

Lewis & Clark College
Professional Mental Health Counseling Program
MHC 509/MHCA 511
Practical Skills for Counselors / Practical Skills for PMHC-A Counselors
Syllabus Cover Sheet

Required Objectives:

Professional Identity Standards (CACREP 2009 Standards)

- 2d. individual, couple, family, group, and community strategies for working with and advocating for diverse populations, including multicultural competencies;
- 5b. counselor characteristics and behaviors that influence helping processes;
- 5c. essential interviewing and counseling skills;

Clinical Mental Health Standards (CACREP 2009 Standards)

- A2. Understands ethical and legal considerations specifically related to the practice of clinical mental health counseling.

Additional Objectives

Students will establish a foundation for their professional role as effective counselors through the practice of counseling skills and development of intentionality in conceptualization of clients and their issues.

Students will develop an increased awareness of self as an essential component in effective therapeutic interactions.

Students will begin to articulate a of a personal worldview that creates a foundation of accountability when considering the worldview of their clients and the impact of issues of social justice as they contribute or hinder to a client's quality of life.

Students will learn how to use empathy to understand and communicate understanding of client worldviews.

Key Required Assignments/Student Learning Outcomes

These assignments are required for the course, but **will not be the only requirements/expectations**. The chart below lists the assignment, method of submission, and benchmark score/grade. These assignments are set up for upload to Taskstream and/or instructor provides rating for assignment. See syllabus for details.

	Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Program Objective Met
Students develop therapeutic communications skills emphasize the client-counselor relationship with individuals and families	Exceeds expectations on 80% of skills assessed, all others Meets expectations	Meets expectations on 80% of skills assessed, all others emerging	Meets expectations on less than 80% of skills assessed	Unacceptable performance on any of the skills assessed	MHC 509/MHCA511 Counseling skills eval form/Tape #3 (Adults) And Recommendation to Practicum	Clinical Skill (1 of 5)
Submission Method: Instructor rates in Taskstream						
	Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Program Objective Met
Students facilitate and manage the counseling process with individuals and families	Exceeds expectations on 80% of skills assessed, all others Meets expectations	Meets expectations on 80% of skills assessed, all others emerging	Meets expectations on less than 80% of skills assessed	Unacceptable performance on any of the skills assessed	MHC 509/MHCA511 Counseling skills eval form/Tape #3 And Recommendation to practicum	Clinical Skill (2 of 5)
Submission Method: Instructor rates in Taskstream, tape NOT uploaded						

Self as Counselor	Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Program Objective Met
Demonstrates ability to explore how personal experiences, thoughts, and feelings impact counseling with clients.	Demonstrates self awareness and emotional stability. Immerging use of self in	Demonstrates self awareness, emotional stability and a beginning understanding of impact of self in	Demonstrates self awareness, emotional stability, and willingness to address/remediate problems.	Student demonstrates lack of self awareness or emotional instability that impedes learning or client care.	MHC 503/MHCA 502 Professional Qualities/Dispositions Evaluation MHC	Self as Counselor (2 of 5)

Submission Method: Instructor rates in Taskstream	therapeutic process, uses supervision to continue growth.	relationships with clients, seeks assistance for continued learning			509/MHCA 511: Professional Qualities/Dispositions Evaluation	
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	Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate /Fail	As evidenced by:	Program Objective Met
Demonstrates awareness of competence and limitations	Demonstrates clear awareness of competence and limitations, uses multiple channels to learn/grow (e.g. supervisor, literature search, colleague feedback.	Demonstrates basic awareness of competence and limitations and seeks supervisory support	Is under confident or inconsistent in awareness of limitations, unsure when to seek supervision	Overestimates competence does not recognize limitations	MHC 509/MHCA 511: Professional Qualities/Dispositions Evaluation	Self as Counselor (4 of 5)
Submission Method: Instructor rates in Taskstream						

The Ever Evolving Syllabus of MHC 509
Practical Skills for Counselors
Spring 2016

Instructor: Jeffrey Christensen, PhD

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Office Hours: Please arrange in advance by email or phone

Catalog Description:

This course serves as an introduction to the basic counseling skills and techniques utilized in professional mental health and addictions counseling. Special focus is given to basic counseling concepts and skills. The various concepts, skills, and techniques presented in the course will be satisfactorily developed through demonstration and simulated videotaped counseling experiences.

Course Objectives: Students will establish a foundation for their professional role as effective counselors through the practice of counseling micro skills, development of awareness and intentionality in conceptualization of clients and their issues, along with increased awareness of self as an essential component in effective therapeutic interactions.

The following program objectives are in accordance with the CACREP 2016 standards for "Counseling and Helping Relationships" and will be experientially integrated into the classroom experience.

- 5 f. Counselor characteristics and behaviors that influence the counseling process.
- 5 g. Essential interviewing, counseling, and case conceptualization skills.
- 5 j. evidence-based counseling strategies and techniques for prevention and intervention.

Required Text:

Young, M.E. (2012). Learning the Art of Helping 5th ed. Upper Saddle River, NJ: Pearson.

Additional articles may be assigned throughout the course

Course Expectations:

CPSY Departmental Attendance Policy

Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented

appropriately and stated deadlines met. Students are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.

PLEASE NOTE (Americans with Disabilities Act): Students with specific learning needs and/or disabilities who may need accommodations, who have any medical emergency information the instructor should know of, or who need special arrangements in the event of an evacuation, should inform the instructor as soon as possible, no later than the first week of term.

