

**Internship: Clinical Mental Health Counseling
COUN 6540
Semester**



Instructor:
Office:
Office phone:
Mobile phone:
E-mail:
Office hours:

Textbook:

None. Readings are assigned on the D2L website.

Purpose of the Internship:

The purpose of internship is to provide you an opportunity to enhance your counseling skills and perform a broad range of tasks and activities characteristic of clinical mental health counselors. The following information should assist you in understanding and planning your internship experience.

The internship is designed to be:

- a focused experience within a mental health setting designed to increase your professional competence. (Length: A minimum of two consecutive semesters. Credits: A minimum of 6 semester hours – 3 credits per semester. Complete at least 600 clock hours in the agency setting);
 - an experience to enhance your development of technical skills, critical judgment, attitudes, responsibility, independence, communication skills, and professional relationships with others;
 - a cooperative venture among the intern, site supervisor, and the university faculty supervisor;
- and
- a quality learning and training experience and not merely a service function to the agency. While it is inevitable and desirable that you provide services on behalf of the agency, it is imperative that the major focus of your internship be one of appropriate supervised training and educational experiences.

The Professional Counseling faculty uses the 2009 CACREP standards to measure student learning outcomes (SLOs). As a result of participating in this section of clinical mental health

counseling internship, students will demonstrate knowledge and skills in the following areas:

**COUN 6540 Internship: Clinical Mental Health Counseling
2009 CACREP Standards**

Standard #	Core Curricular Category	Standard	Learning Activities & Experiences
II-G-1-e	Professional Orientation & Ethical Practice	Counseling supervision models, practices, and processes	Discussion in group supervision & course readings; Counseling supervision theory & application paper; Counseling supervision benchmark test
II-G-1-j	Professional Orientation & Ethical Practice	Ethical standards of professional organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling	Discussion in group supervision & course readings; Case studies, internet activities, discussion boards
II-G-5-c	Helping Relationships	Essential interviewing and counseling skills	Discussion in group supervision & course readings; Case presentations; Diagnosis, case conceptualization & treatment planning assignment
Standard #	Clinical Mental Health Counseling	Standard	Learning Activities & Experiences
CMHC-A-5	Foundations– Knowledge	Understands a variety of models and theories related to clinical mental health counseling, including the methods, models, and principles of clinical supervision	Discussion in group supervision & course readings; Counseling supervision theory & application paper; Counseling supervision benchmark test
CMHC-C-7	Counseling, Prevention, and Intervention - Knowledge	Know the principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning	Discussion in group supervision & course readings; Discussion board activity (application of case conceptualization); Diagnosis, case conceptualization and treatment planning assignment
CMHC-D-1	Counseling, Prevention, and Intervention – Skills & Practices	Uses the principles and practices of diagnosis, treatment, referral, and prevention of mental and emotional disorders to initiate, maintain, and terminate counseling	Discussion in group supervision & course readings; Oral case presentation assignment
CMHC-D-2			

