

National University

PSY 680A: Counseling Practicum I

Course: PSY 680A - Counseling Practicum I

Meeting Days/Times: Tuesdays (3:30-5:30) *

Due to the duration of the course, unforeseen events may require the need to change an individual meeting day. This will be discussed as needed among the class.

Instructor: Caroline Paltin, Ph.D.

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Textbook: 1. American Psychiatric Association (2013). Diagnostic and statistical manual of mental disorders, 5 ed. Washington, D.C.: American Psychiatric Association. For the correct edition of the textbook assigned to a specific class, go to: <http://www.nutextdirect.com>

Course Prerequisite(s):

- Prerequisite
 - PSY 611B with a minimum grade of S.

Course Description: First of a two-course field practicum where students work as MFT or LPCC trainees. Students participate in an academic seminar for six months at the university. Students must complete a minimum of 125 hours of face-to-face work with clients at a clinical site. This class will meet outside of regular class hours.

Instructor Statement: Counseling Practicum class is an integrative experience, offering students the opportunity to apply and demonstrate academic course knowledge in their program. It is meant to provide guided training and support while students begin their supervised work in practica placements. The course will also assist students in identifying areas of needed growth, and in recognizing the multiple priorities inherent in providing counseling services. In this instructor's view, the most adaptive posture to take through the course is to maintain an open perspective regarding one's development in the counseling profession, and in the incredible responsibility given to those who care for people seeking assistance from a counselor. Although students have different levels of prior experience entering practicum class, and bring strengths through those experiences, no one who is taking the course should consider prior experience as the key to success in the course. Rather, professional and personal growth as described in the Independent Learning Plan will assist in successful progress through the Practicum course.

Course Learning Outcomes:

- Apply entry-level counseling techniques with clients in a community setting.
- Demonstrate the ability to accept and integrate clinical supervision.
- Construct a clinical assessment and diagnosis from the DSM, strength-based, and recovery model perspectives.
- Develop a treatment plan based on the clinical assessment.
- Integrate the identification of transference and counter-transference issues into the treatment plan for clients.
- Present a professional clinical case presentation.
- Demonstrate the ability to distinguish human diversity from psychopathology.
- Apply legal and ethical standards to clinical work.
- Apply case management skills to identify resources and potential referrals to assist clients to become more autonomous and successful in their life.
- Write appropriate intake assessments, treatment plans, and progress notes.

Specified Program Learning Outcomes:

- Psychology - Master of Arts in Counseling Psychology
 - Apply a working knowledge of a range of topics important to mental health practice including (but not limited to) psychopharmacology, addictive and compulsive disorders, structured psychological assessment, relational violence, gender and sexuality, and trauma/crisis.
 - Demonstrate cultural competence in addressing the mental health needs of people of diverse backgrounds and circumstances, including an appreciation for the wide cultural diversity among California's multiple diverse communities.
 - Evaluate psychological distress and/or impairment, mental disorders, and problems in living in diverse individuals and systems within various mental health settings.
 - Demonstrate core psychological concepts and therapeutic skills that underpin counseling, psychotherapy, and mental health counseling.
 - Apply related therapeutic interventions with diverse clients using a variety of psychotherapeutic models.
 - Critically evaluate the relevant methods of research used in the study of behavior and their limitations.
 - Understand and demonstrate current professional standards of ethics, values, and laws related to the practice of professional psychotherapists.
 - Understand norms and principles of public mental health work including (but not limited to) case management, collaborative treatment, evidence-based practice, strength-based model, resiliency, and recovery-oriented care to work with clients.
 - Integrate professional development through self-reflection emphasizing personal capacities such as self-awareness, integrity, sensitivity, flexibility, insight, compassion, imagination, and personal presence.
 - Develop culturally appropriate strategies, treatment plans, and professional relationships for successful interventions with diverse client groups in various clinical contexts.
- Psychology - Master of Arts in Counseling Psychology
 - Establish professional relationships with diverse clients that provide the evidence-based relational conditions for therapeutic change.

- Uphold current professional standards of ethics, values, and laws related to the practice of professional psychotherapists.
- Demonstrate cultural competence in addressing the mental health needs of people of diverse backgrounds and circumstances, including an appreciation for the wide cultural diversity among California's multiple diverse communities.
- Assess and diagnose psychological distress and/or impairment, mental disorders, and problems in living in diverse individuals and systems within various mental health settings.
- Develop culturally appropriate strategies and treatment plans for successful interventions with diverse client groups in various clinical contexts.
- Demonstrate mastery of the core competencies required of all helping relationships.
- Apply related therapeutic interventions with diverse clients using a variety of psychotherapeutic models.
- Apply a working knowledge of a range of topics important to mental health practice including (but not limited to) psychopharmacology, addictive and compulsive disorders, structured psychological assessment, relational violence, gender and sexuality, and trauma/crisis.
- Apply norms and principles of public mental health work including (but not limited to) case management, collaborative treatment, evidence-based practice, strength-based model, resiliency, and recovery-oriented care to work with clients.
- Integrate professional and personal development through self-reflection and personal psychotherapy, emphasizing personal capacities such as self-awareness, integrity, sensitivity, flexibility, insight, compassion, imagination, and personal presence.
- Analyze core psychological concepts that underpin counseling, psychotherapy, and mental health counseling.
- Critically evaluate the relevant methods of research used in the study of behavior and their limitations.
- Critically evaluate the controversies and regions of theoretical uncertainty within the current systems of mental health care.

