship	Teyber 2 Willer 11
	Checklist for the week: Observe two intakes ____ Bring proof of liability insurance____ Supervisor assignment ____ 1 st supervision session scheduled____ 1 st supervision session attended ____ Purchase digital recorder____	
2/9	Case Notes Crisis Readiness Intial paper Due	Willer 12 Teyber Appendix A Willer 17
2/16	Honoring Client Resistance Crisis Readiness: Assessing & Managing Suicidality	Teyber 3 Willer 18,19
2/23	Facilitating an Internal focus and helping	Teyber 4,5

clients with their feelings

Informal Case Presentations

3/1	Assessment/Conceptualizing Client Dynamics	Teyber 6,7,8
3/8	Clinical Diagnosis Observation & Diagnosis	Willer 8,9
3/15	Spring Break	
3/22	Ethics	Reading TBA
3/29	Multicultural Counseling Case Presentation:	Reading TBA
4/5	Clinical Topic Presentations Case Presentation:	
4/12	Resolution & Change Termination issues in counseling Case Presentation:	Teyber 9,10
4/19	Clinical Topic Presentations Case Presentation:	
4/26	Clinical Topic Presentations Case Presentation:	
5/3	Caring for Yourself and Your Clients Case Presentation:	Willer 21,22
5/10	Class termination and Class Evaluation Final Paper due	
5/17	Individual conferences	

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 680.

Contact Information:

Students are expected to supply the Practicum Receptionist 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.

Recording:

Students are expected to have their own recording devices to record sessions. Recorders are *not* available in Practicum Rooms. Students re-listen to each recorded sessions, and their supervisors will listen to recorded sessions as well. Session notes are completed by practicum students on the Point ‘n Click system. 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.

Point ‘n Click:

Progress notes are completed after each session on Point ‘n Click. This is an internal scheduling and note system that maintains the confidentiality of client information. This system is only accessible in the Counseling Center, so you will need to allow for time to complete your notes after the completion of your session. 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.

ASSIGNMENTS

Initial Paper Guidelines

The purpose of this paper is for students to assess their perspective as clinicians, 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 2/9 at the beginning of class. To minimize paper consumption, please email me the paper in Word (so that I can provide feedback) and as a pdf file.

Please consider the following questions to structure your thinking:

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

Your understanding of what material, topics, clinical issues, and theoretical perspectives you feel comfortable and/or uncomfortable with and why.

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 counselor)?

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 30-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

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 him or her 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?

What is your current theoretical understanding of therapy?

What are your future goals towards your professional development as a therapist?

The paper will be due at the start of class on 5/10/16. To minimize paper consumption, please email me the paper in Word (so that I can provide feedback) and as a pdf file.