

Lewis & Clark College
Professional Mental Health Counseling & Professional Mental Health
Counseling – Specialization in Addictions
MHC 524
Counseling and Interventions with Adults
Syllabus Cover Sheet

Required Objectives:

Professional Counseling Identity (CACREP 2016 Standards)

- 1i ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling
- 5d. ethical and culturally relevant strategies for establishing and maintaining in-person and technology-assisted relationships
- 5j. evidence based counseling strategies and techniques for prevention and intervention
- 5k. strategies to promote client understanding of and access to a variety of community based resources
- 5l. suicide prevention models and strategies
- 7c. procedures for assessing risk of aggression or danger to others, self-inflicted harm, or suicide
- 8b. identification of evidence-based counseling practices

Entry-Level Specialty: Clinical Mental Health Counseling (CACREP 2016 Standards)

- C1c. principles, models and documentation formats of biopsychosocial case conceptualization and treatment planning
- C2b. etiology, nomenclature, treatment, referral, and prevention of mental and emotional disorders
- C2c. mental health service delivery modalities within the continuum of care, such as inpatient, outpatient, partial treatment and aftercare, and the mental health counseling services networks
- C2l. legal and ethical considerations specific to clinical mental health counseling
- C3b. techniques and interventions for prevention and treatment of a broad range of mental health issues

C3d. strategies for interfacing with integrated behavioral health care professionals

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.

Theory and Research into Practice		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
Goal 4 of 6							
Understands and applies interventions	Early Program	Demonstrates strong understanding of interventions and evidence based practices with adults Course grade of A and 90% or higher on best practice	Demonstrates adequate understanding of interventions and evidence based practices with adults. Course grade: B and 80% or higher on best practice	Demonstrates inadequate understanding of interventions and evidence based practices with adults Course grade: C or below		MHC 524: Final grade AND Best Practices paper 80% minimum grade	First year portfolio/advis or review; referral to Benchmark Review Committee Assessment note: Best practices paper is a group project

Theory and Research into Practice		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
Goal 5 of 6							
Able to gather client data, conceptualize and develop a treatment plan	Early program	Demonstrates excellent understanding of conceptualizing and developing a tx plan	Demonstrates adequate understanding of conceptualization/tx planning	Demonstrates emerging understanding of conceptualization/tx planning	Fails to gather client data, conceptualize and develop a treatment plan	MHC 524: Final grade AND Best Practices paper uploaded to Taskstream with 80% minimum grade	First year portfolio/advis or review; referral to Benchmark Review Committee Assessment note: Best practices paper is a group project and should not be only consideration in student evaluation

Methods of Instruction for this Course

Instruction Method	Mark All That Apply
Lecture	X
Small Group Discussion	X
Large Group Discussion	X
Course Readings	X
Group Presentation	
Individual Presentation	
DVD/Video Presentation	X
Supervised Small Group Work	
Individual/Triadic Supervision	
Group Supervision	
Case Study	X
Debate	
Class Visitor / Guest Lecturer	
Off-Campus / Field Visit	
Other:	



INSTRUCTOR

Justin D. Henderson, Ph.D., NCC
Assistant Professor of Counseling Psychology
Director of Lewis & Clark Community Counseling Center

Office: Lewis & Clark Community Counseling Center
4445 SW Barbur Blvd., Suite 205

E-mail: justinhenderson@lclark.edu

Office Hours: By appointment

REQUIRED TEXTS

Reichenberg, L. W., & Seligman, L. (2016). *Selecting effective treatments: A comprehensive, systemic guide to treating mental disorders (5th edition)*. Wiley: New Jersey.

Mahoney, M. (2003). *Constructive psychotherapy: Theory and practice*. Guilford: New York.

Supplemental Texts:

American Counseling Association (2014). *ACA code of ethics*. Alexandria, VA.

American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*. American Psychiatric Association: Washington, DC.

COURSE DESCRIPTION

This course addresses contemporary approaches to assessment, treatment planning, and intervention based in biopsychosocial systems and empirically supported interventions. Major areas include mood disorders, anxiety disorders, psychotic disorders, personality disorders, substance abuse and addictive disorders including eating disorders and gambling. Topics include multicultural, interpersonal, and relationship factors as well as evidence-based treatments. Emphasis is on planning comprehensive, multifaceted treatment interventions. (CACREP 5j , C2b, 8b,C3b – covered in multiple weeks/topics in schedule)

OBJECTIVES (ALSO REFER TO COVER SHEET)

The student will:

1. Demonstrate ability to gather client data, conceptualize and develop some understanding of clinical interventions.
2. Demonstrate the ability to consume, critique, and understand professional counseling and mental health science.
3. Demonstrate ability to conceptualize client concerns within a contextual framework that values both clinical and cultural competency.
4. Demonstrate understanding of both common factors to counseling and

treatment specific interventions.