Small Groups

Students will work in groups of three to practice the specific skills covered in class. These groups will meet in the second half of each class and each triad will switch between roles of counselor, client, and observer. These role plays should feel as genuine as possible, thus for students in the client role, reflect on things that have happened or is currently happening in your life, that is safe to disclose. This content is protected by the same limits of confidentiality within our profession (i.e disclosing abuse of children/elderly or plan and intent to harm self and others). For students in the role of the counselor, focus on practicing skills covered in class, while still attending to the client. Try not to “force” the process. For observers, keep an eye on time and be ready to provide constructive feedback to student in counselor role and any details related to the therapeutic process as a whole.

Evaluation

Each student will be evaluated in the areas of demonstrating microskills, self-awareness, empathetic presence, integration and application of skills, ethical considerations, effectiveness of oral and written communication, and openness to feedback. Factored into the possible points earned for each assignment will be a final evaluation of skill demonstration/attainment as well as professional qualities and ethical demeanor. Judgments about what constitutes satisfactory performance will be made by the class instructor which if not satisfactory might result in failure of the class. Final decisions will be made by the class instructor about successful completion of the class as well as readiness to move forward to practicum and clinical work. If there are concerns about a student's work a meeting with the instructor will be scheduled to discuss the dynamics and potential outcomes.

For your reference, the Professional Qualities Evaluation (PQE) and the Counselor Readiness Scale are included in the back of the syllabus. These rubrics are used by the instructor to determine the professional dispositions and skills expected of students before progressing to practicum. The professional dispositions of Social and Self-Awareness and Openness, will be a focus of this course.

Course Requirements:

1. Attend and participate in class. Attendance is mandatory. (See Course Expectations)
2. Complete weekly readings prior to class meetings
3. Guided Reflections (10% of grade)
Students are responsible for writing weekly journal entries reflecting on their experiences of the counseling process. Journal prompts may be provided to direct reflective process and will be posted on Moodle for that week. Rather than summarizing the particulars of each class, students will focus on their internal responses to engaging in the experiential activities, demonstrating their reflection on the many issues involved in building strong helping relationships while incorporating personal style in a professional, authentic, and caring manner. Each journal entry will be a minimum of 2 pages in length. Handouts will be provided with examples for student use in developing a style of reflection. Reflections will be sent via e-mail to me and are due by noon on the Friday immediately following class.
4. Transcriptions (60% of grade)
Three (3) interview transcripts – i.e., verbatim records of counseling interviews – are required of each student: (1) a baseline against which progress can be measured (10 minutes); (2) a mid-term transcription (12-15 minutes) in which all specific skills covered to date are demonstrated; (3) a final transcription (15-20 minutes) in which all specific skills covered during the semester are demonstrated. This assignment will provide students with an opportunity to self-assess their interviewing skills. Detailed instructions and an example will be provided. Students who do not initially demonstrate each skill set to the satisfaction of the course instructors can be asked to engage in a session to demonstrate required skills.
5. Self-Assessment Reflection (20% of grade)
Students will fill complete a self-assessment of the PQE on themselves within the first and second to last week of class and will write a reflection detailing;
 - Overall processes around self-assessment
 - Areas of improvement
 - Areas of growth
 - Plan on how to improve upon those areas.
 - Strategies to get others (faculty, students, other supports) involved in your development.

This assignment is designed to be reflective and provide space for you to explore your own processing as an emerging counselor. Go deep! If you were to write on anxiety, try and explain some of the reasons for and source of anxiety. I will provide feedback on each reflection and will be looking for that deeper process. This reflection should be between 3-4 pages.

6. In-class group project (10% of your grade)
In your small group, you will demonstrate an (approximate) 15-20 minute demonstration of the identified skills covered in class. This demonstration is your creative effort in helping make that skill “stick. ***The more creative the demonstration, the better.*** Please use the content and information in your text and support resources to guide your creative representation of the skill. Examples include; creating a game, skit, song, an interactive theater, interactive art etc.

Weekly Readings and Agenda*

Date	Topic/Class Activity	Assigned Reading/	Assignments Due
Jan. 13	Introductions, Class Overview, Syllabus	Course Syllabus	
Jan. 20	Counseling foundations and building blocks <i>Small Group Introductions/Goals</i>	Young, Chapters 1-2 Herman, 1993	PQE Self-Assessment Reflection #1
Jan. 27	Therapeutic relationship and basic attending skills <i>Invitational Skills</i>	Young, Chapters 3-4	Transcription 1
Feb. 3	Reflecting Skills: Paraphrasing Process vs Content Mental "noise" <i>Paraphrasing</i>	Young, Chapter 5 "Sex Education" "Counselor as Pacer"	Reflection #2
Feb. 10	Reflecting Skills: Meanings and Feelings <i>Reflecting Meaning and Feelings</i>	Young, Chapters 6-7	Reflection #3
Feb. 17	Challenging Skills <i>Feedback and Confrontation</i>	Young, Chapter 8	Reflection #4
Feb. 24	Assessment <i>Initial Interview/Setting the Tone</i>	Young, Chapter 9	Reflection #5
Mar. 2	Goal-Setting <i>Identifying and Collaboration</i>	Young, Chapter 10	Transcription 2
Mar. 9	Change Techniques <i>Stages of Change/Motivational Interviewing</i>	Young, Chapter 11	Reflection #6
Mar. 16	Outcome-Evaluation and Termination Skills <i>Termination Session</i>	Young, Chapter 12	Reflection #7
Mar. 23	Spring Break	Self-Care	Reflection #8
Mar. 30	Advanced Change Techniques 1 <i>TBD by Class</i>	Young, Chapter 13	Reflection #9
Apr. 6	Advanced Change Techniques 2 <i>TBD by Class</i>	Young, Chapter 14	2 nd PQE Self-Assessment Transcription 3
Apr. 13	Putting it all together		Self-Assessment Reflection
Apr. 20	Group Presentations, Potluck!!!		Group Presentation

***Please Note: The weekly schedule is offered as a guideline only and is subject to revision by the instructor based on the needs of the class.**