

MHS 6801- Mental Health Adv. Practicum in Counseling

This syllabus is a representative sample for this course. Specific information such as texts, assignments, and schedule may vary by semester.

Catalog Description

Prerequisite: permission of instructor

Supervised counseling practices involving both individuals and groups and emphasizing the use of video and audio tapes.

Text & Supplemental Materials

- Review of Counselor Education texts,
- APA's *DSM-IV*, and *Treatment Planning for Adults, Adolescents and Children*
- Professional journals, especially, *Journal of Mental Health Counseling*, *Journal of Counseling and Development*, *Journal of Counseling Psychology*, *Psychotherapy: Theory & Practice*

Audiovisual Technology Used In Instruction

Computer & Internet & Email , Overhead Projector & Transparencies, VCR & Videos & Tape Recorder

Guidelines Used In Developing Course Objectives:

Council for the Accreditation of Counselor Education and Related Educational Programs (CACREP)

Course Objectives

Students will demonstrate the capacity (with assistance) to:

1. Develop a coherent treatment plan based on an integrative assessment and case conceptualization, including diagnostic, cultural, and clinical formulations.
2. Implement, monitor, and evaluate interventions from a specific theoretical framework.
3. Revise treatment plans and interventions to achieve realistic counseling outcomes
4. Recognize and utilize supervision in dealing with ethical and professional issues, including transference and counter-transference issues.
5. Prepare and make effective case presentations to supervisors and in staff meetings (if required); write an effective initial evaluation report, and other case documentation (i.e., discharge summaries and session notes, as required).
6. Develop a professional and ethical approach to the counseling field.

CACREP (General Core Competencies: K1b, K1c, K1d, K1e, K1f, K1g, K1h; K2f; K3a, K3b, K3c, K3d; K4e; K5a, K5b, K5c; K5e, K5f, K5g; K6a, K6d, K6e K6g; K7a, K7b)

(MH Competencies: B1, B2, B3; C3, C4, C5, C7, C8, C9)

Content Outline

Weekly course discussion will involve (but not be limited to) the following:

1. Review of policies and procedures for advanced practicum
2. Review of ethical, legal and professional issues, including confidentiality, reporting of child & elder abuse, and assessment of lethality and harm to self and others. (K1b, K1h, K2f, K5g, K6g; MH B1)
3. Discussion of development of one's values, goals, and identity as a beginning counselor (K1b, K1d, K1e, K1f, K1g; MH B1, C9)
4. Discussion of the evolution of one's counseling approach and the appropriateness of one's approach with different clients and at different phases in the counseling process (K3a, K3b, K3c, K3d, K4e, K5a, K5b, K5c, K5e, K5f, K6a, K6d, K6e; MH B2, B3, C3, C5, C7).
5. Sharing of practicum experiences, cases and theoretical approaches (K3a, K3b, K3c, K3d, K4e, K5a, K5b, K5c, K5e, K5f, K6a, K6d, K6e; MH B2, B3, C3, C5).
6. Progression in the development of counseling relationships, counseling skills and working relationships in the practicum site(s) (K3a, K3b, K3c, K3d, K4e, K5a, K5b, K5c, K5e, K5f, K6a, K6d, K6e, K7a, K7b; MH B2, B3, C3, C5, C7).
7. Provide justification for the diagnosis of all clients using the DSM-IV (K7a, K7b; MH C4, C7)
8. Appropriate use of supervision in developing as a counselor (K5b, K5e, MH C8)

INSTRUCTOR EXPECTATIONS

1. I expect you to conduct yourself ethically and competently at your site and in class.
2. I expect you to seek direction, guidance and supervision when questions arise or you are doubtful about policies, procedures, etc. The primary principle for this course is: **When in doubt, ASK!**
3. I expect you to be punctual, interested and professional in your interactions with others, including your classmates.
4. I expect you to welcome feedback regarding your tapes, presentations and contributions in this class.
5. I expect you to accept your professional shortcomings as a sign of your development as a professional.
6. I expect your case presentations to reflect the highest degree of professional attention. Your audio and video tapes must be audible and clear. Information about your clients must be relevant to the issues you are addressing in counseling.

Note: It is *strongly recommended* that students purchase professional liability insurance.

COURSE REQUIREMENTS

I. Counseling Hours

A. The Practicum consists of a **minimum of 250 clock hours** on site throughout the semester involving counseling and related activities. You are expected to conduct as many direct, face-to-face counseling sessions as possible and as appropriate for the setting. Direct contact with clients individually and in groups should constitute a **minimum of 40% (100 hours)** of the practicum hours (at least half of those hours must be in individual counseling). Related activities will be determined by the Site Supervisor and the University Instructor.

II. Individual Meetings

- A. You will meet on a weekly basis as a class for group consultation.
- B. **At least three times** during the semester you will meet individually with the Instructor. You should not miss any of these meetings, be late, or leave early unless you are sick. However, if you cannot attend, please call in advance or as soon as possible afterwards.
- C. You are expected to have at least one hour of individual supervision per week from your Site Supervisor. It is **your responsibility to ask for assistance** whenever you are in doubt or have a question about policies or procedures.
- D. Your Instructor will attempt to meet with your Site Supervisor once at the beginning of the semester and at

other times as needed.