CPSY DEPARTMENT 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 (i.e., 1.5 hours for a 15 hour class; 1 credit) may result in failure to complete the class. 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.

DISABILITY SERVICES STATEMENT

If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (503-768-7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.

ADDITIONAL REQUIRED AND RECOMMENDED READINGS

Additional articles, chapters, and other materials will be used during the course. These materials will be made available electronically or via hard copy handout(s) throughout the semester.

Required Readings (All copies can be found on Moodle):

- Abramowitz, J. S., Deacon, B. J., & Whiteside, S. P. H. (2011). *Exposure therapy for anxiety*. Guilford: New York.
 Chapter 4: Treatment planning I
 Chapter 5: Treatment planning II
- Allen, L. B., McHugh, R. K., & Barlow, D. (2014). Emotional disorders: A unified protocol. In Barlow, D. H. (2014). *Clinical Handbook of Psychological Disorders: A Step-by-Step Treatment Manual (5th Edition)*. Guilford: New York.
- Boyd-Franklin, N., Cleek, E. N., Wofsy, M., & Mundy, B. (2013). *Therapy in the real world: Effective treatments for challenging problems*. New York: Guilford.
 Chapter 2: Evidence based therapy.
- Briere, J. N., & Scott, C. (2015). *Principles of trauma therapy: A guide to symptoms, evaluation, and treatment*. Sage: Los Angeles, CA.
 Chapter 4: Central Issues in Trauma Treatment.
- Chiles, J. A., & Strosahl, K. (2005). *Clinical manual for assessment and treatment of suicidal patients*. American Psychiatric Publishing: Washington, DC.
 Chapter 3: A Basic Model of Suicidal Behavior
- Ecker, B., & Hulley, L. (1996). *Depth-oriented brief therapy: How to be brief when you were trained to be deep—and vice versa*. Jossey-Bass: San Francisco, CA.
- Elliott, R., Watson, J. C., Goldman, R. N., & Greenberg, L. (2004). *Learning emotion-focused therapy: The process-experiential approach to change*. American Psychological Association: Washington, DC.
 Chapter 7: Empathy and exploration: The core of process-experiential therapy.

- Hays, P. (1996). Addressing the complexities of culture and gender in counseling. *Journal of Counseling & Development, 74*, 332-338.
- Kugelmass, H. (2016). Sorry, I'm not accepting new patients: An audit study of access to mental health care. *Journal of Health and Social Behavior, 57* (2), 168-183.
- Laska, K. M., Gurman, A. S., & Wampold, B. E. (2014). Expanding the lens of evidence-based practice in psychotherapy: A common factors perspective. *Psychotherapy, 51*, 467-481.
- Leahy, R. L. (2003). *Cognitive therapy techniques: A practitioner's guide*. Guilford: New York.
Technique: Vertical descent
- Nadal, K. L., Griffin, K. E., Wong, Y., Hamit, S., & Rasmus, M. (2014). The impact of racial microaggressions on mental health: Counseling implications for clients of color. *Journal of Counseling & Development, 92*, 57-92.
- Ratts, M. J., & Petersen, P. B. (2014). *Counseling for multiculturalism and social justice*. Alexandria: American Counseling Association.
Chapter 7: Developing multicultural competence.
Chapter 8: Developing advocacy competence.
- Saakvitne, K. W., & Pearlman L. A. (1996). *Transforming the pain: a workbook on vicarious traumatization*. New York: Norton.
- Scott, J., Boylan, J. C., & Jungers, C. M. (2015). *Practicum and internship textbook and resource guide for counseling and psychotherapy (5th edition)*. Chapter 4: Assessment and case conceptualization. Chapter 5: Goal setting, treatment planning, and treatment modalities. New York: Routledge.
- Sexton, E. (1999). Evidence based counseling: Implications for counseling practice, preparation, and professionalism. *ERIC Digest*.
- Sisemore, T. A. (2012). *The clinicians guide to exposure therapies for anxiety spectrum disorders*. New Harbinger: Oakland, CA
Chapter 2: Exposure and response prevention: The what, how, and why.
- Smolak, L, & Chun-Kennedy, C. (2013). Sociocultural influences on the development of eating disorders and obesity. In Choate, L. H. (Ed.). *Eating disorders and obesity*. Alexandria: American Counseling Association.
- Sue, D. W. (2003). *Overcoming our racism: The journey to liberation*. Jossey-Bass: San Francisco, CA.
- Teyber, E. (2000). *Interpersonal process in psychotherapy (4th Edition)*. Wadsworth: Belmont, CA.
Chapter 7: Inflexible Interpersonal Coping Strategies
Chapter 9: An interpersonal solution.
- Wachtel, P. L. (1993). *Therapeutic communication: Principles and effective practice*. Guilford: New York.
Chapter 11: Therapist Self-Disclosure
Chapter 12: Achieving Resolution of the Patient's Difficulties.

