PSYC 840; Counseling Psychology Practicum I(a)
Fall 2008; Thursday 11-1:45, Russell Hall 427
Dr. Valerie Stephens Leake (Office: RU 408, Ph: 831-6112)
Office hours: Thursday 2-3 or by appointment, Email: vleake@radford.edu

Course Description from University Bulletin:
“This course will provide doctoral students with the opportunity to gain actual practical experience providing counseling, assessment, education, and other applied work in a variety of settings. Students will provide services for approximately 16 hours per week under the on-site supervision of a licensed professional and will participate in individual and/or group supervision in the department. Training related to cultural diversity, social justice, and evidence-based practice will be infused throughout the course. Students must register for 840 for three consecutive terms in their first year (i.e., Fall, Spring, Summer) and must successfully complete all three before they can receive credit for any of them. This is a Pass/Fail course.”

Conceptual Framework
The conceptual framework for the counseling psychology program and its related coursework and experience is that of the practitioner-scholar with a rural mental health and social justice focus. In adopting this model and these foci for the program the faculty strives to help develop skilled and experienced practitioners with a deep understanding of and practice in rural mental health issues. Additionally, the faculty strives to help develop practitioners whose practice is informed and grounded in both theory and science, who demonstrate competence in a variety of practice settings and with a variety of client populations and issues.

Practicum I runs for an entire year, with different emphases each term. This semester, Fall, the goal is to help develop practitioners who understand and can facilitate helpful and meaningful therapeutic relationships with clients and who appreciate and diligently practice self-care, although other topics will be included as appropriate. During the Spring semester the focus will be on developing a working comprehension and experience with psychopathology and diagnosis. During the Summer term, the focus will be on evidence-based practice in psychology.

Main Textbooks:

Supplemental Materials:


Echterling, L.G., Cowan, E., Evans, W.F., McKee, J.E., Presbury, J., & Stewart, A.L. (2008) *Thriving: A manual for students in the helping professions* (2nd ed.). Boston: Lahaska Press. (Abbreviated: Thriving) [Note: This book was given to you to use this year earlier this week]

Kuther, T. L. (2008). *Surviving graduate school in psychology: A pocket mentor.* Washington DC: American Psychological Association. [Note: This book was given to you to use this year earlier this week]


Other materials, such as journal articles, may be required.

**Objectives:**
By the end of this course, students should:

- Obtain practice and demonstrate proficiency with therapeutic skills learned in previous coursework and professional experience,
- Acquire and demonstrate more advanced counseling skills and techniques in actual counseling situations,
- Articulate and meet the expectations of the particular practicum site, including demonstrated competence in the policies and procedures of the particular site,
- Demonstrate the range of skills required for complete case management of clients,
- Demonstrate the integration of their professed theoretical orientation with appropriate techniques in practice with clients,
- Demonstrate appropriate self-care,
- Become knowledgeable about relevant professional issues, including ethics and practicum site policies,
- Demonstrate ethical practice as defined by the APA Ethical Code,
- Make appropriate use of supervision, with on-site, doctoral level, and practicum section supervisors, and
- Demonstrate cultural awareness, sensitivity, and appropriate competence with clients, with others encountered at the practicum site, within supervision, and in the practicum class.

**Learning Activities**
Students enrolled in Counseling Psychology Practicum Ia will:

**On the practicum site:**

- Complete and document 16 hours on-site per week,
• Obtain and document weekly on-site supervision of at least one hour,
• Complete all activities required at the placement site,
• Earn a positive documented evaluation from the site supervisor,
• Complete and submit all necessary paperwork within the site and for the department,

For practicum seminar:
• Attend and actively participate in weekly practicum seminar or notify Dr. Leake prior to missing the meeting,
• Prior to attendance each week, complete readings and assignments and be prepared for discussion,
• Write a weekly reaction paper to assigned readings as described below,
• Keep a weekly personal journal discussed below,
• Obtain and provide proof of liability insurance prior to seeing first client on site,
• Meet with the instructor twice a month for supervision. Report on successes and failures, as well as progress of clients and therapist,
• Submit weekly“practicum hours data” report signed by site supervisor, beginning with the seminar meeting following the first week on-site,
• Maintain records to complete appropriate doctoral level internship application forms,
• Take turns within the practicum group to present case studies for group supervision,
• Complete and submit the final exam.

Formal Assignments
Reaction papers: A reaction paper will be due each week at the start of class. The purpose of each reaction paper is to allow you to synthesize your responses and thoughts regarding the readings due each week in order to prepare you for class discussion and to provide a forum for you to expound on issues you might not wish to share in class. Response papers should be approximately 1-2 single-spaced, typed pages.
Case reports and presentations: Each class member must sign up for and present 2 cases during the semester. Case presentations will consist of written handouts and an oral presentation of information pertaining to a client or clients (in the case of couple or family clients) they are currently treating. Guidelines for case presentations are to follow.
Personal journal: Class members are to keep a weekly personal journal in a notebook to be brought to seminar each week. The entries should consist of reflections on the development of therapeutic relationships with clients, personal development of the therapist, and a log of self-care activities and reflections on the same. Entries will not be read by instructor or classmates, unless requested by individual, but will be noted as having been completed each week by the instructor.
Final exam: At the last class meeting, class members will be given 1-2 questions regarding personal growth in development of the therapeutic relationship and/or appropriate therapist self-care. Using the personal journal as a resource, students will write answers to the questions for 2 hours only, and turn them in to Dr. Leake no later than 2:45 p.m., December 17, 2008.
Course Grading
As Counseling Psychology Practicum I is a Pass/Fail course, students must complete all site, department, and course requirements at a satisfactory level in order to pass each section. As noted in the course description, students must successfully complete all three semesters of Practicum I to receive credit for this course in any of the semesters. Grounds for failing a semester of Practicum I would include, but not be limited to:

- Committing an egregious ethical, legal, or regulatory breach at the practicum site, practicum seminar or other professional or personal setting (e.g., sexual relationship with client, violation of client confidentiality, etc.),
- Failure to comply with practicum site policies and procedures and appropriate supervisor requests,
- Failure to maintain appropriate records of client contact, supervision, and practicum site hours,
- Failure to complete required coursework to the standards required of doctoral students,
- Failure to attend seminar, supervision, or other required meetings as noted above,
- Failure to demonstrate development as a therapist in the practicum setting, in supervision, or in seminar over time.
- Failure to participate in evaluation of oneself and of the supervisors and complete appropriate forms

Class Policies
The Radford University Honor Code: By accepting admission to Radford University, each student makes a commitment to understand, support, and abide by the University Honor Code without compromise or exception. This class will be conducted in strict observance of the Honor Code, which reads as follows:

_I do hereby resolve to uphold the Honor Code of Radford University by refraining from lying, from the stealing or unauthorized possession of property and from violating the Standards of Student Academic Integrity._

Plagiarism and cheating: Please refer to the Standards of Student Conduct [http://www.radford.edu/~dos-web/Standards07.pdf](http://www.radford.edu/~dos-web/Standards07.pdf) for information of what constitutes plagiarism and cheating, as well as the penalties for this behavior.

Students with Disabilities: If you are seeking classroom accommodations under the Americans with Disabilities Act, you are required to register with the Disability Resource Office (DRO). The DRO is located in Room 32, Tyler Hall, telephone 831-6350. To receive academic accommodations for this class, please obtain the proper DRO forms and meet with me at the beginning of the semester.
### Tentative Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Skills Topic</th>
<th>Learning Activities Due</th>
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<tbody>
<tr>
<td>September 4</td>
<td>Syllabus and Overview, Record Keeping</td>
<td>Read: Baird Ch. 2, GOT Intro, Ch. 1 Schedule individual supervision</td>
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<tr>
<td>September 11</td>
<td>Practice Ethics in the Mental Health Setting, Making use of supervision</td>
<td>Read: Baird Ch.3 &amp; 4 APA Ethical Code, especially sections on risk assessment, confidentiality and informed consent.</td>
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<tr>
<td>September 18</td>
<td>The therapeutic relationship</td>
<td>Read: HCP Ch. 16, GOT Ch. 3-8, HSJ Ch.4</td>
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<tr>
<td>September 25</td>
<td>Counselor self-care</td>
<td>Read: Baird Ch. 7 Kuther Ch. 7</td>
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<tr>
<td>October 2</td>
<td>The therapeutic relationship Case presentations / group supervision</td>
<td>Read: HCP Ch. 14 HSJ Ch. 11 GOT Ch. 9, 10, 11, 13</td>
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<tr>
<td>October 9</td>
<td>Counselor self-care Case presentations / group supervision</td>
<td>Read: Thriving Ch. 3 Read something for pleasure</td>
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<tr>
<td>October 16</td>
<td>The therapeutic relationship Case presentations / group supervision</td>
<td>Read: HCP Ch. 28, GOT Ch.14-23</td>
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<tr>
<td>October 23</td>
<td>Counselor self-care Case presentations / group supervision</td>
<td>Read: Thriving Ch. 4 Do something creative</td>
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<tr>
<td>October 30</td>
<td>The therapeutic relationship Case presentations / group supervision</td>
<td>Read: HCP Ch. 15, GOT Ch. 26-32</td>
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<td>November 6</td>
<td>Counselor self-care Case presentations / group supervision</td>
<td>Read: Thriving Ch. 6 Do something pleasurable</td>
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<tr>
<td>November 13</td>
<td>The therapeutic relationship Case presentations / group supervision</td>
<td>Read: HCP Ch. , GOT Ch. 36-40</td>
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<td>November 20</td>
<td>Counselor self-care Case presentations / group supervision</td>
<td>Read: Thriving Ch. 7 Do something for someone else</td>
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<td>November 27</td>
<td>Thanksgiving Break</td>
<td>No classes</td>
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<tr>
<td>December 4</td>
<td>Difficult Clients Case presentations / group supervision</td>
<td>Read: Baird, Ch. 8, HCP Ch. 31, GOT Ch. 24-25</td>
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<tr>
<td>December 11-12</td>
<td>CPT Training</td>
<td>Training workshop</td>
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<tr>
<td>December 17</td>
<td>Final Exam Due</td>
<td>Wednesday, 2:45</td>
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