

7944: COUNSELING PRACTICUM (Spring 2017)

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Class Meetings: Thursdays 9:30 a.m. – 12:00 p.m. (Note: Practicum Seminar is from 8:30 – 9:30)

Goals and Requirements: The goal of this practicum is to facilitate the development of both your skills and confidence as a counselor/therapist. More specifically, this practicum is aimed at increasing skills and confidence in: (a) assessment of client concerns; (b) conceptualization; (c) treatment planning; (d) providing a range of effective counseling interventions, and (e) using yourself and your reactions as a tool in therapy. Other goals are to: (1) increase your comfort and skills in making good use of supervision, including interpersonal process-oriented, experiential group supervision; and (2) increase your awareness and skills with respect to diversity. In addition, emphasis will be put on developing your theoretical orientation. In order to accomplish these goals, the following is required of each student in the practicum:

1. Develop a set of goals for the semester. *Please include at least one goal related to theoretical orientation and/or associated techniques, one goal related to using yourself as a tool in therapy, and one goal related to your interpersonal presence and/or processing in group supervision.* These goals are due by **January 12**. These goals will help guide the instructors (and supervisor and practicum coordinator with whom they will be shared) in assisting you to grow as a developing counselor/therapist/professional.
2. Counsel clients and engage in all direct services agreed to in your practicum contract, including:
 - a. 50 client contact hours.
 - b. All sessions must be video-taped.
3. Attend and actively engage in one-to-one supervision, supervision of group therapy if applicable, and any other agreed upon activity (e.g., outreach) as per your contract. Prepare for supervision as directed by your supervisor
4. Attend and actively engage in group supervision. Specifically: (a) be prepared at the start of each class session to raise issues for discussion, which can include issues related to therapy in general, your client work, yourself (e.g., self-care), or the dynamics in the group; (b) if discussing a case, bring a video tape/clip to share; (c) be an active participant in class discussions. Additionally, everyone should always come prepared with a video clip to share (i.e., if there is no topic for discussion, we will simply watch tapes).
5. Observe your peers four times during the semester (4 different counselors). Give constructive feedback to this counselor. **See day-by-day schedule for dates due.** An observation is defined as watching an entire session or tape of a session and feedback is defined as written and oral communication regarding what you

perceived to be the strengths and areas for improvement.

6. Turn in the Weekly Summary each class period. Important: Do not put any identifying client information on this form!
7. Watch one of your own videotapes each week. Watch and listen carefully and identify three strengths and one area for improvement for each session and report these in your Weekly Summary.
8. Present your theoretical orientation in class (see requirements subsequent in this syllabus).
9. Adhere to the CWC administrative policies and recommendations for professional behavior.
10. Complete all “paperwork” required by the CWC. Specifically:
 - Keep track of your hours using the Caseload Log.
 - All sessions must be later accompanied by a progress note written in Titanium. It should be timely – within 48 hours of the session.
 - Non-counseling contacts should be kept up to date in Titanium.
 - All confidential documents that will not be going in the client folder should be shredded.
 - Complete all required evaluation forms. As per program policy, not turning in evaluation forms will result in an Incomplete grade for the course.
11. Attend a mid-semester and final semester meeting with your supervisor, instructors, and practicum coordinator, and others as appropriate and outlined in the Practicum Training Manual. Mid-semester meetings will be held the **February 23**. Final meetings will be held **April 13**.
12. Read any readings that are assigned throughout the course of the semester (i.e., discussion and case-driven readings) and demonstrate that you have read these assignments by being an active participant in discussions of them.
13. Engage in outside reading and consultation related to the concerns of your clients, in order to increase the effectiveness of your interventions.
14. As per program policy, have an active student malpractice policy.
15. Keep a record of all activities completed throughout the semester. The Counseling Psychology Student Handbook includes a sample form and links to other tracking systems. *A word of advice: It is important that you keep good records of your hours, as you will need these for internship, licensure, and/or job applications.*
16. All students are required to be available during Finals week to complete required CWC paperwork.
17. The Practicum is graded using letter grades (A, B, I, E). An “A” indicates the student has completed requirements and met expectations of the practicum, demonstrated competency, and achieved expected number of client contact hours, supervision, and participation in training activities. A “B” indicates the student demonstrated competency in some of the expected counseling skills and professional behaviors, but significant weaknesses were observed. A grade of “I” indicates the student has demonstrated competency in counseling skills and professional behavior expected but failed to complete the expected number of client contact hours or other required training activities (final grade is withheld pending completion of

requirements). A grade of “E” indicates the student failed to meet expectations of the practicum.

