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**North Carolina Central University**

*Communicating to Succeed*

**Michaux School of Education**

*To become an international community of scholars who are culturally responsive educators and practitioners*

**Department of Allied Professions**

**Counselor Education Program**

# CON 5372- Supervised Practicum in Counseling

**Room 1076**

**Spring 2016**

**Instructor:** Gwendolyn Keith Newsome, PhD, NCC, LPC

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**Website**: <https://onlinecourse.nccu.edu/nccu-index.html>

This is a web-enhanced class and will utilize the campus Blackboard system. You will be required to log on to Blackboard in order to fulfill various assignments during the semester (e.g., submit assignments, obtain handouts).

**Counselor Education Mission Statement**

The mission of North Carolina Central University is to prepare students academically and professionally to become leaders to advance consciousness of social responsibility in a diverse, global society. In accordance with the larger institution, the mission of the North Carolina Central School of Education is to prepare educational professionals to serve and inspire excellence in teaching, administration, counseling, communication, technology and other related services. Central to this aim is the development of leaders who promote social justice and dedicate themselves to the well-being of a global community. The Counselor Education Program prepares counselors to work in mental health, school, and career counseling settings who promote social justice and responsibility, serve as leaders in a diverse and global community, and respond to the complexity of human needs across the lifespan. To this end, the program emphasizes increasing awareness, knowledge, and skills in interacting with economically, socially, and culturally diverse populations. Our partnerships with local agencies and schools foster an understanding of multicultural and diverse populations and counseling interventions that promote empowerment.

**Web Pages:** Information regarding licensure can be obtained by visiting the web page of the North Carolina Board of Licensed Professional Counselors [www.ncblpc.org](http://www.ncblpc.org). Further information regarding liability insurance can be gained by visiting <http://www.acait.com/> .

**Required Text**

Gehart.D., (2016). *Theory and Treatment Planning in Counseling and Psychotherapy*.

(2nd ed. ). Belmont,CA: Brooks/Cole

Halbur, D. & Halbur, V. (2006). *Developing your theoretical orientation in counseling and*

*Psychotherapy* (2nd ed.). Uppersaddle River, NJ: Pearson, Prentice Hall.

**Recommended:**

Cromier.S., Nurius,P., & Osborne, C.(2013*). Interviewing and change strategies for helpers: Fundamental skills and cognitive behavioral interventions*. (7th ed.). Belmont, CA:

Brooks/Cole

**Course Description:** Prerequisites: Phase 2 completion and B or better in CON 5371. This course presents an opportunity for advanced students in counseling to demonstrate in an institution, agency, or industry the ability to apply interviewing skills, counseling interventions, vocational assessment, and placement techniques in individual and/or group counseling sessions. The practicum is a 100-hour field placement experience.

**Foliotek Electronic Portfolio :**

Maintaining an electronic portfolio is requirement for continued enrollment as a degree-seeking student in the School of Education at North Carolina Central University. The university will use the information to track data and verify that you have met competencies of your program of study - but more importantly - this system will serve as your own professional e-portfolio and file storage.

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| **Con 5372 Student Learning Outcomes (SLOs)**  The corresponding CACREP standards met in this class are listed here. *At the completion of this course the candidate will be able to:* | Method for Obtaining Outcome | Method for Evaluation of Outcome |
| Identify professional roles, functions and relationships with other human service providers. (CACREP II.G.1.b) (NCATE 1) | Assigned chapter reading and class discussions. | Project  Case Conceptualization |
| Identify counselor practices and characteristics that influence the helping process including cultural and psychosocial characteristics of both counselor and client. (CACREP II.G.5.b) (NCATE 5) | Client Interactions. | Recording Assignments |
| Recognize and use counseling skills and concepts to facilitate communication with a variety of clients in varied multicultural settings. (CACREP II.G.2.d) (NCATE 3,4,5) | Client Interactions and class discussions. | Recording Critiques and case conceptualization |
| Identify and use counseling theories that provide the candidates with models to conceptualize client presentation and that help the candidates with select appropriate counseling interventions. (CACREP II.G.5.d) (NCATE 2) | Class discussions, client interactions and assigned readings. | Case Conceptualization |
| Integrate ethical and legal considerations related to counseling practices. CACREP II.G.1.j) (NCATE 1.1) | Class readings | Recording Critiques and case conceptualization |