EVALUATION

Case Conceptualization Paper (60 pts)

DUE: 10/4/17

It is essential as a counselor to have a strong theoretical underpinning to your clinical work. Theory, when integrated with the contexts of a client's circumstances, identity, and resources, help guide treatment and interventions in a meaningful manner. In this assignment students will be presented with a clinical vignette. Students will be responsible to provide a case conceptualization utilizing their current theoretical orientation. Students will be required to include a multicultural orientation that incorporates culture, systems, contextual factors, and the broader ecology when developing a treatment approach. Students will write a 3-5 page paper for this assignment. Students will be graded on the:

- clarity of theoretical position
- depth of thought regarding the client concerns, identities, and contexts
- the clinical vision of treatment.

Classroom Discussion and Participation (20 points)

This course is heavily participatory and requires students to engage in both dyadic and experiential training methods. Students are expected to attend class in order to participate in technique practice and exploring the topics in class. It is also expected that students have done the assigned readings prior to that class meeting. Students are allowed one excused absence. Further absences will result in a loss of attendance points for the course.

Term Paper: Intervention/Treatment Modality Research Paper (100 points)

DUE: 11/15/17

Effective counselors select treatments that have a coherent theoretical intention and ideally have research supporting its outcomes. Additionally, counselors need to be able to understand mental health related science and research to be able to discern current trends, evidence-based practices, and clinical considerations. You will write an 8-10 page paper (APA style) on a treatment intervention from the following list below.

Students will be graded on:

- Clarity of technical writing
- Articulation of understanding of the clinical approach, its origins, assumptions, and research
- Articulation of strengths and limitations of the approach

Professional Counseling Approaches Topics List

- Acceptance and Commitment Therapy (ACT) for anxiety/depression
- Acceptance and Commitment Therapy (ACT) for pain
- Applied Suicide Intervention and Skills Training
- Behavioral Activation (BA) for depression
- Cognitive Processing Therapy (CPT) for Trauma
- Cognitive Behavioral Therapy (CBT) for anxiety/depression
- Cognitive Behavioral Therapy (CBT) for eating disorders (Fairburn's Transdiagnostic Treatment)
- Cognitive Behavioral Therapy (CBT) for insomnia

- Dialectical Behavior Therapy (DBT) for eating disorders
- Dialectical Behavior Therapy (DBT) for borderline personality disorder
- Dialectical Behavior Therapy (DBT) for substance use disorders
- Emotionally Focused Couples Therapy
- Emotion Focused Therapy (for depression)
- Exposure Therapy (ET) for anxiety disorders
- Eye Movement Desensitization and Reprocessing (EMDR) for trauma
- Gottman Method for Couples Therapy
- Interpersonal Therapy for Depression
- Mindfulness Based Cognitive Therapy for Depression
- Motivational Interviewing (MI) for substance use disorders
- Motivational Interviewing (MI) for health related behaviors
- Narrative Therapy (Michael White)
- Prolonged Exposure for Anxiety
- Relational Cultural Therapy
- Schema Therapy for depression/anxiety
- Schema Therapy for personality/pervasive characterological concerns
- Seeking Safety for Co-morbid Trauma and Substance Use concerns
- Solution Focused Brief Therapy
- Time Limited Dynamic Psychotherapy

Reflection of Course and Professional Development (20 points)

DUE: 12/13/17

Students will be asked to turn in a 2-3 page paper reflecting on your experience trying out various interventions, reflecting on the content of the course, and how this has impacted your perspective as a future counselor. In the course we will be exploring some interventions and techniques when working with clients. We will be talking about approaches to working with clients who present with a variety of possible clinical concerns. We will also talk about the challenges facing mental health counselors in the contemporary health care field. Students are asked to reflect on the aspects of this course and write a general reflection of their experience.