In making judgments regarding competency, the instructors will rely upon their collective clinical judgment, derived from being practicing, licensed providers and practicum instructors. In making such clinical judgments, the instructors will take into account videos showed in class, case discussions in class, additional videos viewed by the instructor as needed, and interactions with instructors and other students in class. Of utmost importance, the instructor will rely heavily on the judgment and written evaluations of the clinical supervisor, including but not limited to that provided in their written evaluation forms. (Nevertheless, in cases of disagreement, the instructor’s assessment shall prevail).

In cases of concern about a competency deficiency or problematic behavior, the procedures outlined in the UF CWC Training Manual will be followed.

Additionally, as specified in the Counseling Psychology Program Student Handbook, if a supervisor of students enrolled in PCO 7944 (Practicum at the UF CWC) raises a concern about a student’s competency, initiates their own internal remediation procedures, or recommends a grade other than “A,” the area faculty will be promptly apprised of the situation by the Area/Training Director. The faculty may also choose to request a meeting with the PCO 7944 supervisor, practicum coordinator, or any other relevant training staff. The counseling faculty may choose, with a 2/3 majority vote of the Counseling Psychology core area faculty, to place the student on probation or to await the results of any internal procedures in place at the Practicum site. Note, however, that the assignment of a grade of “E” for PCO 7944 or PCO 7945 will automatically result in the student being placed on probation.

Note: All of the requirements are to be taken seriously. Not fulfilling a requirement could result in failing the course. See the instructor if you anticipate having a problem or are having a problem with any of these requirements.

*Be Courageous and Take Risks.
Help Make It Safe For Others to
Take Risks.
Learn and Enjoy!*

Class Dates and Presentations

Subject to Change

*(Note: Laurie may be out of town one week, TBD
& presentations may be rearranged accordingly)*

January

- 5 Discuss Syllabus, Requirements, and Goals/Desires for Group Supervision
- 12 ***Goals Due***
- 19 ***First Peer Observation completed***
- 26 Theory Presentation: _____

February:

- 2
- 9 Theory Presentation: _____
- 16 ***Second Peer Observation completed***
- 23 **Mid-Semester Feedback (no class; individual meetings instead during class time)**

March:

- 2 Theory Presentation: _____
- 9 *Spring Break: Enjoy!*
- 16 Theory Presentation: _____
- 23 ***Third Peer Observation completed***
- 30 Theory Presentation: _____

April:

- 6 ***Fourth Peer Observation completed***
Class Wrap up
- 13 **End-of-Semester Evaluations (no class; individual meetings instead during class time)**
- 14 **End of Semester Practicum Party/Celebration**

WEEKLY SUMMARY

Name: _____ From _____ to _____ (specify day and date)

1. *Caseload*

| Client (do not provide any identifying data) | Appt scheduled? (yes/no) | Appt kept? (yes/no) | If no, reason (no show/ cancel) |
|--|--------------------------|---------------------|---------------------------------|
| #1 | | | |
| #2 | | | |
| #3 | | | |
| #4 | | | |
| #5 | | | |
| #6 | | | |
| #7 | | | |
| #8 | | | |
| #9 | | | |
| #10 | | | |

2. *Self-Critique:* Tape of _____ listened to.
(client # as per above)

Three Strengths:

One Area to improve:

3. *Peer Observation:*

Provided to _____ Feedback given? Yes No

Received from _____ Feedback received? Yes No

4. *Individual Skill Enhancement:* List any outside readings or consultation obtained.

FORMAT FOR THEORETICAL ORIENTATION PRESENTATION

Please answer questions #1 - #5 in written format as succinctly as possible and come to class prepared to answer in #6 in demonstration format

1. How do you view human nature?
2. What do you see as the sources of people's psychological problems?
3. How do you believe people make changes in therapy? (i.e., What about therapy results in change?)
4. Given your answers to the above questions, Please describe your theoretical orientation and how this influences your approach to case conceptualization and intervention. You may use de-identified case material to illustrate your points if you choose. *(Note: This question is directly from Internship Application; try to answer this in 500 words to mimic APPIC application)*
5. Do you need to make any adjustments to your orientation depending on the client's ethnicity, race, class, religion, disability status, and other diversity-related factors?
6. Demonstrate one technique associated with this orientation for the class.