Lewis & Clark
Graduate School of
Education and Counseling

MCFT 582: Internship in Marriage, Couple, and Family Therapy
SUMMER 2018

Time & Day: Tuesday, 5/8; 5/15; 5/22; 5/29; 6/5; 6/12; 6/19; 6/26

Location: South Chapel Room AUD/York 115
Instructor: Marisol Garcia, PhD, LMFT
mgarcia@lclark.edu

CATALOG DESCRIPTION

Supervised practice bridging theoretical and practical topics; students apply their emerging skills and understanding of family therapy models to their work with individuals, couples, families, and groups; overview of basic family therapy concepts and skills.

Credits: 2 semester hours.

MCFT STUDENT LEARNING OUTCOMES

This course promotes the following student learning outcomes:

SLO 1.3 Students apply systems/relational theories to case conceptualization.
SLO 2.1 Students self-reflect on the implications of own and others' social location in clinical practice.
SLO 2.2 Students' clinical practice demonstrates attention to social justice and cultural democracy.
SLO 3.2 Students draw on the research literature relevant to family therapy in case planning
SLO 4.1 Students apply ethical decision-making processes to clinical dilemmas.
SLO 4.2 Students provide competent service according to the AAMFT code of ethics and core competencies.
SLO 4.3 Students demonstrate integration of family therapy theory, equity, and social location in clinical practice.

COURSE OBJECTIVES

As a result of this course students will:

1. Apply their developing skills and understanding of systemic clinical processes to treatment planning and practice of marriage, couple, and family therapy.

2. Engage in self-reflection and supervision practices that facilitate development of clinical skills.
3. Integrate family therapy theory, equity, and social location issues in clinical practice.
4. Demonstrate ethical clinical judgment in consultation with supervisor and practicum group.

COURSE DESCRIPTION
This internship provides experience in applying family therapy theory to clinical practice. Through team consultation, students will have the opportunity to apply in treatment a variety of systemic ideas and practices reflective in social justice-based Marriage and Family Therapy approaches.

COURSE TEXT:
Guise, R.W. (2015). *Study guide for the marriage and family therapy national licensing examination.*
Jamaica Plain, MA: The Family Solutions Institute-Boston.

COURSE REQUIREMENTS

- In order to receive credit for this course, you must bring in your off-site community supervisor's evaluation of your clinical work to the MCFT 582 course instructor at least one week prior to the final class meeting. The course instructor will review it with you before you upload copies to Taskstream.
- All monthly summaries of client contact and supervision hours must also be approved by the course instructor each month and submitted to the CPSY office.

COURSE PURPOSE
Throughout your clinical experience and supervision, you will be working on numerous areas of your clinical work. This includes, but is not limited to, the AAMFT Core Competency subsidiary domains, which are focused on the types of skills or knowledge that MFTs must develop. These are: a) Conceptual, b) Perceptual, c) Executive, d) Evaluative, and e) Professional. Areas that will be included in your evaluation at the end of the semester include:

- **Therapeutic Relationship,** *e.g., conveying respect to client; attending to the therapeutic relationship; using self of the therapist*
- **Conceptual Abilities,** *e.g., adopting a systemic view; attending to multiple systems; basing goals, hypotheses and interventions on theory*
- **Contextual Awareness, Knowledge and Skill**, *e.g., acknowledging family development; attending to culture and context in therapy; incorporating awareness of gender, race, ethnicity, abilities, language, sexual orientation, etc.; integrating analysis of power and social justice/advocacy*
- **Perceptual Competencies**, *e.g, identifying and intervening in patterns of interaction; distinguishing process from content; identifying self as part of the system*
- **Structuring Therapy,** *e.g., organizing session; communicating clearly, precisely and effectively; establishing and reviewing goals*

