



PRACTICUM IN COUNSELING

COU6663 |

Total Credit Hours: 3

Instructor:

Course Description

COU 6663-Practicum in Counseling & Therapy is a supervised practical experience in a clinical setting for advanced students majoring in counseling. Any modifications in the course requirements must have written approval by the appropriate departmental academic committee.

Rationale for Course

It is essential that students planning to work with people in various helping situations develop the knowledge of a variety of theoretical orientations as well as the ability to apply a theoretical orientation effectively when working with people in easy and difficult helping situations.

Learning Objectives

Learning objectives for this course are based on the CACREP 2016 standards which can be found in Appendix A. Upon completion of this course, successful students will have gained knowledge, understanding and skills regarding:

1. Counselors' roles, responsibilities and strategies when practicing individually and in collaboration with other human service providers.
2. Counseling philosophy and foundational principles.
3. The licensed professional counseling credentialing process.
4. How to evaluate the counseling skills of master's-level counselors in each specialty area.
5. How to utilize at least one major theoretical orientation/psychological theory during the course of a therapeutic counseling session.
6. How to utilize at least one major theoretical orientation/psychological theory in conceptualizing a client's presenting issue(s) and in developing a client's treatment goals.
7. How to analyze, synthesize, and evaluate counseling skills and the clinical process when observing their peers' video and audio recordings and role plays.
8. How to execute basic attending (body language, eye contact, tone) and listening skills.
9. How to execute basic reflection skills and summarizing skill.
10. How to execute additional basic counseling skills including confrontation, use of minimal encouragers, verbal tracking, congruency, and immediacy.
11. How to practice counseling in an ethical and legal fashion including, but not limited to, appropriate boundaries and self-disclosure, self-care and privacy issues of incompetency and impairment, and the utilization of informed consent and confidentiality (and its limits) procedures.
12. How to engage in counseling with at least an expected level of multicultural counseling competency (including non-judgment, unconditional positive regard,

empathic practice, ethical bracketing, broaching, and advocacy) for beginning counselors.

13. How to self-evaluate one's counseling practice, including one's clinical skill, personal motivations and blind spots, and one's understanding of and ability to apply counselor ethics and multicultural counseling competency (MCC).
14. Understanding and recognizing both empirically-supported treatments (ESTs) and evidence-based practices and distinguishing between the two.

Prerequisites

Completion of the 18 hours of qualifying coursework (COU 6501, COU 6502, COU 6503, COU 6504, COU 6506, COU 6515)

Instructional Materials

1. Supervision Assist Training Platform
2. The Electronic Clinical Training (ECT) handbook
3. Yalom (2017). *The gift of therapy: An open letter to a new generation of therapists and their patients*. Harper Perennial

Methods of Instruction

The primary methods of instruction for this course include recordings and case presentations, discussions, readings, supervision, critiques, role plays, cooperative learning and lectures.

Methods of Evaluation & Assignments

All instructions for assignments are outlined in Appendix B.

1. Tracking weekly hours in Supervision Assist. All midterm & final forms.
2. Counseling Philosophy
3. Group Counseling Critique
4. Audio Recordings (2) with case conceptualization, clinical documentation, & transcript
5. Reflective Journal

MC Syllabus Statement

The MC Syllabus contains all policies and procedures that are applicable to every course offered by Mississippi College, both on campus and online. The policies in the MC Syllabus describe the official policies of the University as they relate to instruction and will take precedence over those found elsewhere. It is the student's responsibility to read and be familiar with every policy. The MC Syllabus may be accessed at any time on the MC website at the following: <https://www.mc.edu/provost/mcsyllabus>.

Grading Policy

My goals are to (1) meet the course objectives and (2) ensure fairness. Accordingly, please do not contact the instructor at the end of the course to request an extra assignment, bonus opportunity, extension, or grade change for any reason except an error in the calculation of the final grade. Grade appeals should follow the process outlined in MC Policy 4.20.

Evaluation in this course is important. There is a need to actively participate in discussions, critiques, and presentations in this course in order to develop your own knowledge and skills and sincerely and accurately contribute to the development of your peers' knowledge and skills.

Assignment 1 - 20%
Assignment 2 - 20%
Assignment 3 - 20%
Assignment 4 - 20%
Assignment 5 - 20%
Total= 100%

Grading Scale:

70% and Above = Credit for course

69% and Below = No Credit for course

*NOTE: Failure to successfully complete the required number of service contact clock hours (100) and/or the required number of direct service hours (40) will result in a grade of “No Credit” for the course.

Additional Course Policies

The Practicum faculty supervisor will be responsible for determining if direct hours are legitimate by reviewing the documentation and maintaining contact with field site supervisors. The faculty supervisor has the discretion to decline or request updates to any time logs entered into Supervision Assist.

MISBEHAVIOR AT SITE: This course is highly dependent upon ethical and responsible behavior within the practicum. Any student who is terminated from their practicum site due to their unacceptable behavior will receive a grade of “No Credit” in the course. It is important that the student notify the instructor immediately concerning any potential problems with the practicum site or their relationship with the supervisor; these situations can often be resolved prior to termination. Students dismissed from their practicum site for unacceptable behavior are subject to dismissal from the counseling program at the discretion of the faculty & department chair.