**Course Requirements:**

Class attendance, punctuality, and participation are required and necessary to accomplish the goals of the course. The rationale for attending every class is: course content will be discussed and processed through experiential activities as you work with clients at your placement site. *Two absences will result in a deduction of three (3) points from the final grade and three (3) absences will result in five (5) points deduction. More than three (3) absences will result in an F grade.* In addition, it is expected that all assignments will be handed in on time. If there are extreme emergencies that cause you to miss class or miss an assignment deadline, please notify the instructor immediately. Any assignment or homework handed in late (after the class period in which it is due) will result in a reduction of 20% of the earned grade

1. A total of 100 hours experience at a site. Forty clock hours of your time must be spent in direct **face to face** service with your clients. (CACREP III.F.1)

2. Weekly one hour and one half meetings with your university supervisor for group supervision. During these meetings you will discuss your practicum site progress, discuss class readings and present audiotapes for group review. **Each student will present at least one full tape for class critique. This tape will be presented as your CBT case conceptualization and will be transcribed. The tape will count towards the six tapes required for dyads. This assignment will be submitted to Foliotek. Be sure to document your client’s consent to be taped**. (CACREP II.5.d)

3. Weekly meetings with a university supervisor for one hour triadic supervison. You will submit at least 6 audio tapes for individual/triadic supervision for critique and evaluation. You may submit additonal conceptualizations with these recordings using selected theoretical orientations. **Be sure to document your client’s consent to be taped.** (CACREP III.F.2) (CACREP III.F.4.)

4. Completed evaluations forms are due to your university supervisor at the end of the semester. It will serve as the formal part of your course evaluation. (CACREP III.F.5.)

5. You must have a Memorandum of Agreement and professional liability insurance before you may begin your practicum.

6. Complete the assigned readings in your text. Be prepared to discuss them at our group meetings.

7. There will be an online midterm and final reflection assessment for this class. Content for the reflections are posted on Blackboard.

**\*Evaluation**

1. You will have a mid-term exam and a final exam on the dates indicated on the course outline.(CACREP I.P)
2. There are two major projects for this class.

**Project One:** It consists of the development of a proposed *seminar/presentation* that is consistent with the needs of the population you work with at your site. You will provide a brief overview of this seminar presentation to the class along with a PowerPoint presentation for the session. It should cover a topic of interest to your clients, parents or professional colleagues. Examples include Anger Management, Stress Management, Time Management, Burnout, etc. Specific requirements will be discussed in class. You will not need to present the entire session to the class. Only the overview is required. You will upload your proposed session on Bb .You should be prepared to answer questions about your session.

**Project Two:** This is your *Case Conceptualization*. It consists of a complete counseling sessions that you conceptualize according to Cognitive Behavioral Theory. Specific guideline will be posted on BB. You will include a transcript of this session along with a treatment plan.

1. Keep a weekly ongoing journal of your experiences and feelings about the practicum. The journal is listed on Blackboard under assignments. This document is confidential and must be completed by the last day of class. The journal is worth 40 points. (CACREP II.C)
2. Your final grade will incorporate your site supervisor’s evaluation of your practicum experience. (CACREP III.F.5)
3. Other assignments are listed in the course outline and meet the objectives of this class

**Class Outline**

*This is a process oriented class. There are a number of readings that are required for the successful completion of your two major projects. The required readings are H&H Chapter 1-4 and Chapter 1-3 and 14,15 of the Gehart text. A suggested reading schedule is indicated on your class outline. However, based on your presentation dates and site requirements you might find adjusting this schedule helpful.*

# Meetings Assignments and Readings for Class Check-Ins

**Highlights and Lowlights**

**January 13 Introduction/Overview/Expectations**

**Liability Insurance and MOA Due**

**Logistics**

**Multicultural and Ethical Considerations on Your site (Release of information, confidentiality, diversity of client population, etc.)**

