



Professional Counseling Program

Middle Tennessee State University
1301 East Main Street
Murfreesboro, TN 37132

http://www.mtsu.edu/edu_leadership/professional_counseling/

COUN 6270
PRACTICUM IN COUNSELING
SEMESTER
CLINICAL MENTAL HEALTH STUDENTS



Instructor:
Office:
Office Number:
Cell Number:

Email:
Office Hours: By appointment
Class: Mondays
Class Time:

Course Description:

A Practical supervised experience in individual and group counseling in a 100-hour placement in a school or mental health setting; audio and/or videotaping of sessions for peer and faculty feedback in weekly group supervision and in 10 one-hour individual supervision sessions with instructor. A total of 40 hours of direct service must be provided. (30 hours individual, 10 of group counseling). Professional liability insurance (\$1,000,000 per incident/minimum \$1,000,000 aggregate) required prior to enrollment, with a copy of the current insurance binder on file with the administrative coordinator of the counseling program.

Textbook & Supplemental Materials:

Okun, B., & Kantrowitz, R. (2008). *Effective Helping: Interviewing and Counseling Techniques (8th ed.)* Berkley, CA: Brooks/Cole.

Erford, T., Hayes, D., & Crockett, S. (2015). *Mastering the National Counselor Examination and the Counselor Preparation Comprehensive Examination (2nd ed.)* Upper Saddle River, NJ: Pearson.

Training:

The Medical University of South Carolina's TF-CBT Web-based learning course.

Cost: \$35 by 3/4/19

<https://tfcbt2.musc.edu/>

Course Format/Method of instruction:

Demonstration
Discussion and feedback
Role plays
Peer Review
Class Presentations

Online Trainings
 Professional Development
 In-service Presentations

Objectives:

- ✓ To articulate a personal philosophy of counseling which is appropriate to setting
- ✓ To effectively establish a therapeutic relationship with a client
- ✓ To demonstrate advanced counseling skills and consultation skills
- ✓ To accurately assess client problems, goals, or needs
- ✓ To integrate the role of professional counselor
- ✓ To document therapeutic material appropriately
- ✓ To demonstrate appropriate ethical practices in clinical settings
- ✓ To work appropriately and culturally competently with diverse populations
- ✓ To demonstrate a commitment to professional development
- ✓ To develop an understanding of the supervision process
- ✓ To conduct a professional self-evaluation

Evaluation	
Clinical Requirements	500 points
Developmental Requirements	300 points
Administrative Requirements	200 points
TOTAL POINTS	1000 POINTS

COUN 6270 Practicum in Counseling 2009 CACREP Standards			
Standard #	Core Curricular Category	Standard	Learning Activities & Experiences
II- G-5-a	Helping Relationships	An orientation to wellness and prevention as desired counseling goals	Discussion in group supervision & course readings; Role plays; Chapter review questions; Journal
II- G-5-b	Helping Relationships	Counselor characteristics and behaviors that influence helping processes;	Discussion in group supervision & course readings; Role plays; Chapter review questions; Journal
II- G-5-c	Helping Relationships	Essential interviewing and counseling skills	Discussion in group supervision & course readings; Role plays; Chapter review questions; Client counseling session review
II- G-5-d	Helping Relationships	Counseling theories that provide the student with models to conceptualize client presentation and that help the student select appropriate counseling interventions. Students will be exposed to models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling	Discussion in group supervision & course readings; Role plays; Client counseling session review; Self-evaluation paper
Standard	Clinical Mental	Standard	Learning Activities &

#	Health Counseling		Experiences
CMHC-B:1	Foundations – Skills & Practices	Demonstrates the ability to apply and adhere to ethical and legal standards in clinical mental health counseling	Discussion in group supervision & course readings; Role plays; Client counseling session review
CMHC-C:2	Counseling, Prevention ,and Intervention-Knowledge	Knows the etiology, the diagnostic process and nomenclature, treatment, referral, and prevention of mental and emotional disorders	Discussion in group supervision & course readings; Role plays; Video/audio evaluations of counseling sessions
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; Portfolio
CMHC-C:8	Counseling, Prevention ,and Intervention-Knowledge	Recognizes the importance of family, social networks, and community systems in the treatment of mental and emotional disorders	Discussion in group supervision & course readings; Chapter review questions; Journal; CCPS Clinical Intake
CMHC-C:9	Counseling, Prevention ,and Intervention-Knowledge	Understands professional issues relevant to the practice of clinical mental health counseling	Discussion in group supervision & course readings; Client counseling session review
CMHC-D:2	Counseling, Prevention ,and Intervention-Skills and 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; Client counseling session review
CMHC-D:4	Counseling, Prevention ,and Intervention-Skills and Practices	Applies effective strategies to promote client understanding of and access to a variety of community resources	Discussion in group supervision & course readings; Client counseling session review
CMHC-D:5	Counseling, Prevention ,and Intervention-Skills and 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; Client counseling session review
CMHC-D:6	Counseling, Prevention ,and Intervention-Skills and Practices	Demonstrates the ability to use procedures for assessing and managing suicide risk	Discussion in group supervision & course readings; Client counseling session review
CMHC-D:7	Counseling, Prevention ,and Intervention-Skills and Practices	Applies current record-keeping standards related to clinical mental health counseling	Discussion in group supervision & course readings; Client counseling session review/review of counseling notes in supervision; Supervisor evaluation of practicum student
CMHC-D:8	Counseling, Prevention ,and Intervention-Skills and Practices	Provides appropriate counseling strategies when working with clients with addiction and co-occurring disorders	Discussion in group supervision & course readings; CCPS Clinical Intake
CMHC-D:9	Counseling, Prevention ,and Intervention-Skills and Practices	Demonstrates the ability to recognize his or her own limitations as a clinical mental health counselor and to seek supervision or refer clients when appropriate	Discussion in group supervision & course readings; Client counseling session review/discussion in group supervision

