

Syllabus

Practicum 6360 -- Spring 2007

Supervisor: Melanie Domenech Rodríguez, Ph.D.
Office Hours: By appointment (797-3059 or mdr88@cc.usu.edu)
Class time: EDUC 409, Thursdays 9:00a - 12:00n

Texts:

Required:

American Psychological Association (2002). *Ethical principles of psychologists and code of conduct*. Available on line at: <http://www.apa.org/ethics/>
Persons, J.B. (1989). *Cognitive therapy in practice: A case formulation approach*. New York: W.W. Norton & Co.
USU Psychology Community Clinic (2003). *Clinic Manual*. Logan, UT: Author.
Teyber, E. (2006). *Interpersonal process in psychotherapy: An integrative model* (5th ed.). Belmont, CA: Thompson.

Suggested:

Jongsma, A.E., Peterson, L.M., & Bruce, T.J. (2006). *The complete psychotherapy treatment planner* (2nd ed.). New York: Wiley & Sons.
Maurish, M.E. (2002). *Essentials of treatment planning*. New York: Wiley & Sons.
Pipes, R.B., & Davenport, D.S., (1999). *Introduction to psychotherapy: Common clinical wisdom* (2nd ed.). Needham Heights, MA: Allyn and Bacon.
Sommers-Flanagan, J. & Sommers-Flanagan, R. (2003). *Clinical Interviewing* (3rd ed.), Hoboken, NJ: Wiley & Sons.

Course Description & Objectives: This practicum is designed to continue introducing students to the therapeutic role and assist in developing skills in counseling and psychotherapy through hands-on experience. Particular emphasis will be placed on assisting student therapists in developing a professional identity, an understanding of the therapeutic process and interventions, and effectively interacting with clients from diverse ethnic and cultural backgrounds. Emphasis will also be placed on competence with regard to professional standards, establishing a therapeutic relationship, problem assessment, diagnostics, case conceptualization, treatment planning, intervention, appropriate termination of treatment, and good record keeping. Students carry primary responsibility, with faculty supervision, for each client in their caseload.

The following are specific course objectives. Upon completion of this course students should show evidence of the following skills:

1. Conduct an intake assessment with adult clients. This includes:
 - a. Being able to identify the presenting concerns as well as gather information on precursors, triggers, and maintenance of the problem.
 - b. Being able to gather relevant medical, historical, psychosocial, and family history

- c. Being mindful to address all of the practical Clinic forms and requirements (e.g., informed consent)
2. Conduct ongoing assessment (to identify additional information that contextualizes/clarifies the presenting problem and/or is important to plan an effective treatment)
3. Develop and update a simple treatment plan and follow it
4. Provide effective and valuable feedback to colleagues
5. Self-reflection of strengths and weaknesses as a therapist

Students are also expected to gain a better understanding of the role of the psychologist and begin to integrate knowledge of intervention, conceptualization, diagnosis, client and therapist factors, and outcomes.

Supervision: Supervision will take place on a group and individual basis. Group supervision will take place during class meetings and consists of presenting client updates and a tape segment to the treatment team for discussion. Students will meet for approximately one hour of individual supervision per week. Students are expected to be prepared for all supervision sessions with specific questions, concerns, and a specific portion of tape they wish to review. If no clients have been seen, students are expected to use the supervision hour to further their professional development. All paperwork should be kept up-to-date in line with ethical mandates and Clinic regulations.

Course Requirements: To successfully complete this course, students must:

1. Spend 10 hours per week on practicum activities, including direct client contact, and other support activities. Students must log a minimum of 150 hours during the semester and a minimum of 20 hours must be spent in direct client contact.
2. Bring log sheets to practicum weekly.
3. Be on-time to group and individual supervision sessions, and be prepared (e.g., completing assigned readings).
4. Contribute actively in individual (e.g., be prepared to discuss cases and show video tapes) and group supervision sessions (e.g., provide feedback / suggestions to peers). Students are required to show at least 4 video segments in group supervision.
5. Maintain contact with faculty supervisor regarding the status of cases. Students are expected to use good judgment in informing the supervisor of any unusual case developments. Err on the side of caution.
6. Develop an appropriate assessment and treatment plan for each client. The initial plan will be general and guide your weekly session plans. The week-by-week plans should include specifics of what you will accomplish in your sessions. *Treatment plans will be graded.*
7. Record all assessment and treatment sessions with each client. This means checking the picture and sound before every session to ensure that the session will be recorded. If a student is missing more than two videos at any point in the semester, the student will be required to notify the supervisor of therapy appointments ahead of time so she can drop in for in-vivo supervision. Students can check out a hand-held video camera from the Clinic if equipment is not working.

