

**UNIVERSITY OF LETHBRIDGE
FACULTY OF EDUCATION**

**Masters of Education (Counselling Psychology)
Counselling Addictions and Mental Health Cohort
ED 5711: Counselling Psychology: Practicum II
Course Syllabus: Spring 2018**

Instructor: Marcia Rich, PhD, Registered Psychologist
Instructor
Office: Markin Hall M3013
Phone: 403-332-4035
Fax: 403-329-2668
E-mail: marcia.rich@uleth.ca
Office Hours: TBA or by appointment

**Seminar Dates
& Times:**

Seminar #1	Date: Saturday Jan. 13	Time: 9:00am-4:30pm	Room: M1004 Large Groups Room
Seminar #2	Date: Saturday Feb. 10	Time: 9:00am-4:30pm	Room: M3023
Seminar #3	Date: Saturday Mar. 10	Time: 9:00am-4:30pm	Room: M1004 Large Groups Room
Seminar #4	Date: Saturday April 7	Time: 9:00am-5:30pm	Room: M1004 Large Groups Room

COURSE DESCRIPTION, OBJECTIVES AND ASSIGNMENTS

Course Description:

Advanced professional development and supervised practice for graduate students in counselling psychology. Students will develop and/or practice their counselling skills within a specialized setting, or with a specialized counselling focus.

This practicum course provides in-depth opportunity for professional development and supervised practice for graduate students in counselling psychology. The class seminars provide opportunity for group supervision of student work with clients, and for in-depth exploration of issues encountered in the practicum settings. The practicum settings provide opportunity for supervised practice in counselling techniques with clients.

Course Objectives:

Upon completion of this course, participants will be able to:

- Understand the role and identity of professional counsellors and their relationships with other related professionals.
- Demonstrate the transfer of skills and knowledge acquired through prior courses to applied counselling/psychological settings.
- Incorporate theory, skilled practice and applied experience into a personal counselling/psychological framework with a demonstrated capacity to use counselling theory to conceptualize and guide practice.
- Understand, plan and apply counselling approaches/interventions to effectively explore client issues and match chosen treatment interventions and alternatives with client issues for individuals, families, and groups (where appropriate) and with diverse populations.
- Apply ethical decision-making processes to clinical practice.

- Engage in effective self-reflection and self-exploration regarding personal and professional issues.
- Understand professional counselling organizations including mission and goals, membership criteria, activities, services to members, and current priorities.
- Understand the required standards of preparation to become a professional counsellor including certification and accreditation standards.

For more detailed descriptions of practicum objectives, refer to the Counselling Practicum Handbook.

Course Structure:

1. Practicum Placement - Detailed expectations and guidelines are outlined in the Counselling Practicum Handbook which is located @ <http://www.uleth.ca/education/programs-degrees/graduate-studies/m-counselling/practicum>. Students are expected to become familiar with all contents of this handbook. A few points are emphasized below.
 - Each student will be expected to complete the equivalent of 12 to 14 hours/week over the course of the 13-week term, in the practicum setting. A log of time and activities spent at their setting must be maintained throughout the practicum. **Students who do not log a minimum of 150 practicum hours will not be able to complete the course. At least 50% of the 150 hours need to be done the student in direct client contact. The remaining 50% of the hours may done by indirect client contact/supervision.**
 - Students are required to submit all logs of time and activities to the course instructor.
2. Seminar - The face-to-face seminar component of this course utilizes a collaborative learning model, which encourages students to actively contribute to the learning process through in-depth self-reflection, shared discussions, and giving and receiving feedback with peers. Students are expected to expand their counselling knowledge and practice by continually challenging self and peers through critical reflection, utilizing the consultation resources of the course instructor, and through the use of academic and professional resources. Utilizing group discussions, experiential exercises, written course assignments, and clinical issue and case presentations, the seminar experience aims to support students to become adept at:
 - identifying both personal and professional strengths and challenges and addressing these,
 - articulating a clear theoretical counselling framework and case conceptualization of client issues,
 - theoretically supporting the use of counselling interventions,
 - identifying and exploring ethical issues, and applying ethical decision making processes, and
 - demonstrating the ability to critically reflect on their knowledge, values, and effectiveness as a counsellor.