	Counseling, Prevention, and Intervention – Skills & Practices	Applies multicultural competencies to clinical mental health counseling involving case conceptualization, diagnosis, treatment, referral, and prevention of mental and emotional disorders.	Discussion in group supervision & course readings; Oral case presentation assignment
CMHC-D-5	Counseling, Prevention, and Intervention – Skills & Practices	Demonstrates appropriate use of culturally responsive individual, couple, family, group, and systems modalities for initiating, maintaining, and terminating counseling	Discussion in group supervision & course readings; Oral case presentation assignment
CMHC-D-6	Counseling, Prevention, and Intervention – Skills & Practices	Demonstrates the ability to use procedures for assessing and managing suicide risk.	Discussion in group supervision & course readings; Role plays
CMHC-D-8	Counseling, Prevention, and Intervention – Skills & Practices	Provides appropriate counseling strategies when working with clients with addiction and co-occurring disorders	Discussion in group supervision & course readings; Oral case presentation assignment
CMHC-G-1	Assessment - Knowledge	Knows the principles and models of assessment, case conceptualization, theories of human development, and concepts of normalcy and psychopathology leading to diagnoses and appropriate counseling treatment plans	Discussion in group supervision & course readings; Discussion board activity (application of case conceptualization); Case conceptualization and treatment planning assignment
CMHC-H-2	Assessment – Skills & Practices	Demonstrates skill in conducting an intake interview, a mental status evaluation, a biopsychosocial history, a mental health history, and a psychological assessment for treatment planning and caseload management	Discussion in group supervision & course readings; Oral case presentation; Diagnosis, case conceptualization and treatment planning assignment
CMHC-K-2	Diagnosis - Knowledge	Understands the established diagnostic criteria for mental and emotional disorders, and describes treatment modalities and placement criteria within the continuum of care	Discussion in group supervision & course readings; Diagnosis, case formulaion and treatment planning assignment
CMHC-L-2	Diagnosis – Skills and Practices	Is able to conceptualize an accurate diagnosis of disorders presented by a client and discuss the differential diagnosis with collaborating professionals	Discussion in group supervision & course readings; Diagnosis, case conceptualization & treatment plan assignment

Course Objectives:

A. Knowledge of the agency's organization and operation:

You will need to develop a broad understanding of the organizational framework of the agency. Because it is important for a clinical mental health counselor to be well integrated into the entire agency system, you will need to increase your understanding of the agency's organizational structure. Knowledge of policies and personnel practices combined with the role and function of staff personnel must be understood. The kinds of experiences that will enable you to meet this objective include (not all required):

- attending staff meetings both formally and informally;
- studying the agency's policy and procedures manual; and
- becoming knowledgeable of the various agency committees that operate on a formal and informal basis.

B. Familiarization with the role and function of the clinical mental health counselor:

It is important that you become aware of the diverse activities in which clinical mental health counselors are involved inside and outside of the agency to aid in the development of a counselor identity as evidenced by collegial relationships, professional affiliations, and collaborative community relationships. In a similar vein, it is important that you are committed to the scholar-practitioner role and to ongoing professional development including technological competence. The kinds of experiences that will enable you to meet this objective include (not all required):

- becoming aware of the office and clerical procedures involved with counseling services;
- discussing with licensed professional counselors their unique roles and functions in specific agency settings;
- discussing the organization and administration of services provided by the agency with the appropriate directors or supervisors;
- observing licensed professional counselors (or other professionals) providing direct or non-direct services in as wide a variety of different situations as possible;
- visiting with or talking to professionals employed by other agencies to determine how they provide services/learn about what types of services they provide;
- attending agency-sponsored continuing education events and/or workshops with licensed professional counselors and members of other mental health professions (e.g., social workers, psychologists) to develop broad-based collegial relationships; and
- attending local, state, regional and/or national professional meetings (e.g., Tennessee Counseling Association; Tennessee Licensed Professional Counselors Association) that attract large numbers of counseling professionals to keep abreast of cutting-edge information pertaining to the roles and functions of clinical mental health counselors.

C. Effective utilization of and advocacy for community resources:

While you are becoming aware of services provided by clinical mental health counselors who work at your agency, it is also important that you develop an awareness of the variety of services offered to clients by other professionals outside of the agency and advocate for mental health resources in your community. The kinds of experiences that will enable you to meet this objective include (not all required):

- working cooperatively with community agencies and facilities;
- becoming familiar with state and federal services and programs (e.g., vocational programs, employment services, regional programs for mental health, alcohol and drug programs; and
- engaging in advocacy efforts with representatives of community agencies and/or client/consumer groups or advocating on their behalf.

