

# INTERNSHIP IN COUNSELING I (PCO 6948)

**Rob J. Rotunda, Ph.D.**

**Fall 2009**

**Classes:** Tuesdays 5:30-7:30 (Building 41, Room 236). Classes will meet each week throughout the semester.

**Office Hours:** Mondays and Wednesdays 9-11, Tuesdays 3:30-5:30, & by appt. (Blg. 41, Room 226). Individual supervision schedule to be determined.

**Contact Info:** Phone: 474-2294 E-mail: RROTUNDA@UWF.EDU

**Overview:** This internship group supervision course is designed to complement the clinical experience and supervision you are receiving at your ongoing placement in the community. It also provides you with the opportunity to put into practice the theory and technique learned in prior coursework. The focus of the internship is to provide continuity to earlier practicum experiences and to provide a forum for continued professional growth as a therapist.

## **Course Requirements**

Each student is expected to spend a minimum of 20 hours each week in his/her internship site performing counseling training duties assigned by the supervisor at the internship site. The actual number of target hours may vary depending on the circumstances of individual students and their chosen counseling track training option (pre-licensure or thesis). On-site hours include conducting assessment and counseling sessions with clients, participating in case conferences and meetings, participating in regular supervision sessions with the on-site supervisor, attending any clinical training opportunities available for staff, and completing any required record keeping and case management duties in a responsible, professional, and timely fashion. Responsible, highly conscientious, and ethical behavior is *expected* at your internship site.

In addition to the internship responsibilities noted above, the internship student is also expected to perform the following for the on-campus portion of the internship course:

1. *Attend and actively participate* in the scheduled seminar on campus each week. The internship course can be a highly meaningful experience if a strong commitment is made to the didactic, self-exploration, and experiential activities. All assignments should be completed on time. In addition, *punctuality and attendance* are critical. If you know that you will have to miss a seminar class or cannot be on time before the class begins, you should discuss this with the instructor. The only satisfactory excused absences will be for serious illnesses or major family problems, as determined by the instructor.
2. Complete readings as assigned. Students should come to the seminar class prepared to discuss the readings and to apply them to internship experiences during class. One or more students may be assigned as discussion co-leaders for the readings (TBA).
3. Complete standard writing assignments on particular assigned readings to encourage reflection and depth of critical thinking (TBA).
4. Prepare and present a current case to the class. This comprehensive case presentation should illustrate your rationale and implementation of at least one therapy technique(s) drawn from text readings.
5. Provide verbal feedback to peers on case presentations.
6. Attend regular individual supervision sessions with the course instructor (at least 3 meetings during semester, and as needed). Supervision times will be arranged at the start of the semester.
7. Maintain the confidentiality of case material discussed within the scheduled seminar.
8. Maintain a weekly log of internship hours.

9. With clients' consent, record (audio or video) counseling sessions on a regular basis for supervision by on-site and campus supervisors if possible. Sharing audio/videotaped segments of your clinical work with the class and in individual supervision whenever possible is considered to be an essential component of the course to aid the supervisory process.

## **Student Learning Outcomes**

At the end of the course, the internship student will:

1. Demonstrate competent use of the basic skills and strategies associated with clinical interviewing and implementing particular counseling techniques.
2. Demonstrate competent use of the basic skills and strategies associated with a variety of theoretical approaches to counseling in the provision of direct services to clients.
3. Be able to maintain appropriate clinical records and write a clinical case report.
4. Be able to integrate different theoretical approaches in describing his/her own personal model of or approach to counseling.
5. Be able to formulate and deliver a treatment plan for a clinical case and provide a rationale supporting the plan from published theoretical and research literature.
6. Be able to present a formal presentation of a clinical case in class, clearly demonstrating the implementation and effects of one or more techniques from readings.

## **Required Readings:**

Erford, B. (2010). *35 Techniques Every Counselor Should Know*. Upper Saddle River, NJ: Pearson.

Articles TBA by instructor and student presenters

## **Recommended Readings:**

Baird, B. (2008). *The Internship, Internship, and Field Placement Handbook: A Guide for the Helping Professions (5th Edition)*. Upper Saddle River, NJ: Prentice-Hall.

Jongsma, A., & Peterson (2006). *The Complete Adult Psychotherapy Treatment Planner* (4th edition). Wiley.

Mental Health: Does Therapy Help? (1995, Nov). *Consumer Reports*, 734-739.

Miller, J., & Stiver, I. (1994). *Movement in Therapy: Honoring the "Strategies of Disconnection."* Work in Progress, No. 65. Wellesley, MA: Stone Center Working Paper Series.

Sommers-Flanagan et al. (1995). Intake Interviewing with Suicidal Patients. *Professional Psychology: Research and Practice*, 26, 41-47.

Teyber, E. (2008). *Interpersonal process in psychotherapy: An Integrative Model*. (5<sup>th</sup> ed.). Brooks/Cole.

**Course Evaluation:** Grades will be assigned based on (a) the instructor's assessment of your clinical skills and progress at your internship site; (b) your site supervisor's assessment of your progress; and (c) instructor ratings of your written assignments, your participation in the supervision process and willingness to learn from the clinical case experiences of other students, and completion of other assignments. Internship is graded as either satisfactory or unsatisfactory.

It is expected that each student's behavior in class and at the internship site shall reflect a level of personal maturity, emotional stability, and professional integrity consistent with conduct in the professional community. Each student is also expected to adhere to the current ethical standards of the American Counseling Association and American Psychological Association, as well as to Florida's mental health regulations for clinical practice. Openness to feedback, professionalism, flexibility of interpersonal style and a genuine interest in serving the mental health needs of your clients will all contribute to a successful experience.

### **Expectations for Academic Conduct/Plagiarism Policy**

As members of the academic community at the University of West Florida, we commit ourselves to honesty and integrity. This includes a pledge not to cheat, nor to tolerate cheating, nor to plagiarize the work of others, and to comply with established policies of academic conduct. Students are expected to adhere to the university statement on academic conduct (<http://www.uwf.edu/JudicialAffairs/SCC.html>), as published in the UWF Student Handbook. As a condition of taking this course, students accept adherence to this set of expectations for academic conduct.

### **Assistance for Students with Special Needs**

Students with special needs who require specific examination-related or other course-related accommodations should contact the Director of Disabled Student Services (DSS), [dss@uwf.edu](mailto:dss@uwf.edu), (850) 474-2387. DSS will provide the student with a letter for the instructor that will specify any recommended accommodations.

## TENTATIVE WEEKLY OUTLINE

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Aug 25	Intro
Sep 1	Field placement and case discussion
8	Presentation 1 _____
15	Presentation 2 _____
22	Presentation 3 _____
29	Presentation 4 _____
Oct 6	Presentation 5 _____
13	Presentation 6 _____
20	Presentation 7 _____
27	Presentation 8 _____
Nov 3	Presentation _____
10	Case discussions
17	Case discussions / <b>Case Presentation Reports due</b>
24	Case discussions
Dec 1	Case discussions – Group Supervision Summary
Dec 7-9	<b>Finals Week - Individual Supervision and Feedback</b>