Attendance - Four (4) class absences will lead to mandatory failure. Attendance is taken at the beginning of class. Class attendance is an essential part of college education, and students are expected to attend regularly and punctually. Cumulative absences will result in a lowered grade or loss of credit for the course. The university policy will be followed concerning absences.

- A student will receive an F in a class immediately when absences, whether excused or unexcused [including university functions], exceed 25% of the class meetings. For spring and fall full semester classes that meet once a week, that means 3 absences are the maximum allowed, whether excused or un-excused.
- Cumulative absences/nonparticipation may result in a lowered grade or loss of credit for the course. Tardiness is also subject to penalty, as is any failure to complete required class work on time.
- The faculty member will excuse a limited number of absences/non-participation for serious illness, field trips, representing the University, and perhaps for other emergency reasons which the faculty member finds justifiable. Whether an absence/non-participation is excused or not, the student who is absent misses some learning that takes place in the class. Naturally, the faculty member is more inclined to assist the student in making up the work if the absence was excused. However, the responsibility for work missed rests entirely with the student.

- A student registering late will be charged for all absences/non-participation occurring prior to his or her reporting to class, although these may be treated as excused absences.
- Students are expected to attend class beginning with the first class meeting (or participate in online classes the first week). Students who have not attended class (or participated in an online class) within 14 calendar days of the first day of class for full semester classes or within 7 calendar days of the first day of eight-week classes (brick-and-mortar or online) will be administratively dropped from class.
<http://catalog.mc.edu/content.php?catoid=22&navoid=1184>
- All absences must be made up at the discretion of the faculty supervisor.

Best Practices

Students should approach the practicum experience with professionalism & openness to learn including accepting feedback graciously. Students should become familiar with & adhere to all pertinent policies and procedures at their practicum site. Students must follow all MC & departmental policies related to the practicum course. Students must adhere to the ACA code of ethics while enrolled in the counseling programs at MC.

Course Outline / Schedule

Date	Topic	Reading Assignments/Materials due
Week 1	Introductions/Expectations of class Ethics Review	Syllabus
Week 2	Case Conceptualization	Yalom Intro - Ch. 10 Due: Logs & Journal
Week 3	LABOR DAY HOLIDAY *Fall Semester*	NO CLASS
Week 4	Treatment Planning	Yalom Ch. 11 -21 Due: Logs/ Journal
Week 5	Clinical Notes	Yalom Ch. 22-32 Due: Logs & Journal
Week 6	Recording #1 Presentations	Due: Recording 1 with documentation Due: Logs & Journal
Week 7	Initial Assessment(s)/Intake	Yalom Ch. 33 -43 Due: Logs & Journal
Week 8	MIDTERM	Due: Group Counseling Critique Due: Logs & Mid-term forms
Week 9	Risk Assessment	Yalom Ch. 44 -54 Due: Logs & Journal
Week 10	Recording #2 Presentations	Yalom Ch. 55 - 65 Due: Recording #2 & note Due: Logs & Journal
Week 11	Counselor as Consultant Models of Supervision in Counseling	Yalom Ch. 66 - 76 Due: Logs & Journal
Week 12	Counselor Self-Care- A professional & ethical obligation	Yalom Ch. 77 - end of book Due: Logs & Journal
Week 13	Recording #3 Presentations	Due: Recording #3 & note Due: Logs & Journal

Week 14	Licensing & Credentialing in Professional Counseling	Due: Logs & Journal
Week 15	THANKSGIVING BREAK *Fall Semester*	NO CLASS
Week 16	FINAL	Due: Counseling Philosophy Due: Completed logs & all forms in Supervision Assist

Disclaimer

The instructor reserves the right to modify the schedule proposed in the syllabus as necessary. Modifications will be provided in writing.

APPENDIX A 2016 CACREP STANDARDS

CACREP STANDARDS (2016), General

- II.1.k. strategies for personal & professional self-evaluation & implications for practice
- II.1.l. self-care strategies appropriate to the counselor role
- II.1.m. the role of counseling supervision in the profession
- II.2.c. multicultural counseling competencies
- II.2.d. the impact of heritage, attitudes, beliefs, understandings, & acculturative experiences on an individual's view of others.
- II.2.e. the effects of power & privilege for counselors & clients
- II.2.f. help-seeking behaviors of diverse clients
- II.2.h. strategies for identifying and eliminating barriers, prejudices. and processes of intentions and unintentional oppression and discrimination.
- II.5.d. ethical and culturally relevant strategies for establishing and maintaining in person and technology assisted relationships.
- II.5.e. the impact of technology on the counseling process
- II.5.f. counselor characteristics and behaviors that influence the counseling process
- II.5.g. essential interviewing, counseling, and case conceptualization skills.
- II.5.h. developmentally relevant counseling treatment or intervention plans
- II.5.i. development of measurable outcomes for clients
- II.5.l. suicide prevention models and strategies