Note: Attendance at all seminars is mandatory.

Seminar Schedule: Tentative and Subject to Change

Date	Topics Covered
Seminar #1 Date: Saturday January 13 Time: 9am-4:30pm Room: Large Groups Room	<ul style="list-style-type: none"> • Check-In • The Practicum Experience Review: <ul style="list-style-type: none"> ➤ Course Syllabus & Assignments ➤ Practicum Manual ➤ Practicum Expectations ➤ Forms • Practice Review: <ul style="list-style-type: none"> ➤ Integrative Therapeutic Framework & Trauma Informed Interventions ➤ Case Conceptualization Framework • Supervision: Getting the most out of Supervision • Reflective Practice: Stress, Vicarious Trauma & Burnout
Seminar #2 Date: Saturday February 10 Time: 9am-4:30pm Room: M3023	<ul style="list-style-type: none"> • The Practicum Experience: <ul style="list-style-type: none"> ➤ Check-In ➤ Forms ➤ Mid-term Evaluations • Ethics Framework • Reflective Practice: Compassion
Seminar #3 Date: Saturday March 10 Time: 9:00am-4:30pm Room: Large Groups Room	<ul style="list-style-type: none"> • The Practicum Experience: <ul style="list-style-type: none"> ➤ Check-In ➤ Forms • Case Presentations
Seminar #4 Date: Saturday April 7 Time: 9:00am-5:30pm Room: Large Groups Room	<ul style="list-style-type: none"> • The Practicum Experience: <ul style="list-style-type: none"> ➤ Check-In ➤ Forms ➤ Final Evaluations • Ethics Case Presentations • Wrap-up

Course Materials:

- Students are required to familiarize themselves with the Counselling Practicum Handbook, which is located @ <http://www.uleth.ca/education/programs-degrees/graduate-studies/m-counselling/practicum>. Students are responsible to ensure that the site practicum supervisor has access to the handbook.
- You may need to audio/video record counselling sessions at your practicum site for review with your supervisor. If the site does not have recording equipment available the student will need to make arrangements for this.

Course Assignments & Evaluation:

1. Reflective Paper I: Counsellor Stress, Vicarious Trauma & Burnout worth 10%, due January 26^h
2. Reflective Paper II: Counsellor Compassion, worth 10%, due February 19th
3. Case Presentation on March 10th, worth 20%
4. Ethics Case Presentation on April 7th, worth 10%
5. Practicum Evaluation – worth 50%, format is in the Counselling Practicum Handbook.

Professional writing expectations for assignments. It is expected that your writing meets the expectations of a graduate level program, including abiding by the guidelines of the Publication Manual of the American Psychological Association (6th ed.). Writing must demonstrate appropriate standards of written communication; grammatical errors, lack of clarity, poor structure or organization are not acceptable.

Late assignments. Prior arrangements must be made with the course instructor for late assignments to be accepted for marking. This means that the instructor must be contacted prior to the due date for the assignment. Assignments submitted late without prior approval will not be marked.

Assignment Descriptions:

1. **Reflective Paper I: Counsellor Stress, Vicarious Trauma & Burnout (10%):** This assignment is worth 10% of the final grade and is due January 26th. In seminar #1 (January 13) students will discuss and reflect on the issues of counsellor stress, vicarious trauma, and burnout as it relates to his/her own counselling practice. The student will then submit a 10-page paper discussing the insights gained as it pertains to the practicum setting and client population. The student will explore his/her strengths, challenges, and identified areas for intentional personal and professional growth. A detailed marking sheet for this assignment will be handed out in class.
2. **Reflective Paper II: Counsellor Compassion (10%):** This assignment is worth 10% of the final grade and is due February 19th. In seminar #2 (February 10th) students will participate in an experiential exercise to identify and explore issues related to counsellor compassion and the related ability to develop therapeutic alliance, rapport, and trust with clients in the context of professional boundaries. Students will then submit a 10-page paper to discuss the identified issues currently experienced in their counselling work. A detailed marking sheet for this assignment will be handed out in class.
3. **Case Presentation (20%):** Students will prepare a clinical case presentation using the following format. Selecting a counselling client that is being seen at the practicum site, seven categories of information will be presented: 1) non-identifying client background information, 2) overview and history of the presenting problem, 3) theoretical case conceptualization of the problem 4) counselling interventions used and how the interventions relate to the case conceptualization 5) counselling outcomes re: progress/change/resistance, 6) ethical/counselling process issues, and 7) identification and discussion of what you have learned the most in working with this client.

Presented during the seminar on March 10th and worth 20% of the final grade, the presentation will be 30-45 minutes in length, with an accompanying handout that summarizes the information related to the 7 categories delineated above. Class members will participate as peer supervisors by providing feedback and asking questions to facilitate the presenter's personal and professional growth as a counsellor. A detailed marking sheet for this assignment will be handed out in class.

4. **Ethics Case Presentation (10%):** In seminar #1 students will sign-up into pairs. Each pair will prepare and deliver a presentation in seminar #4 (April 7). This 45 minute presentation will identify an ethical issue/dilemma experienced within the practicum setting related to clients, supervision, or counselling practice. Presenters will review the ethical dilemma and demonstrate the use of an ethical decision making process related to the ethical dilemma in accordance with either:

i) College of Alberta Psychologists Standards of Practice:
<http://www.cap.ab.ca/Portals/0/pdfs/StandardsOfPractice.pdf> **AND,**

the Canadian Code of Ethics for Psychologists:
<http://www.cpa.ca/aboutcpa/committees/ethics/codeofethics/> , **OR**

ii) Canadian Counselling and Psychotherapy Association Code of Ethics:
<http://www.ccpa-accp.ca>

A detailed marking sheet for this assignment will be handed out in class.

5. **Practicum Evaluation (50%) – format is in the Practicum Manual.** The overall mark for the practicum evaluation is decided through the grading scheme below.

PRACTICUM GRADING

Grading in the practicum component of the course is based on the evaluation completed by the practicum supervisor evaluating the student on the six categories of counselling practice outlined below. The evaluation form and process are located in the Counselling Practicum Handbook.

The first category is a "prerequisite" category called "Ethical Conduct." **Students must receive a satisfactory rating (3 or 4) on Ethical Conduct in order to pass the practicum.** The student's total mark is based on the six categories, as follows:

- A+ = 6 ratings of "4"
 "A" = At least 4 ratings of "4", with no rating less than "3"
 "A-" = At least 2 ratings of "4", with no rating less than "3"
 "B+" = At most 1 rating of "2", with 5 ratings of at least "3"
 "B" = A rating of "2" on 2 or 3 categories, with the rest of the ratings of "3" or "4"
 "B-" = A rating of "2" on 4 or more categories, with the other ratings at "3" or "4"
 "C" = A rating of "1" on any category

Summary Ratings:

Ethical Conduct _____
 Professional Conduct _____
 Core Counselling Skills _____
 Counselling Assessment Skills _____
 Counselling Intervention Skills _____
 Purposefulness _____
 Practicum Grade _____

**FACULTY OF EDUCATION
M.Ed. GRADING SYSTEM**

“All components within the M.Ed. program that use a percentage procedure will use the following table for determining the final grade.”

