EDCP 680 BASIC PRACTICUM IN COUNSELING PSYCHOLOGY
Spring 2014

Instructor: Dr. Annie Judge ~ anniejudge@aol.com ~ (202) 905-7721
Time: Mondays 10 am-1 pm ~ Location: Shoemaker 2122 (group room)

Course Objectives:
1. To provide supervised experience in counseling of clients.
2. To further enhance therapy and case conceptualization skills.
3. To provide an open environment to share the ups and downs of becoming a psychotherapist.
4. To provide feedback on case management.
5. To explore professional issues related to the practice of counseling, including but not limited to ethics and cultural competence.
6. To demonstrate the connection between psychotherapist self care and client care.

Course Activities:
1. Weekly seminar and case presentations
2. Weekly contact with 2-3 Counseling Center clients, recording each session, reviewing the recorded sessions. A minimum of 20 direct client contact hours is required for successful completion of this course.
3. One hour of weekly individual supervision, which will involve reviewing the session recordings as well as receiving feedback and support.
4. Completion of assigned readings, case notes, and outside preparation necessary for adequate case management.
5. One meeting with the course instructor at the end of the semester for individual feedback. Of course, if you need to meet with the instructor at any other point, just request a meeting. Similarly, the instructor will request a meeting if necessary. These meetings will be 15-30 minutes in length and will be scheduled outside of class time, either before or after the class time on the same day as the class.

Course Expectations:
1. Observe two intakes as soon as possible.
2. Attend class, client sessions, and supervision meetings.
3. Appropriately prepare for each of the above activities by completing reading assignments, recording sessions and reviewing the recordings, and completing case notes.
4. Keep a log specifying client and supervision contacts. I will not review this, but this is for your benefit as you will need this information for internship applications.
5. Exhibit professional and ethical behavior in all of your contacts with clients, supervisors, the Counseling Center staff, and your practicum colleagues.
6. Carry liability insurance.
7. Assignments: initial self assessment paper, a topical presentation, one formal case presentation, and a final self assessment paper.

Evaluation of Performance: The course is graded on an S/U basis.

1. Level of counseling skills (50%)
2. Class participation (20%)
3. Initial and final self assessment paper (15%)
4. Clinical topic presentation and formal case presentation (15%)
Failure to meet the above expectations could constitute a U. Feedback will be provided from your supervisor and instructor throughout the semester. A final written evaluation will be sent to your advisor and become a part of your file.

Students are expected to be in every class. If you have to miss a class, discuss this with the instructor beforehand.

**Texts:**


I will also assign various readings throughout the semester. You will be informed of these readings at least one week in advance of their assigned date of completion.

All assigned readings should be completed by their due date so that we can all have a full class discussion. As you are completing your readings, please have your clients in mind. My hope is that the readings can help inform both your feedback as well as your questions for others.

**Accommodating Students with Disabilities:**
If you have a documented disability and wish to discuss academic accommodations with me, please contact me as soon as possible.

**Religious Observations:**
You are excused from class for religious holidays. Please inform me in advance when you will miss class.

**Academic Integrity:**
You are expected to abide by the Code of Academic Integrity. For more information please visit [http://www.she.umd.edu](http://www.she.umd.edu).

**Course Evaluation:**
Your participation in the evaluation of courses through CourseEvalUM is a responsibility you hold as a student member of our academic community. Your feedback is confidential and important to the improvement of teaching and learning at the University as well as to the tenure and promotion process. CourseEvalUM will be open for you to complete your evaluations for spring semester courses between Tuesday, April 29th and Friday, May 14th. You can go directly to the website ([www.CourseEvalUM.umd.edu](http://www.CourseEvalUM.umd.edu)) to complete your evaluations starting April 29th. By completing all of your evaluations each semester, you will have the privilege of accessing the summary reports for thousands of courses online at Testudo.
COUNSELING CENTER SPECIFICS

**Training Site:**
The University Counseling Center, as the primary mental health facility for the campus, provides full service to undergraduate and graduate students, and more limited counseling services for members of the faculty and staff. The development of a professional stance toward client concerns, punctual attendance at scheduled intake and counseling sessions, maintaining confidentiality, as well as the professional handling of all client counseling records plays a central role in the evaluation of students enrolled in this course.

**Contact Information:**
Students are expected to supply the Practicum Receptionist with personal information as to their whereabouts (i.e., telephone numbers, addresses, class schedules, etc.). Students should check the practicum mailbox frequently after a client has been requested or assigned in order to receive important messages.