CACREP STANDARDS (2016), Mental Health Counseling

- V.C.1.c. principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning.
- V.C.2.j. cultural factors relevant to clinical mental health counseling
- V.C.3.a. intake interview, mental status evaluation, biopsychosocial history, mental health history, and psychological assessment for treatment planning and caseload management.
- V.C.3.b. techniques and interventions for prevention and treatment of a broad range of mental health issues
- V.C.3.e. strategies to advocate for persons with mental health issues

CACREP STANDARDS (2016), Marriage, Couple, and Family Counseling

- V.F.3.a. assessment, evaluation, and case management for working with individuals, couples, and families from a systems perspective
- V.F.3.c. techniques and interventions of marriage, couple, and family counseling
- V.F.3.d. conceptualizing and implementing treatment, planning, and intervention strategies in marriage, couple, and family counseling

CACREP STANDARDS (2016), School Counseling

- V.G.3.d. interventions used to promote academic development
- V.G.3.f. techniques of personal/social counseling in school settings
- V.G.3.g. strategies to facilitate school and postsecondary transitions
- V.G.3.h. skills to critically examine the connections between social, family, emotional, and behavior problems and academic achievement
- V.G.3.i. approaches to increase promotion and graduation rates
- V.G.3.j. interventions to promote college and career readiness
- V.G.3.k. strategies to promote equity in student achievement and college access
- V.G.3.l. techniques to foster collaboration and teamwork within schools
- V.G.3.m. strategies for implementing and coordinating peer intervention programs

APPENDIX B ASSIGNMENT INSTRUCTIONS

1. Tracking weekly hours in Supervision Assist. All midterm & final forms.
 - a. Using Supervision Assist, students should show a minimum of 100 clock hours of direct and indirect supervised experiences by the due date the course instructor requires. Included in those 100 hours must be a minimum of 40 hours of direct service with clients, which can be gained in individual, group, family and couple counseling interactions. Each student will turn in a log weekly using Supervision Assist. This log should be turned in as directed by the faculty supervisor (instructor of record). This log is absolutely necessary for communication with your instructor, so 10 points will be deducted for each log skipped and 5 points will be deducted for each log submitted late.
 - b. Using Supervision Assist, students will complete all evaluations required for practicum. Each evaluation will be listed in Supervision Assist & the faculty supervisor will provide due dates for these items.

2. Counseling Philosophy
 - a. Students will write a personal counseling philosophy statement. The paper should be at least two pages, not including the references, & written in APA 7th edition format. This document will outline the following:
 - i. Describe your views of counseling & the counseling process. Include the purpose & goals of counseling from your perspective.
 - ii. Describe the relationship between the counselor & the client.
 - iii. Describe your theoretical orientation and techniques you use in your practice.
 - iv. Identify areas of expertise, experience gained, or areas where you intend to expand your expertise.
 - v. Client population(s) you work with.
 - vi. Format(s) of counseling provided. (ex. Individual, couples, group, family)

3. Group Counseling Critique
 - a. Each student should review a minimum of two group counseling demonstrations from the Leland Speed Library databases. The faculty supervisor will provide direction on how to find such videos. Students will then write a critique regarding the two demonstrations. The critique should be written in APA 7th edition format and should be approximately two pages, not including references. For each group, please address the following:
 - i. What type of group is it?
 - ii. What client population or topic is the group addressing?
 - iii. What theory or theories are being used?
 - iv. Where do you think the group is regarding group process & development?
 - v. If you were the group leader, would you do anything differently?
 - vi. Compare & contrast the groups. How are they similar? How are they different?
 - vii. Reflecting on your own experience with leading groups, how were these demonstrations similar &/or different than group(s) you've led.

4. Audio Recordings (3) with case conceptualization, clinical documentation, & transcript
 - a. Students should make a minimum of 3 audio recordings during the practicum

for use in practice and critique. These should be recorded in Supervision Assist ONLY & shared with the faculty supervisor. You may share your recordings with your site supervisor if needed. These tapes may involve role play or counseling with a real client & will be submitted as indicated on the course schedule. LATE RECORDINGS WILL NOT BE ACCEPTED/GRADED. Ethically, you must make sure to inform the client(s) that you are a trainee, how the recording(s) will be used (i.e. others will view it), ALL of the limits to confidentiality, and have her/him sign an informed consent/release form. Each informed consent will be submitted to the course instructor at the time of EACH of your recordings. Take special care to keep your recording and case conceptualization confidential.

- b. A typed case conceptualization, treatment plan, & case note should be submitted with the first audio recording. A typed case note should be submitted with the second and third audio recording. A verbatim transcript of one tape will also be submitted. All documents should be submitted in Supervision Assist with your recording.
5. Reflective Journal
- a. Students should write a reflection each week regarding their experiences in practicum. NO IDENTIFYING INFORMATION OR CLIENT INFORMATION SHOULD BE IN THE JOURNAL. This journal is for the student to intentionally reflect on their own learning processes & professional growth. Include thoughts, emotions, reactions, lessons learned, professional goals, blind spots, areas for growth, & etc. as it pertains to your practicum experience at your site & in class/group supervision. This journal will be submitted via Canvas.