- E. **LASTLY:** Your Site Supervisor and University Instructor are available to help you. If in doubt, **ASK!** Please do **NOT** make a referral to an outside agency without the expressed consent of your Site Supervisor or from your University Instructor. Please let me know immediately if you are having any difficulty with receiving supervision at your site. **I want to know about any problem that you are having at your site as soon as possible--DO NOT WAIT UNTIL THE PROBLEM GETS OUT OF HAND BEFORE INFORMING ME!! You may call me the office or via e-mail--please just DO IT!**

III. Presentation of Cases for Consultation

- A. You are expected to present a **minimum of five video tapes or audio tapes** of your counseling done at the Practicum site during the semester, two will be presented in Practicum group and **at least two** for individual supervision. These tapes should include at least two or three different individual clients; tapes should be spread **throughout** the semester. Learn to use a tape recorder and video equipment and become comfortable with them. You should also plan to listen to or view your own counseling tapes at least once before sharing in the practicum class or with your University Instructor. Your tapes should indicate **definite progress in your counseling skills** and comfort in counseling over the semester and **demonstrate the achievement of adequate competency in basic counseling skills** by the end of the semester.
- B. With each tape, complete this information: Your name, Site, Date of Presentation, # of sessions you have seen client and # of this taped session. Code for Client, Client's age, gender, marital status, ethnicity, and presenting problem. In addition, be prepared to make a provisional diagnosis, and be able to justify your diagnosis using the DSM-IV.
- C. For two (2) presentation clients, select a 15 minute segment in which you need help and transcribe the interaction. This should be a 15 minutes of interaction between you and the client.
- D. For each supervision class, be prepared to present a summary of your clients for review.

One transcript and the form for each of your tapes will be kept in your file and you should copy & keep one for your records.

Note: If any tape that you present is not audible, submit a full written transcript or choose another tape.

Evaluation will take into consideration **your growth in counseling skills over the semester as well as the development of adequate competency in basic counseling skills**. Waiting until the last week of the semester to present your tapes **will** delay your progress. **REMINDER:** A **minimum** of five tapes are required with 2 or 3 different clients to demonstrate definite progress in your counseling skills. You may be asked to make additional tapes. Your last tape should be presented before the last week of the semester. Inability to adhere to this requirement may result in an inability to successfully pass the course.

IV. Records

Each week summarize your counseling contacts and other activities on a Summary Log and also on the Client Contact Log.

Have your Site Supervisor sign the forms and submit them weekly to your University Instructor. Be sure to keep the original for your records and (give a copy to the University Instructor) of each Summary Log and Client Contact Log. You will need to make enough copies of the Summary Log and Client Contact Log for each week of the semester. On the final log sheet, indicate total hours for Site.

- Maintain counseling notes on every client (personal and progress notes) in accordance with your site and ACA standards.
- Keep a Summary of Clients Form and present it with the second and fourth tapes at your Individual Session. Be sure to update it regularly.

V. Assignments: *See Assignment sheet (to be handed out)*

VI. Professionalism

Become familiar with the ACA Ethical Standards and abide by them within the limitations imposed by the practicum site. ACA's ethical code can be downloaded at <http://www.counseling.org/ethics>. You are urged to purchase professional liability insurance. Present a copy of your insurance policy by the second week of the semester.

You will become a professional counselor by conducting yourself in a professional and ethical manner. You are to dress in a professional manner. Affiliating with professional associations such as ACA, AMHCA, FCA, FAMHCA and other related associations, continuing to learn by attending conferences and workshops and subscribing to and reading professional journals are other ways to express your professionalism. Plan to attend one professional workshop or a conference or training this semester.

VII. Grading Criteria

Grading is based on the evaluations of the Site Supervisor and the University Instructor as well as the quality of completed assignments. The focus will be on your demonstrated growth and competence in counseling knowledge and skills through practicum group participation, presentations and live or taped supervision. The final grade is the responsibility of the University Instructor.

VIII. Attendance Policy

Counselor Education practicum students are expected to attend and participate in every class meeting and to be responsible for adhering to the schedule determined at the site. Student regular attendance and participation are expected. Attendance includes active involvement in all class sessions, class discussion, and class activities as well as professional conduct in class. Failure to participate will have an adverse effect on grades. Students who must be absent from class because of extraordinary circumstances, such as illness or family emergencies, should notify the instructor prior to the class missed or as soon as possible afterwards. Students are responsible for all material missed as a result of the absence. **It is absolutely necessary for you to notify the Site Supervisor if you will be late or absent when you are scheduled to be at the site and/or to notify me if you must miss a class meeting!!** Excessive absences or failure to complete counseling hours can result in a failing grade in Practicum.

Be sure to read, understand and notify your Site Supervisor about the Departmental policy regarding Practicum, Advanced Practicum and Internship.

IX. MISCELLANEOUS

Religious Accommodations

In accordance with the rules of the Florida Board of Education and Florida Law, students have the right to observe religious practices and beliefs. Students who wish to be excused from course work, class activities or examinations in order to participate in religious observations must notify the faculty member in advance of their intention, and the faculty member must provide a reasonable opportunity to make up such excused absences.

Students with Disabilities

Registration with the Office of Student Disabilities (OSD) is a voluntary process. In order for students to be guaranteed appropriate academic adjustments for their disabilities, they MUST register with the OSD. Faculty are responsible for insuring that students with disabilities who request reasonable accommodations receive them. If you have any questions, or to register with OSD, please contact an OSD counselor at (561) 297-3880 (Boca Campus).