8. Demonstrate familiarity with *and use of*, professional, ethical, and legal guidelines/statutes, and detailed familiarity with clinic policies and procedures.
9. Conduct/arrange appropriate psychological testing, along with related treatment planning and contact with other offices involved with the client, as directed or approved by your faculty supervisor and with informed consent from the client.
10. Maintain appropriate and prompt communication (letters, phone calls) with other professionals relevant to the case, as directed by your faculty supervisor.
11. Carry all therapeutic responsibilities for assigned cases, usually involving weekly therapy sessions with clients, as approved by your faculty supervisor.
12. Keep up to date with all client paperwork. Failure to do so is considered a serious professional lapse and will result in appropriate consequences as outlined in the Rules for Timely Completion of Clinic Responsibilities, below. Clinic paperwork must *always* be completed in the clinic.
13. Complete all other clinical/administrative responsibilities as assigned by your faculty supervisor in a timely manner.
14. Complete an oral Case Presentation. Students will be expected to synthesize the available data and put it into an organized format. The presentation will be discussed and evaluated by the treatment team.
15. Complete an evaluation with your supervisor at the end of the semester. Students will receive an incomplete until their evaluation has been completed. *It is the student's responsibility to have the evaluation complete.*
16. Demonstrate the possession and use of effective and appropriate interpersonal and clinical skills during assessment and treatment sessions.

Evaluation: Students will be evaluated and assigned letter grades. It is assumed that students will be showing their best and worst work during practicum. Grades will be based on the following:

- (1) Turning in *Practicum Logs* in a timely manner: 10 points each (all or nothing) for a total of 140 points.
- (2) Turning in *Treatment Plans* within one week of seeing client: This is calculated as percent of treatment plans turned in to total treatment plans (so if you have 5 clients and turned in 4 treatment plans on time, that's 80 points out of 100 possible points)
- (3) Sum *Weekly Supervision Rating Sheets*. These are worth 10 points each for a total of 200 points; points are calculated as a percentage of points from all supervision sheets times 2. Supervision cancelled by mutual consent will not be counted.
- (4) Show at least 4 videos in 4 different group supervision meetings (40 points each for a total of 160 points).
- (5) *Tape Reviews* are worth 50 points each and are graded using a $\sqrt{+}$, $\sqrt{}$, $\sqrt{-}$, and 0 grading system corresponding to 50, 40, 30, and 0 points respectively. Total 250 possible points.
- (6) Each student will complete a case presentation. The case presentation is worth 100 points.

Letter grades will be assigned according to the percentage of total points earned / total possible points.

Explanation of Course fees: The \$25 course fee associated with this class enables the clinic to purchase new assessment materials, intervention manuals, purchase or repair video equipment in the clinic rooms, and update computer hardware / software in the clinic area.

Rules for timely completion of Clinic responsibilities

1. Clinic Treatment Notes: Due 2 working days following session
2. Intake Summaries: Due 3 working days following initial intake
3. Psychological Evaluation: Due 1 week following final testing session unless instructed by supervisor to complete sooner.
4. Disposition Summary: 1 week following (a) final session or (b) supervisor determination to close out case
5. Organized Client File: At all times!!!

Practicum Students: Failure to complete clinic responsibilities in the appropriate time period will result in penalties set forth under a 3-strike system

- 1st Strike = Warning
- 2nd Strike = Warning
- 3rd Strike = Drop in one letter grade for the practicum class from the grade that would have been given (e.g., if the student earned an A- in practicum the given grade under the third strike consequence would be B-). A subsequent 3rd strike will result in another grade reduction.

Non-Practicum Students:

- 1st Strike = Student warned and given one week to complete
- 2nd Strike = Student given three clinic service hours to complete
- 3rd Strike = The student's unprofessional behavior will be reflected in any letter (internship, recommendation, scholarship, etc.) written on the student's behalf.

All Student Therapists: Client files must be in clinic file cabinet or with therapist or supervisor *at all times*. Failure to maintain files secured will result in an immediate 3rd strike. If rules for timely completion of clinic responsibilities continue to be violated even with the enforcement of the 3-strike system, the student will have a "hold" placed on his/her registration at the end of the semester until clinic responsibilities are completed.