SUMMARY OF POINTS

Case Conceptualization	60 points
Class Attendance	20 points
Course Reflection Paper	20 points
<u>Term Paper</u>	100 points
TOTAL	200 points

COURSE GRADING SCALE

95-100% = A
90-94% = A-
87-89% = B+
84-86% = B
80-83% = B-

77-79% = C+
74-76% = C
70-73% = C-
≤ 69% = F

CLASS STRUCTURE AND SCHEDULE			
Date	CACREP Standards	Topic	Readings & Assignments
9/6	1i 5d C1c C3d	1. Introduction to the Course -Theoretical Orientation -Contextual Factors Guiding our Work -Clinical Intentionality and Flexibility -Evidenced Based Practices	Boyd-Franklin et al. (2013) Chapter 2 Laska et a. (2014) article Sexton article
9/13	5d C1c C2b	2. Foundations of Counseling Practice -Establishing the Counseling Frame -Case Conceptualization -Treatment Planning <u>Technique Exploration:</u> EFT Empathic Interventions	Reichenberg & Seligman Chapter 1 Mahoney Chapter 1-3 Hays Article Elliot et al. Chapter 7
9/20	1i 5l 7c	3. Counseling for Stabilization -Crisis Counseling -Interventions on Suicidality -Working on Aggression -Handling Mental Health Emergencies <u>Technique Exploration:</u> DBT Safety Planning	Mahoney Chapter 4 Chiles & Strosahl Chapter 3
9/27	5j 5k 8b C2b C2l C3b C3d	4. Working with Trauma -Central Issues in Trauma Treatment -Cognitive Interventions, Emotional Processes, Identity & Relational Functioning -Mindfulness <u>Technique Exploration:</u> CFT Compassionate Imagery	Reichenberg & Seligman Chapter 8 Briere & Scott Chapter 4
10/4	5j 5k 8b C2b C2l C3b C3d	5. Working with Mood Disorders -Central Issues in Mood Related Treatment -Cognitive, Affective, Behavioral, and Interpersonal Interventions <u>Technique Exploration:</u> BA Activity Scheduling	<ul style="list-style-type: none"> ▪ Reichenberg Chapter 4 & 5 ▪ Nadal et al (2014) article ▪ Allen, McHugh, & Barlow (2008) ▪ Mahoney Chapter 5

10/11	5j 5k 8b C2b C2l C3b C3d	6. Working with Anxiety & Obsessive-Compulsive Disorders -Central Issues in Anxiety Treatment -Cognitive, Affective, Behavioral, and Interpersonal Interventions <u>Technique Exploration:</u> CBT Vertical Descent	<ul style="list-style-type: none"> ▪ Reichenberg & Seligman Chapter 6 & 7 ▪ Abramowitz et al. Chapters 4 & 5 ▪ Sisemore Chapter 2 ▪ Leahy 2003
10/18	5j 5k 8b C2b C2l C3b C3d	7. Working with Psychotic Disorders -Central Issues in Psychosis Treatment <u>Technique Exploration:</u> Distress Tolerance Skills	Reichenberg & Seligman Chapter 3
10/25	5j 5k 8b C2b C2l C3b C3d	8. Working with Personality Disorders and Complex Interpersonal Concerns -Central Issues in PD Treatment -Cognitive (schema), Affective, Behavioral, and Interpersonal Interventions <u>Technique Exploration:</u> Exploring Implicit Meanings and Experiences	Reichenberg & Seligman Chapter 19 Teyber 7 & 9 Mahoney Chapter 6
11/1	5j 5k 8b C2b C2l C3b C3d	9. Working with Eating Disorders and Body Image Concerns -Central Issues in ED Treatment -Cognitive, Affective, Behavioral, and Interpersonal Interventions -Medical considerations <u>Technique Exploration:</u> ACT The Matrix	Reichenberg & Seligman Chapter 11 Smolak, L, & Chun-Kennedy, C. (2013). Mahoney Chapter 7
11/8	5j 5k 8b C2b C2l C3b C3d	10. Working with Transference, Countertransference, and Defenses and Resistances <u>Technique Exploration:</u> IPT Process Level Self-Disclosure	Wachtel Chapters 8 & 9 Mahoney Chapter 10
11/15	5j 5k 8b C2b C2l C3b C3d	11. Working Integratively <u>Technique Exploration</u> Radical Inquiry and the Pro-Symptom Position	Mahoney Chapter 8 & 9 Ecker & Hulley (1996) Chapter 1 & 5
11/22		FALL BREAK--NO CLASS	
11/29	5d 5k C2b C2c	12. Understanding the Broader Contextual and Ecological Factors	Ratts & Pederson

	C3b C3d	to Counseling I	Chapters 7 & 8
12/6	5d 5k C2b C2c C3b C3d	13. Understanding the Broader Contextual and Ecological Factors to Counseling II	Nadal et al. (2014) Sue Chapter 3 Kugelmass (2016)
12/13	C2l	14. Compassion Fatigue, Vicarious Traumatization, and Self-Care	Saakvitne & Peralman Chapters 1 & 2