**Recording:**
Students are expected to have a device to record sessions. Recorders are not available in Practicum Rooms. Students re-listen to their recorded sessions with each client, and their supervisors will listen to recorded sessions as well. Session notes are completed by practicum students on the Point ‘n Click system. In effect, students become their own critic upon listening to session recordings.

**Point ‘n Click:**
Progress notes are completed after each session on Point ‘n Click. This is an internal scheduling and note system that maintains the confidentiality of client information. This system is only accessible in the Counseling Center, so you will need to allow for time to complete your notes after the completion of your session. Your supervisor may not sign off on a note immediately, but at least a draft of your session note should be completed by the end of the day on which you see your client. Initially, you will likely take a lot of time crafting your session notes. By the end of the semester, however, you will have learned how to complete your notes in less than 5 minutes.

**Confidential Counseling Information:**
Folders are stored in the practicum file behind the Front Desk at the Center. Practicum supervisors secure recordings/flash drives from the file for listening purposes. The practicum file at the Front Desk for the storage of client information is locked at 9:00 p.m. Monday through Thursday, and at 4:30 p.m. on Fridays. This file is unlocked by 8:30 a.m. each morning for counseling work. Folders not returned to this file by the close of the day must be secured in the special “lock box” in the Front Desk area. Receptionists will return all client material to individual counselor files the following day.
ASSIGNMENTS

1. Initial Self Assessment and Theoretical Orientation Paper Guidelines

The purpose of this paper is for students to assess their perspective as clinicians, their strengths and weaknesses as clinicians, and their training goals for the practicum. The paper should be at a minimum 10 double spaced pages. This paper should be shared with your supervisor to best facilitate supervision. Results of this paper will also be integrated into the ongoing planning of this class. Please keep this paper and hand it in to the instructor again with your Final Self Assessment paper.

Please consider the following to structure your thinking:

- Previous counseling experiences and how you plan to draw on them in this counseling practicum.
- Your understanding of what material, topics, clinical issues, and theoretical perspectives you feel comfortable and/or uncomfortable with and why.
- What enhances your effectiveness as a clinician and what detracts from that effectiveness? What strengths do you bring to the clinical encounter? What are your areas of growth?
- What are your personal goals for the practicum experience and in what ways do you want to develop as a therapist?
- What expectations do you have for the practicum?
- What kinds of feedback would be most useful to you?
- What do you need from your supervisor? What makes supervision work or not work for you?
- What, if any, self care activities do you use that can enhance your work as a therapist? What activities would you like to develop for this purpose?

2. Clinical Topic Presentation Guidelines

Purpose: This assignment is designed to give you experience in the application of a scholar-practitioner perspective as related to your clinical work.

Details: Select a topic on the syllabus that is relevant to your interests or one of your clients. You will facilitate the discussion of that topic.

Search the current literature for references on this topic including journal articles, book chapters, and popular resources. Review a selected number of these sources to compile empirical and/or theoretical material that helps you conceptualize and/or intervene effectively with your client.

Prepare a half hour presentation on your topic to present in class. As part of your presentation, assign one reading to your practicum colleagues one week in advance of
your presentation to enhance their knowledge of the topic and to promote a useful class discussion. If you decide to use Power Point for presentation purposes, please make your slides available to the rest of the class.

Prepare a summary handout(s) including a bibliography to support your presentation.

3. **Formal Case Presentation Format:**

   Presenter  
   Client Initials  
   Session Number  
   Client Description, Presenting Issues, and Treatment Goals  
   Course of Counseling  
   Theoretical Framework  
   Questions for Class

4. **Final Paper Guidelines**

   The second paper is a follow-up to your initial paper. You should describe how you have developed as a clinician this semester, what you have learned and your goals for the future as a psychotherapist. Paper length should be at a minimum 10 double-spaced pages. This paper should be shared not only with your instructor but also your supervisor as it will further inform him or her of your practicum experience.