Students with Disabilities:

Students seeking special accommodations due to a disability must submit an application with supporting documentation, as explained under this subject heading in the General Catalog. Instructors are required to provide such accommodations if they receive written notification from the University.

Writing Across the Curriculum:

Students are expected to demonstrate writing skills in describing, analyzing and evaluating ideas and experiences. Written reports and research papers must follow specific standards regarding citations of an author's work within the text and references at the end of the paper. Students are encouraged to use the services of the University's Writing Center when preparing materials.

The following website provides information on APA, MLA, and other writing and citation styles that may be required for term papers and the like:

<http://library.nu.edu/FindResources/ReferenceTools/citations.html>

National University Library:

National University Library supports academic rigor and student academic success by providing access to scholarly books and journals both electronically and in hard copy. Print materials may be accessed at the Library in San Diego or through document delivery for online and regional students. Librarians are available to provide training, reference assistance, and mentoring at the San Diego Library and virtually for online or regional students. Please take advantage of Library resources:

URL: <http://library.nu.edu>

Contact the Library: •RefDesk@nu.edu

- (858)541-7900 (direct line)
- 1-866-NU ACCESS x7900 (toll free)

Use the Library Training Tools (on the Library Homepage) for additional help

- Recorded class presentations
- Tutorials & Guides (APA/MLA, Peer-REview, and more)

Plagiarism:

Plagiarism is the presentation of someone else's ideas or work as one's own. Students must give credit for any information that is not either the result of original research or common knowledge. If a student borrows ideas or information from another author, he/she must acknowledge the author in the body of the text and on the reference page. Students found plagiarizing are subject to the penalties outlined in the Policies and Procedures section of the University Catalog, which may include a failing grade for the work in question or for the entire course. The following is one of many websites that provide helpful information concerning plagiarism for both students and faculty:

<http://www.indiana.edu/~wts/pamphlets/plagiarism.shtml>

Ethics:

Ethical behavior in the classroom is required of every student. The course will identify ethical policies and practices relevant to course topics.

Technology:

Students are expected to be competent in using current technology appropriate for this discipline. Such technology may include word processing, spreadsheet, and presentation software. Use of the internet and e-mail may also be required.

Diversity:

Learning to work with and value diversity is essential in every class. Students are expected to exhibit an appreciation for multinational and gender diversity in the classroom.

Civility:

As a diverse community of learners, students must strive to work together in a setting of civility, tolerance, and respect for each other and for the instructor. Rules of classroom behavior (which apply to online as well as onsite courses) include but are not limited to the following: •Conflicting opinions among members of a class are to be respected and responded to in a professional manner

•Side conversations or other distracting behaviors are not to be engaged in during lectures, class discussions or presentations

•There are to be no offensive comments, language, or gestures

PSY 680A: Counseling Practicum I Class Schedule and Due Dates

Class Meetings:

Tuesdays: August 5, 2015 to January 30th, 2016

Due Dates:

8/10/15: Trainee Letter of Agreement; Supervisors 6 hours of CEU training in Supervision; Copy of liability insurance; Supervisor's most recent license renewal; Responsibility Statement for Supervisor.

9/8/2015; First full draft of ILP submitted for review

9/22/2015; Full revision and final ILP document

At end of 3rd Month AND 6 month or completion of 200 hours: Evaluation in Field Experience;

1/30/2014: Presentation of at least 2 cases to the practicum class; Synopsis of assigned Grossman material's area of study; acceptance of completion of Signature Assignment Portfolio by the instructor.

Ongoing: Recordkeeping of weekly hours and supervision as per BBS regulations; at the end of the course, be prepared to show instructor weekly logs with appropriate ratio of supervision to clinical hours in preparation to be turned in with your BBS license application.

* PLEASE NOTE: Many items due in this course are mandatory requirements to pass the course, and may not only be required by National University, but may also be required by the student's specific State Licensing Board. Please do not jeopardize the ability to utilize practicum class hours toward licensure by not meeting documentation and supervisory

expectations. For further review, please consult your individual California State Licensing Board requirements for supervised field experience.