Grading Schedule for Graduate Classes

Numeric Value	Letter Grade	Grade Point
97 - 100	A+	4.00
93 - 96	A	4.00
90 - 92	A-	3.70
87 - 89	B+	3.30
83 - 86	B	3.00
80 - 82	B-	2.70
Note: Any course with a grade of less than B- cannot be considered for credit in the M.Ed. Program.		
77 - 79	C+	2.30
73 - 76	C	2.00
70 - 72	C-	1.70
67 - 69	D+	1.30
63 - 66	D	1.00
<63	F	0.00

STUDENT CONDUCT

Students are subject to the student discipline policy for academic and non-academic offences in accordance with the University Calendar (www.uleth.ca/ross/academic-calendar/sgs)

Additionally, in the Faculty of Education graduate programs, students are required to adhere to professional standards and to the conduct expectations as stipulated in Faculty of Education policies, and the Standards of Practice/Conduct, Code of Ethics, and/or the Code of Professional Conduct for the field, as noted below:

Standards of Professional Conduct for Master of Education Students:

<http://www.uleth.ca/graduate-studies/master-education/resources/beginning-your-program/professional-conduct>

College of Alberta Psychologists Standards of Practice:

<http://www.cap.ab.ca/Portals/0/pdfs/StandardsOfPractice.pdf>

Canadian Code of Ethics for Psychologists:

<http://www.cpa.ca/aboutcpa/committees/ethics/codeofethics/>

Canadian Counselling and Psychotherapy Association Code of Ethics:

<http://www.ccpa-accp.ca>

ACADEMIC HONESTY

The University of Lethbridge subscribes to Turnitin.com, a plagiarism detection service. Please be advised that student work submitted for credit in this course may be submitted to this system to verify its originality. Students must be able to submit both electronic and hard copy versions of their work upon request.

PRIVACY AND CONFIDENTIALITY

Although we place a heavy emphasis in this course on your own school settings, practices, and data, it is imperative that we refrain from using personal identifying information in our dialogue.

The personal information your classmates and course instructors disclose to you should not be discussed with anyone outside the course, now or in the future, unless the author of the personal narrative has stated otherwise. Unless you have the person's specific permission, please do not mention identifying information about the person's story (e.g., no names, no agency) and keep the disclosure broad rather than specific.

Recording lectures or class discussions is not permitted unless the instructor and all audience members have granted permission in advance.

If you are aware of any situations where individuals are not honoring the expectation of privacy/confidentiality, you are encouraged to intervene by discussing the matter with that individual. If you are not comfortable doing so, or if a resolution is not forthcoming, please contact your instructor as soon as possible.

While faculty/staff and students are expected to take all possible precautions to safeguard the personal information that is exchanged in each course, whether it be in discussion forms, web conferencing, recordings, assignments, etc., there is no guarantee of confidentiality.

STUDENTS WITH DISABILITIES POLICY

If you have a disability, special learning needs, or a recent injury that requires academic accommodation to complete the required activities and/or assignments, please follow the procedures outlined in the University Calendar.

You are encouraged to contact the Accommodated Learning Centre (<http://www.uleth.ca/ross/accommodated-learning-centre/>) for guidance and assistance. Counselling Services (<http://www.uleth.ca/counselling/>) is another resource available to all students.

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All University of Lethbridge students, faculty and staff must comply with Canadian law and institutional license agreements pertaining to copyright. At the same time, keeping abreast of our copyright obligations and options is a complex task as copyright matters locally and globally are in flux and are likely to remain so for at least the near future.

The University's Copyright website (www.uleth.ca/copyright) is a source of current copyright information that includes:

- answers to common copyright questions (see the [FAQs](#)),
- guidance on whether you need permission or a license to copy a particular work (see the [Copyright Permissions Flow Chart](#)),

- guidance on assessing whether fair dealing may apply to specific instances of copying you wish to undertake (see the [Guidelines for Copying under Fair Dealing](#)), and
- a [permissions look-up tool](#) to help you determine the kinds of copying and other uses permitted by the Library's license agreements covering specific online journals and other online resources.

You are encouraged to contact the University Copyright Advisor (copyright@uleth.ca) for assistance with any copyright questions or issues.