Practicum in Counseling
CPSE 679R
Winter 2010

INSTRUCTOR: RICHARD A. HEAPS, PH.D., ABPP
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OFFICE HOUR: BY APPOINTMENT
EMAIL: RICHARD_HEAPS@BYU.EDU
CLASS: Tuesdays, 1:00 to 2:50 p.m., 341 MCKB

Course Description

This course is the first practicum experience of your doctoral program. You will apply counseling skills acquired in previous lab experiences by doing counseling with individuals enrolled in Student Development classes. Emphasis will be placed on career counseling, supervisory and peer feedback discussions of videotaped sessions, formal case presentations, and discussions of counseling issues. Supervision will be provided by: advanced doctoral students in our counseling psychology supervision class, the instructor of the supervision class, and your practicum instructor.

Course Objectives

This course is intended to help with your professional identity development as a Counseling Psychologist. We will concentrate on helping you to:

1. Enhance your skills in counseling and professional consultation.
2. Continue in your development of theoretical and therapeutic paradigms.
3. Further your knowledge of human development, human problems, behavior change, multicultural guidelines and competencies, ethics, and professionalism.
4. Deepen your understanding of how your personality, background, biases, and presentation impact the therapeutic process.

Course Content, Learning Activities, & Requirements

1. Counseling and Supervision: In order to develop your professional skills, it is essential that you have the opportunity to provide counseling services and receive supervision. In this regard, during Winter Semester, you will be required to:
   a. Provide at least 20 hours of direct client counseling at the Counseling Psychology Center 350 MCKB. Your clients will include students presenting with career, academic, and some emotional concerns. You must videotape all counseling sessions. You may also have your individual supervisor view the sessions live. If a client refuses to be taped or observed, you will need to make arrangements to refer him/her to another counselor. Videotapes will be viewed regularly in practicum class (see “Course Schedule” below) and in individual supervision.
   b. Receive an hour of face-to-face, individual supervision with an advanced Counseling Psychology doctoral student once each week.
   c. Observe a minimum of two live counseling sessions with a counselor in the Counseling and Career Center (CCC), 1500 WSC. Licensed psychologists or interns in the CCC will provide you with the opportunity to sit in with them (or behind an observation window) as they work with a client. You will be responsible for contacting the psychologist or counselor to whom you are assigned.
d. Participate weekly in our practicum class.
e. Attend two clinical management team meetings at the CCC to observe therapy case presentations and consultations. (This will be the location of your Advanced Counseling Psychology Practicum for your 2nd and 3rd years in the program.)

2. **Videotape Demonstration of Skills**: Last semester you learned basic counseling skills as part of your Counseling Theory and Interventions class (CPSE 646). For our practicum you will videotape yourself demonstrating all six skills with an informed volunteer client. One class period will be devoted to viewing these videotapes. The six skills you are to demonstrate include: empathy, requesting concreteness, owning thoughts and feelings, immediacy, confrontation, and problem solving. These skills will form the basis for the beginnings of your live counseling efforts.

3. **Videotape Case Discussions**: As noted above, you will videotape all counseling sessions. Bring your videotape to our practicum class each week. We will view and discuss as many 5-10 minute video segments as possible. Cue your tape to the segment you want to view and discuss.

4. **Case Presentations**: You will have the opportunity to make a formal in-class presentation regarding one of your clients. You also may be invited to give a case presentation to a CCC clinical management team. These presentations should follow the outline below:
   a. Your concerns and questions regarding the case.
   b. Age, gender, marital status, year in school, etc. (follow ethical guidelines: respect client's privacy & withhold or remove any information that would yield the client's identity).
   c. Client's presenting concerns (including educational, career, and emotional concerns).
   d. Background information, including a brief history of the client's presenting concerns.
   e. Diagnostic impressions (when relevant, from the DSM IV).
   f. Treatment plan.
   g. Theoretical underpinnings of treatment plan.
   h. Overview of treatment to date, including information from past counseling the client may have received.
   i. Supervisor's comments and concerns.
   j. Presentation of selected portions of a videotape from a session with your client.