**January 20 Theoretical Orientation Discussion**

**H&H 1-4 Halbur and Halbur**

**Assignment Due: Reflection on readings incorporating questions on pp.25-26, p. 37, 1-4 and 5. (3pages).**

**January 27 Dyads Begin This Week!**

**February 3 Assessing and Conceptualization- Gehart 14-15**

**February 10 Begin Seminars**

**Supervision Reflection due. Article posted to Bb.**

**February 17 Treatment Planning - Gehart 3**

**February 24 Self Care Reflection Due**

**Begin Conceptualization**

**March 2 Seminar Sessions, Cases, Class Discussions**

**Resistant Client Reflection Due**

**March 9 Seminar Sessions, Cases, Class Discussions**

**Midterm Reflection Due**

**March 16 Spring Break**

**March 23 Seminar Sessions, Cases, Class Discussions**

**March 30 Seminar Sessions, Cases, Class Discussions**

**April 6 Seminar Sessions, Cases, Class Discussions**

**Crisis Intervention Reflection**

**April 13 Seminar Sessions, Cases, Class Discussions**

**April 20 Seminar Sessions, Cases, Class Discussions**

**April 27 Seminar Sessions, Cases, Class Discussions**

**Final Reflection Due**

**Grading: Points**

**Tapes 100 (16.7 each)**

**Journal 40**

**Case Presentation 100**

**Participation in Group Meetings 100**

**(Reflections-10 each/ general class input-60)**

***Supervision Reflection***

***Theoretical Orientation***

***Self-Care***

***Resistance***

**Workshop 25**

**Crisis Intervention 50**

***(Include suicide assessment)***

**Suicide Assessment 50**

**Examination1 100**

**Examination2 100**

**Total** **745.2**

# Total Points Letter Grade

**670> A**

**596-569 B**

**521-595 C**

**University Grading System**

The University recognizes the grades that follow in the evaluation of the performance of graduate students:

**A-** Work of superior quality.

**B** -Satisfactory passing work.

**C** -Low passing work.

**F-** Failure.

**P** -Pass

**I-** Incomplete; Work that has not been fully completed. Must be completed within one year or the grade will be replaced with “F” and the course will have to be repeated for credit.

**NF**- Represents a course in which the student stopped attending classes without officially dropping the class; counts as a failing grade.

**W**- Indicates that the student withdrew from the University for the term.

**WC**- Indicates that the student officially withdrew from the class.

**NP**- Denotes that a student registered in a thesis conference, project, research, or internship course has not made satisfactory progress during the semester;

**NW**- Represents a course in which the student stopped attending without officially withdrawing from the class;

**PR**- Denotes that a student registered in a thesis, project, research, or internship course has made satisfactory progress but has not successfully completed the required work, and

**AU**- Represents an audited class; must be declared as an audit before the end of the official drop/add period.

***\*CAVEAT: Contents of course assignments and expectations are subject to change due to the dynamic characteristics of the learning environment.***

**CONFIDENTIALITY AND ETHICS INFORMATION**

In this course, it is possible for a student colleague to say something personally important and confidential. It is your duty to maintain confidentiality and trust. These same principles hold when talking to your clients. Recordings and transcripts that do not disguise the nature of the individual with whom you are talking will not be accepted. Papers that do not indicate that you have the permission of the client to turn in this paper, even though the identity is disguised, will not be accepted.

At the same time keep in mind the legal limits of confidentiality. You have no legal right to maintain confidence if you were questioned by an attorney in court. Study the ethics code, particularly paying attention to issues of confidentiality and client's rights.

**Inclement Weather Policy**

Candidates are expected to know and follow the Inclement Weather Policy of the university as stated in the Faculty Handbook – 1995, Appendix IV, p.105:

“Operation of classes is the normal and expected condition. Unless there

is a specific announcement that classes will not be held, faculty and all

concerned should assume that classes will be conducted as usual and on

the regular schedule.

In the event of hazardous driving conditions resulting from adverse weather (snow, ice, etc.), the decision to suspend classes at the University will be made by the Chancellor. An official announcement will be made by the Provost/Vice-Chancellor for Academic Affairs that classes will not be held or that classes will be suspended for a stated period of time.”

**Student Disability Services**

Students with disabilities (physical, learning, psychological, chronic medical, etc.) who would like to request accommodations and services are required to register with the Office of Student Disability Services (SDS) in Suite 120 in the Student Services Building.  Please contact the SDS Staff at (919) 530-6325 or email sds@nccu.edu.  If you are NEW to SDS, please contact the office for an appointment. If you had accommodations previously, you can resubmit a request by visiting our website at [www.nccu.edu/sds](http://www.nccu.edu/sds) and clicking on the ***Accommodate* Link.** Students are expected to update their accommodations each semester, preferably during the first 2 weeks of each semester.

**Student Support/Ombudsperson**

The Student Ombudsperson is available to assist students in navigating unexpected life events, (e.g. short-term illness/injury, loss of a loved one, personal crises) and guide them to the appropriate University or community resources. Students may also receive assistance with resolving some emergency financial concerns, understanding NCCU policies or general problem-solving strategies. Schedule an appointment by contacting the Student Ombudsperson in the Office of the Dean of Students, G-06 Student Services Building, at (919) 530-7492 or [bsimmons@nccu.edu](mailto:bsimmons@nccu.edu).