D. Development of communication skills and the ability to engage in teamwork efforts:

You will be expected to communicate and participate as a member of a team of professional specialists representing a wide variety of skills, training philosophies, and modes of operation. Experiences that will enable you to meet this objective include (not all required):

- participating in formal case conferences as a member of a multi-disciplinary team, if available;
- developing skills in communicating and consulting with medical and/or other mental health professionals;
- participating in in-service training programs for staff which focus on mental health-related issues which typically occur at different stages of lifespan development;

E. The development of skills in diagnosis, case conceptualization and treatment planning:

You should have experience in the evaluation of clients presenting a wide variety of emotional, behavioral, learning and/or relationship problems. You should learn to obtain and utilize information from a wide variety of sources (e.g., interviews with clients and/or parents; report cards; psychological evaluations; agency staff members) using different methods (e.g., intake interview, behavior rating forms, case/staff conferences) in order to identify clients' areas of difficulty. Once the information has been collected, you should learn to communicate to clients and relevant others in a clear and concise manner the information that has been obtained (i.e., how would you sum up what you have learned about the client based on the information you obtained? What is your conceptualization of the case?). In addition, treatment plans should be developed using evidence-based or best practice strategies or strategies that, based on a solid rationale, are deemed appropriate by you and your supervisor. The kinds of experiences that will enable you to meet this objective include (not all required):

- meeting formally and informally with supervisor/staff to discuss individual cases;
- observing and conducting intake sessions with clients and/or their parents;
- developing competence in the use of at least one standardized behavior rating

form/questionnaire that provides information about the nature and severity of clients' symptoms;

- continuing to develop familiarity with the DSM-V;
- developing competence in conceptualizing clients' problems;
- developing competence in assessing and managing suicide risk;
- developing expertise in formulating treatment plans appropriate to the conceptualization of clients' problems.

F. The development of skills in implementing treatment interventions:

You will develop specialized knowledge and skills needed to implement treatment interventions that are designed to treat psychopathology and promote optimal mental health. The kinds of experiences that will enable you to meet this objective include (not all required):

- reviewing medical/psychological/psychosocial reports in which medical/mental health professionals have made recommendations to remediate clients' problems;
- attending case/staff conferences where specific recommendations are made, including the prescription of medication, to remediate clients' problems;
- identifying sources (e.g., books, journals) to obtain intervention strategies that can be utilized with current and future clients;
- implementing intervention techniques/approaches/programs designed to target specific mental health problems (e.g., trauma; addiction; anxiety/depression) using a variety of approaches including individual, family, play and/or group counseling;
- recording (audio) at least one counseling session and reviewing recording with supervisor in supervision, if allowed by agency and desired by supervisor (or receive live supervision by site supervisor of your interactions with a client at least once during internship);
- carrying an outpatient or inpatient client load.

G. Development of an awareness of ethical, legal, and multicultural/diversity issues in counseling:

Opportunities must be taken to acquaint yourself with accepted ethical and professional practices and with legal aspects of counseling functions. In addition, you should develop an appreciation of the unique contributions and concerns of diverse populations and demonstrate the ability to work with all clients to enhance and encourage their full participation in a pluralistic society. Experiences that will enable you to meet this objective include (not all required):

- reading sections from current professional publications pertaining to ethical, legal and multicultural/diversity issues;
- discussing with staff members (informally and/or in case conferences/staffings) matters related to clients' rights to privacy, confidentiality and other ethical issues as well as issues

pertaining to clients' race, socioeconomic status, sexual orientation and/or religious affiliation and the role these factors play in the development and maintenance of mental health problems; and

- providing individual, family, and group counseling services to members of different racial/ethnic/socioeconomic/sexual orientation/religious groups, whenever possible.

H. Developing a basic understanding of counseling supervision

Given that master's-level mental health professionals provide the bulk of counseling supervision in agency settings, it is important that you learn about the basics of supervision in the event you are offered the opportunity to serve in this capacity in the future. Experiences that will enable you to meet this objective this semester include:

- learning the difference between counseling and supervision (including counselor and supervisor identities) by reading topic-relevant articles;
- learning basic models of counseling supervision (including counselor and supervisor development) by reading topic-relevant articles and viewing video recordings of supervision sessions conducted by professionals in the field;
- reading select articles from the clinical supervision literature relating to factors which impact the supervision process

Internship Site Specifications:

The internship site should meet the following specifications:

- A diverse population is preferable so you receive exposure to a wide variety of clients' mental health concerns;
- The internship site must provide a well-developed program;
- The internship site utilizes the services of an appropriately certified/licensed staff;
- The internship site will make it possible for the site supervisor(s) to provide direct supervision for you (a minimum of 1 hour of face-to-face individual or triadic supervision per week is required);
- The internship site will provide you the opportunity to audio record at least one counseling session for the oral case presentation in class;
- Since the success of your internship is dependent on you, the agency, and the university supervisor's participation, substantial preplanning and ongoing evaluation of your experience is critical and is the responsibility of all three parties who must work cooperatively. Thus, the information that you provide on your internship application form, the agreements that you and your university supervisor make with the agency's supervisors during the time of your initial interview with them, and the guidelines set forth in this syllabus will all be used to establish your overall internship experience. The university supervisor will keep in contact with you and your supervisor(s) on a scheduled basis throughout the course of your internship.

Course Requirements:

General requirements:

1. Liability insurance
2. Internship agreement
3. Performance agreement
4. Completion of time logs
5. Number of internship hours
6. Individual, family and/or small group counseling
7. Individual supervision sessions with Dr. Quarto

Specific requirements (assignments & site supervisor evaluation):

You will be required to complete a variety of assignments this semester as follows:

1. Homework.
2. Oral case presentation.
4. Diagnosis, case conceptualization and treatment plan report.
5. Counseling supervision theory & application paper.
6. Other activities. You will also be required to take the "Counseling Supervision Benchmark Test" at the end of the semester. This activity, which can be found under "Content" on the course website, is not graded.
7. End-of-semester site supervisor evaluation.

(NOTE: You are also required to complete exit surveys and an end-of-program knowledge assessment/multiple choice test – if this is your last semester of internship - for program evaluation purposes!! These can be found under "Content" and "Quizzes," respectively, on the course website.)

Attendance

You are required to attend and actively participate in class/group supervision – including online discussion board activities. The success of this class is dependent on everyone attending and providing feedback to one another when discussing cases and other course-related issues. You are not allowed to miss more than one class per semester.

Evaluation Procedures:

Your grade will be based on the number of points you earn for the aforementioned assignments and end-of-semester evaluation. However, Dr. Quarto reserves the right to lower grades based on behaviors that demonstrate a lack of professionalism, disrespect toward others, a lack of dependability, ethical concerns or anything else that he deems inappropriate for an MTSU Professional Counseling student. In this case, the Professional Counseling faculty will decide what course of action should be taken. Options may include, but are not limited to, repeating a semester of internship (at the same agency, a different agency or the MTSU Center for Counseling & Psychological Services) and/or participating in a course of personal counseling.

Evaluation considerations:

You must receive a minimum grade of “B-” to progress to the next semester of internship (or graduate). If you obtain anything less than a “B-” then, at the discretion of Dr. Quarto, you may be required to repeat a semester of internship or complete assignments/activities that you failed to complete (or complete satisfactorily) the first time around resulting in the low grade.

Counseling Dispositions

Students in the Professional Counseling program are required to demonstrate program Dispositions (i.e., being collaborative, ethical, professional, reflective, self-directed, and critical-thinking students) in this class and in all other academic and professional endeavors. Information regarding demonstration of these dispositions may be communicated to program faculty and used as a component of the faculty’s continuous evaluation of student progress. (See Professional Counseling Program Handbook for details.)

Reasonable Accommodations for Students with Disabilities

If you have a disability (e.g., physical, learning) that may require assistance or accommodation, or you have questions related to any accommodations for note taking, reading, etc., you should speak to Dr. Quarto as soon as possible. You may also contact the MTSU Disability & Access Center (615-898-2783) with questions about such services.

Safety Precautions

Keep your site supervisor apprised of all aspects of your work. Obtain supervision from your site supervisor immediately if you become aware of any information that causes you concern for another person's safety. If the supervisor is not available, seek assistance from another counselor/mental health professional in the agency immediately. Also inform Dr. Quarto as soon as possible.