CMHC-F:1	Diversity & Advocacy-Skills and Practices	Maintains information regarding community resources to make appropriate referrals	Discussion in group supervision & course readings; CCPS Clinical Intake
CMHC-F:3	Diversity & Advocacy-Skills and Practices	Demonstrates the ability to modify counseling systems, theories, techniques, and interventions to make them culturally appropriate for diverse populations	Discussion in group supervision & course readings; CCPS Clinical Intake
CMHC-H: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; Client counseling session review
CMHC-H:2	Assessment-Knowledge	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; Client counseling session review; CCPS Clinical Intake; Treatment Plan
CMHC-H:3	Assessment-Knowledge	Screens for addiction, aggression, and danger to self and/or others, as well as co-occurring mental disorders	Discussion in group supervision & course readings; CCPS Clinical Intake
CMHC-H:4	Assessment-Knowledge	Applies the assessment of a client's stage of dependence, change, or recovery to determine the appropriate treatment modality and placement criteria within the continuum of care	Discussion in group supervision & course readings; CCPS Clinical Intake
Standard #	School Counseling	Standard	Learning Activities & Experiences
SCCO-A:7	Foundations-Knowledge	Understands the operation of the school emergency management plan and the roles and responsibilities of the school counselor during crises, disasters, and other trauma-causing events	Discussion in group supervision & course readings; Journal; Client counseling session review
SCCO-C:3	Counseling, Prevention ,and Intervention-Knowledge	Knows strategies for helping students identify strengths and cope with environmental and developmental problems	Discussion in group supervision & course readings; Journal; Client counseling session review
SCCO-D:2	Counseling, Prevention ,and Intervention-Skills and Practices	Provides individual and group counseling and classroom guidance to promote the academic, career, and personal/social development of students	Discussion in group supervision & course readings; Journal; Client counseling session review
SCCO-D:5	Counseling, Prevention ,and Intervention-Skills and Practices	Demonstrates the ability to recognize his or her limitations as a school counselor and to seek supervision or refer clients when appropriate	Discussion in group supervision & course readings; Client counseling session review; Self-reflection paper; Journal
SCCO-F:3	Diversity and Advocacy-Skills and Practices	Advocates for school policies, programs, and services that enhance a positive school climate and are equitable and responsive to multicultural student populations	Discussion in group supervision & course readings; Self-reflection paper; Journal
SCCO-G:1	Assessment-Knowledge	Understands the influence of multiple factors (e.g., abuse, violence, eating disorders, attention deficit hyperactivity disorder, childhood depression) that may affect the personal, social, and academic functioning of students	Discussion in group supervision & course readings; Self-reflection paper; Journal; Client counseling session review

Course Requirements:

1. Clinical Requirements

- a. **Practicum Hour Logs- 50 pts**
- b. **Attendance/Clinical Documentation- 150 pts**
 - Clinical Documentation:
 - Individual/Small Group Supervision:
 - Group Supervision:
- c. **Counseling Session Evaluations- 300 pts**

Practicum instructors/supervisors will evaluate students' basic and advanced counseling skills three times during the semester, based on the Counseling Skills Rubric. The student will select a previously recorded but recent session with a client at the Center for evaluation.

2. Developmental Requirements-(To be completed during developmental hours)

- a. **Intake Readiness Assignment-10**
- b. **Self-Care Collage-20**
- c. **Counseling Bag- 10 pts**
- d. **Online Journals– 20 pts**
- e. **Case Conceptualization Oral Presentation - 10 pts**
- f. **Group Proposals-40 pts**
- g. **Online Distance Counseling Training-20 pts**
- h. **Safe Zone Training- 10 pts**
- i. **Cultural Competency Module- 10 pts-**
- j. **Online Trauma –Focused Cognitive Behavioral Therapy Training -20 pts**
- k. **Online ACEs Training 20 pts**
- l. **Self –Reflection Paper- 30 pts**
- m. **Professional Development Session- 40 pts.**
- n. **Professional Counselor Portfolio- 40 pts.**

3. Administrative Requirements- 200 pts

Students will be required to perform several administrative duties throughout their practicum experience. These duties will be performed during the student's scheduled administrative hours, and will include but are not limited to the following:

- Front Desk Duties
- Filing
- Scheduling
- Opening and Closing the Center
- Organizing
- Emailing
- Fulfilling miscellaneous tasks from Faculty members

Attendance is mandatory, and if a student is unable to fulfill their administrative hours, it is the student's responsibility to find another student to cover their shift. Only two shift changes per semester will be allowed without point/grade reduction. The practicum instructor and Center director should be notified about any shift changes PRIOR to the said shift. The notification must be via email, and should be within 24 hours. If a shift cannot be covered by another student, the student must contact the Practicum instructor to ensure that the front desk remains staffed.

➤ **Professional Organizations**

The MTSU Counseling Program strongly recommends that you obtain membership in the American Counseling Association, American School Counselor Association, and/or the Tennessee Counseling Association. Student memberships are available at a reduced rate, and allow you to become actively involved in local, state, and national activities, which serve to enhance your professional repertoire.

➤ **MTSU Professional Counseling Program Dispositions**

Students in the Professional Counseling Program are required to demonstrate program Dispositions (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 to be used as a component of the faculty's continuous evaluation of student progress.

➤ **Multicultural Education**

Content and experiences in multicultural interactions will be acquired at the placement site. In addition, specific knowledge, skills, and cross-cultural awareness have been addressed in academic setting prior to placement and will be discussed and implemented in group and individual supervision.