   Specific suggestions include:

   - What have been the critical incidents that highlight what you have learned this semester as a therapist?
   - How well were you able to meet your personal goals in the practicum?
   - Identify your strengths and weaknesses as a clinician. What are the areas you want to work on to improve your effectiveness?
   - What have been the most and least helpful aspects of your practicum experience?
   - What is your current theoretical understanding of therapy?
   - What are your future goals towards your professional development as a therapist?
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<thead>
<tr>
<th>Date</th>
<th>Topics</th>
<th>Readings Due</th>
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<tr>
<td>1/27/14</td>
<td><strong>Introduction to Course and Identifying What You Need</strong>&lt;br&gt;Getting to Know Each Other&lt;br&gt;Counseling Center Orientation Part I</td>
<td>None</td>
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<td>2/3/14</td>
<td><strong>Counseling Center Orientation Part II</strong>&lt;br&gt;(Point ‘n Click)&lt;br&gt;Supervision Assignments</td>
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<td>2/10/14</td>
<td><strong>Getting Started as a Psychotherapist</strong>&lt;br&gt;Fixing the Logistical Bugs&lt;br&gt;Scheduling Your Presentations&lt;br&gt;Intake Observations&lt;br&gt;Your First Session&lt;br&gt;The Walk&lt;br&gt;Writing Process Notes</td>
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<td>2/17/14</td>
<td><strong>Intro to the Interpersonal Process</strong>&lt;br&gt;Intro to Therapeutic Presence&lt;br&gt;Crisis Management and Emergencies (Suicidality)</td>
<td>Ch 1 Teyber and McClure&lt;br&gt;Ch 1, 2 Geller and Greenberg&lt;br&gt;Initial self-assessment paper due</td>
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<td>2/24/14</td>
<td><strong>Working Alliance</strong>&lt;br&gt;Empathic Attunement&lt;br&gt;Therapist Self Care and Mindfulness</td>
<td>Ch 2 Teyber and McClure&lt;br&gt;Ch 3, 4, and 9 Geller and Greenberg&lt;br&gt;Ch 12 Geller and Greenberg (pp 231-245 only)&lt;br&gt;July 2012 Monitor article (link emailed to you)&lt;br&gt;<a href="http://www.apa.org/monitor/2012/07-08/ce-corner.aspx">http://www.apa.org/monitor/2012/07-08/ce-corner.aspx</a></td>
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<td><strong>CAMPUS CLOSED INCLEMENT WEATHER</strong></td>
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<td>3/10/14</td>
<td><strong>Making Sure You Are Using Your Cultural Competence (James)</strong>&lt;br&gt;<strong>Formal Case Presentations (2)</strong> (Lee and James)</td>
<td>Readings emailed by James</td>
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<td>3/17/14</td>
<td>Spring Break</td>
<td>Nothing!! Relax!!</td>
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<td>3/24/14</td>
<td>Attachment Styles (Nancy)</td>
<td>Ch 6 Teyber and McClure</td>
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<td>Mid Semester Evaluation</td>
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<td><strong>Formal Case Presentations (2)</strong></td>
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<td>(Aylin and Lizzie)</td>
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<td>3/31/14</td>
<td>Transference (Aylin)</td>
<td>Ch 8 Teyber and McClure</td>
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<td>Immediacy</td>
<td>Ch 5, 7 Geller and Greenberg</td>
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<td><strong>Formal Case Presentation (Monica)</strong></td>
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<td>4/7/14</td>
<td>The Core Conflict (Lee)</td>
<td>Ch 3, 4, 7 Teyber and McClure</td>
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<td>Client Resistance</td>
<td>Ch 8 Geller and Greenberg</td>
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<td>Focusing Inward</td>
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<td><strong>Formal Case Presentation (Nancy)</strong></td>
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<td>4/14/14</td>
<td>The Interpersonal Process (Xu)</td>
<td>Ch 5, 9 Teyber and McClure</td>
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<td>Emotion Focused Therapy</td>
<td>Ch 6, 11 Geller and Greenberg</td>
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<td><strong>Formal Case Presentation (Carly)</strong></td>
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<td>4/21/14</td>
<td>The Process of Termination</td>
<td>Ch 10 Teyber and McClure</td>
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<td>Loss, Endings, Saying Goodbye</td>
<td>Ch 10 Geller and Greenberg</td>
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<td>Gifts in Psychotherapy (Monica)</td>
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<td>Touch in Psychotherapy (Carly)</td>
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<td></td>
<td><strong>Formal Case Presentation (Xu)</strong></td>
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<td>4/28/14</td>
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<td>Ethics and Social Media (Lizzie)</td>
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<td>Common Clinical Issues (depression and anxiety)</td>
<td>Dec 2011 Monitor article (link emailed to you)</td>
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<td><strong>Final self-assessment paper due</strong></td>
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