**Veterans Services**

One of the goals of the faculty and the NCCU Veterans Affairs Office’s (VAO) is to provide a welcoming and supportive learning experience for veterans. Specifically, the VAO’s primary goal is to provide a smooth transition from military to college life for veterans, service members, and dependents.  If you wish, please contact your professor and/or the Director of the VAO during the first weeks of class so that we may support and assist you. During your matriculation, the VAO is here to assist you with the VA Educational Benefits process and offer overall support to ensure academic progression towards graduation. For more information please contact the VAO at 919-530-5000 or [veteransaffairs@nccu.edu](https://webmail.nccu.edu/OWA/redir.aspx?C=n-uO4gA4n0Wh3AtbWJaff7P-7u3UbNAIeyQ2YyzR4xDH_eYRUXFyhKd8JNLVN7X7Bxt4zgLHYEo.&URL=mailto%3aveteransaffairs%40nccu.edu).

**ACADEMIC HONESTY REMINDER:**

North Carolina Central University views academic honesty as a critical value protecting the transmission of knowledge. Academic dishonesty is a serious violation and includes providing/receiving unauthorized assistance with papers, projects, and exams; presenting, as one’s own, another’s words/ideas without acknowledgement; presenting the same papers/projects for credit in two classes without explicit professor permission; and using undocumented internet information.

*When submitting your assignments to Blackboard, be sure to provide the name of the assignment. Likewise, if you have a general question about an assignment between class meetings, please submit your question to the discussion board since others might have the same question.*

**Resources**

Baird, B. (2011). *The internship, practicum and field placement handbook: A guide for the*

*helping profession.* (6th ed). Uppersaddle River, NJ: Pearson, Prentice Hall.

Boylan, J. & Scoll, S.(2009). Practicum internship: The *textbook and resource guide for*

*counseling and psychotherapy.* New York, NY: Routledge.

Cates, J. T., & Schaefle, S. E. (2009). Infusing Multicultural Training into Practicum. *Journal Of Counseling*

*Research & Practice*, *1*(1), 32-41.

Cormier , S. & Hackney, H. (2012). *Counseling strategies and interventions*, (8th ed.). Upper

Saddle River, NJ: Pearson.

Dupre, M., Echterling, L. G., Meixner, C., Anderson, R., & Kielty, M. (2014). Supervision Experiences of

Professional Counselors Providing Crisis Counseling. *Counselor Education & Supervision*, *53*(2), 82-96. doi:10.1002/j.1556-6978.2014.00050.x

Fall, K., Holden, J. & Marquis,A. ( 2010). Theoretical models of counseling and psychotherapy

(2nd ed.). New York, NY: Routledge.

Helms, J.E., & Cook, D.A., (1999). *Using race and culture in counseling and*

*psychotherapy: Theory and perspective*. Boston, MA: Allyn and Bacon.

Ivey, A.E., D’Andrea, M.D. , Ivey, M.B. & Simek-Morgan, L., (2002*). Theories of*

*counseling and psychotherapy: A multicultural perspective*. Boston, MA: Allyn Bacon.

Ivey, A., Ivey, M., Myers, J., & Sweeney, T. (2005*). Developmental counseling and*

*therapy: Promoting wellness over the lifespan*. Boston, Ma: Houghton Mifflin Company.

Ivey, A.E. & Russell-Chapin, L.A. (2004). *Your supervised practicum and internship: Field*

*resources for turning theory into action*. Belmont, CA: Thomson Brooks/Cole.

Kaiser, D. H., McAdams, C. R., & Foster, V. A. (2012). Disequilibrium and Development: The Family

Counseling Internship Experience. *Family Journal*, *20*(3), 225-232. doi:10.1177/1066480712448787

Lenz, A., Oliver, M., & Sangganjanavanich, V. (2014). Perceptions of the Wellness Model of Supervision

among Counseling Interns. *Clinical Supervisor*, *33*(1), 45-62. doi:10.1080/07325223.2014.905814

Robinson, T.L. (2012). *The convergence of race, ethnicity, and gender: Multiple*

*identities in counseling (4th ed.).* Upper Saddle River, NJ: Pearson- Merrill Prentice Hall.