5. **Case Management and Record Keeping**: Part of ethical and competent professional practice involves careful and systematic case management and record keeping. You are required to keep:
   a. A file on each client and to write case notes for each counseling session you provide. These files and case notes are confidential and will be kept in locked files near the reception area of 350 MCKB. Please keep notes according to “Suggestions for Case Notes” (pp. 27-28) in the CCC Student Therapist Handbook (2009-2010). Case notes will be reviewed in our practicum class as needed for instruction. Your individual supervisor will review all your records and case notes.
   b. A log or record of the number and date of your counseling sessions, supervision sessions, and class meetings and CCC clinical management team meetings attended. It is important to keep track of all training hours. This data will be invaluable when you apply for your pre-doctoral internship (see the APPIC application [http://www.appic.org/match/5_3_match_application.html](http://www.appic.org/match/5_3_match_application.html)). Also, the website [http://www.uky.edu/Education/EDP/cnpsred.html](http://www.uky.edu/Education/EDP/cnpsred.html) has a link to a spreadsheet that some students have used to track these hours. It is important to be able to total your hours in these various categories for internship applications.

6. **Class Attendance and Discussions**: Every Tuesday we will meet as a class and discuss counseling issues. The instructor, class members, and guest speakers will provide the presentations. Major topics of discussion will include issues raised in counseling sessions or in supervision with advanced doctoral students, feedback while viewing videotapes and presentations of your counseling sessions, and related counseling theories and methods. These discussions will promote and require self-exploration and examination. Learning counseling can be considered an inelegant process. You should expect to make mistakes, discuss them openly, and be open to feedback from your class peers, instructor, and supervisor.

7. **Self-Assessment**: During the semester you will write one reflection paper that addresses how you see
yourself as you develop your approach to the practice of counseling. Please answer at least the following questions in your paper:

a. How does your personality influence your approach to counseling?
b. How does your personal and family background influence your approach to counseling?
c. What are some of the biases you bring into counseling relationships?
d. How does the manner in which you present yourself influence the counseling process?
e. How do you use the above insights to influence your theoretical and practical approach to counseling?

8. Grading: Grading is based on the following: (a) attendance at all practicum class periods and assigned CCC clinical team meetings, (b) class participation, (c) familiarity with readings, (d) case presentation, (e) observations at CCC, (f) 20+ hours of counseling, (g) supervisor evaluations, (h) self-assessment reflection paper, and (i) professionalism and disposition in all practicum activities.

Required Readings

There is no single textbook for this course. You will receive handout papers to supplement class discussions and presentations on applied counseling processes and issues. In addition, you will need to read or be familiar with the following:


Multicultural/Diversity Guidelines and Competencies: You are expected to read and become familiar with the APA and APA Division 17 Multicultural Guidelines and Competencies and the APA Guidelines for Psychotherapy with diverse clients. Please include references to these conceptualizations in any of your work (see above), as appropriate. The following are links to these guidelines:


CPSE 679R Course Schedule, Winter 2010, Tuesdays, 1:00-2:50 PM, 341 MCKB

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<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>1</td>
<td>1/5</td>
<td>Intro &amp; Requirements Scheduling, Taping, Notes Supervision Process and Assignments BYU, UPA/UPAGS, APA/APAGS</td>
<td>Instructor Rachel Crook Lyon (OR REP.) Rachel Crook Lyon (OR REP.)</td>
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<tr>
<td>2</td>
<td>1/12</td>
<td>Theory to Therapy: Speaking vs. Thinking Speeds &amp; Situational Counseling</td>
<td>Instructor</td>
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<tr>
<td>3</td>
<td>1/19</td>
<td>Career Counseling</td>
<td>Vaughn Worthen</td>
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<tr>
<td>4</td>
<td>1/26</td>
<td>Video Demonstration of Six Skills Ethical, Multicultural, &amp; Other Clinical</td>
<td>Class (ALL) Instructor</td>
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<td>5</td>
<td>2/2</td>
<td><strong>THEORY TO THERAPY: TRAUMA MODELS</strong>&lt;br&gt;<strong>REVIEW CASE NOTE SAMPLES</strong></td>
<td><strong>INSTRUCTOR</strong>&lt;br&gt;<strong>CLASS (ALL)</strong></td>
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<td>6</td>
<td>2/9</td>
<td><strong>VIDEOTAPES AND CASE DISCUSSION</strong>&lt;br&gt;<strong>THEORY TO THERAPY: RELAXATION MODELS</strong></td>
<td><strong>CLASS (ALL)</strong>&lt;br&gt;<strong>INSTRUCTOR</strong></td>
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<td>7</td>
<td>2/16</td>
<td><strong>BYU MONDAY INSTRUCTION</strong></td>
<td><strong>NO CLASS (BYU MONDAY CLASSES)</strong></td>
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<td>8</td>
<td>2/23</td>
<td><strong>VIDEOTAPES AND CASE DISCUSSION</strong>&lt;br&gt;<strong>THEORY TO THERAPY: BARRIERS TO CAREER PLANNING &amp; THEORIES OF DEVELOPMENT</strong></td>
<td><strong>CLASS (ALL)</strong>&lt;br&gt;<strong>INSTRUCTOR</strong></td>
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<td>9</td>
<td>3/2</td>
<td><strong>VIDEOTAPES AND CASE DISCUSSION</strong>&lt;br&gt;<strong>THEORY TO THERAPY: RELATIONSHIP &amp; SOCIAL SKILLS MODELS</strong></td>
<td><strong>CLASS (ALL)</strong>&lt;br&gt;<strong>INSTRUCTOR</strong></td>
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<td>10</td>
<td>3/9</td>
<td><strong>VIDEOTAPES AND CASE DISCUSSION</strong>&lt;br&gt;<strong>THEORY TO THERAPY: REBT</strong></td>
<td><strong>CLASS (ALL)</strong>&lt;br&gt;<strong>INSTRUCTOR</strong></td>
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<td>11</td>
<td>3/16</td>
<td><strong>CASE PRESENTATION AND VIDEO</strong></td>
<td><strong>CLASS (HS)</strong></td>
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<td>12</td>
<td>3/23</td>
<td><strong>CASE PRESENTATION AND VIDEO</strong></td>
<td><strong>CLASS (MP &amp; TK)</strong></td>
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<tr>
<td>13</td>
<td>3/30</td>
<td><strong>CASE PRESENTATION AND VIDEO</strong></td>
<td><strong>CLASS (JK &amp; CF)</strong></td>
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<td>14</td>
<td>4/6</td>
<td><strong>CASE PRESENTATION AND VIDEO</strong></td>
<td><strong>CLASS (SD)</strong></td>
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<td>15</td>
<td>4/13</td>
<td><strong>CASE PRESENTATION AND VIDEO</strong>&lt;br&gt;<strong>INTEGRATION AND “WHERE FROM HERE?”</strong>&lt;br&gt;<strong>TRANSITION TO CCC PRACTICUM</strong></td>
<td><strong>CLASS (QA)</strong>&lt;br&gt;<strong>INSTRUCTOR</strong>&lt;br&gt;<strong>RICK MOODY (OR REP.)</strong></td>
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*This schedule may be modified by the instructor, as needed.*

**Note:** Discussion of theories, methods, ethics, multicultural and other issues from counseling videotapes or presentations may occur during any class session, as needed.

**Students with disabilities:** If you have a disability requiring special arrangements such as note taking or other accommodations, please feel free to discuss this with the instructor. Accommodation letters from the University Accessibility Center located in 2170 WSC (422-2767, 422-4472 VP) may be required to authorize certain accommodations.

**Sexual harassment:** If you believe you have encountered unlawful sexual harassment or gender based discrimination, you may seek resolution through established grievance policies and procedures outlined in your **Doctoral Student Handbook**. You may also contact the Equal Opportunity Office (D-282 ASB, 422-5895 or 367-5689–24 hours), or the Honor Code Office (4440 WSC, 422-2847).