- **Intervention and Evaluative Skills,** e.g., *linking interventions to theory*; *recognizing impact of interventions on wider system*; *intervening intentionally and consistently throughout the therapeutic relationship*; *following up on interventions*; *formulating and altering treatment plan as needed*
- **Executive/Case Management,** *e.g., maintaining complete, relevant case notes in a timely manner; completing all required paperwork, letters, contacts, etc. in a professional and timely manner; contacting referral sources/other professionals involved in a timely manner and sharing relevant information; completing effective assessments and appropriately using the DSM V*
- **Professional Development,** *e.g., being prepared for supervision /seeking and incorporating feedback from supervisor; being aware of own professional development and self as a therapist; maintaining a professional image, professional boundaries, and positive relationships with colleagues*
- **Other Specific Goals,** *(1) Articulate basic principles of justice and equity in family therapy; (2) Provide an introduction and develop an understanding of tools and techniques utilized in the Transformative Family Therapy Model; (3) Learn concepts useful for understanding and delivering social-justice based interventions; (4) Increase critical consciousness around issues of race, class, gender, sexual orientation, community and domestic violence*.

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 maybe seen as an absence that requires make-up work.

NON-DISCRIMINATION POLICY/SPECIAL ASSISTANCE
Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

SPECIAL NEEDS/ ACCOMMODATIONS
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.

SPECIAL ASSISTANCE

If you need course adaptations or accommodations because of a disability and/or you have emergency medical information to share please make an appointment with the instructor as soon as possible.

DISCLOSURE OF PERSONAL INFORMATION

The Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) requires the program to have "established policies for informing applicants and students regarding disclosure of their personal information" (COAMFTE Standard 140.02, 2003). Each student should decide for him/herself what information to disclose. Students are advised to be prudent when making self-disclosures. The program cannot guarantee confidentiality of student disclosures given the group environment, although personal comments should be considered private and confidential – and remain only in the classroom – unless an exception to confidentiality applies.

CELL PHONES

Cell phones must be silenced and text messaging is not allowed during class time. If there is an emergency that requires your immediate attention, please exit the class to use your cell.

ASSIGNMENTS

1. *Philosophy of therapy paper.* This semester, you will complete your philosophy of therapy statement. Video presentations and case reviews will help you to identify your preferred assumptions and theoretical approach. Special attention will be given to how you use theory to inform interventions and your ability to articulate your approach. By the end of the course, you will develop a 1-2 page single spaced philosophy of therapy paper that will be added to your Taskstream portfolio and Lewis and Clark clinical file. This paper is a requirement for completing the course. You may also choose to use this paper to help inform prospective employers about your work.

2. *Professional Disclosure Statement.* Professional disclosure statement will be workshopped in class. Details about professional disclosure statement will be covered in class prior to the due date. Please bring two hard copies of your professional disclosure statement draft to class on **June 6th** and be prepared to give feedback to your peers. Refer to the following website for more information: https://www.oregon.gov/oblpct/Pages/PDS.aspx

3. Resume. Resume will be workshopped in class. Please bring two hardcopies of your resume to class on **May 23rd** and be prepared to give feedback to your peers.

4. *AMFTRB practice exam equivalent produced by Family Solutions Institute (FSI).* You must take this practice exam independently without the use of any texts or notes and show evidence of passing it **prior to the end of this course**. **PLEASE BE SURE TO PRINT EVIDENCE OF A PASSING SCORE (70% OR BETTER) IMMEDIATELY FOLLOWING YOUR TEST RESULTS.** You will not receive an email or other confirmation of this as it is a practice exam.
    a. This semester, we will review content areas as needed in class. You are encouraged to form study groups outside of class and take the practice exam individually and independently as many times as you wish.

5. *Graduation check list.* Please review all items on the graduation check list and make sure you have completed each prior to the end of the semester. You are required to bring the list and evidence of completing all items on the list to the **last day of class**.

6. *Completion of Professional Development Portfolio (MCFT Program Student Handbook, Appendix C).* You will upload all required items to Taskstream by the end of this course. This is mandatory for receiving your degree.

COURSE STRUCTURE AND SCHEDULE

Each class meeting, we will spend 2 hours (12 pm to 2 pm) reviewing cases with an emphasis on AMFTRB exam content and showing videos of each other's work. **I will spend the last three weeks of the 12 pm to 2 pm slot teaching you how to construct your online presence and private practice**.

The second part of your class (10 am to 12 pm OR 2 pm to 4 pm) will be utilized to workshop professional development portfolio items and to practice AMFTRB exam. You will be meeting in small groups during this time.

The general exercise for practicing for the exam is the following:

Think of a problem you are facing right now. Conceptualize (why it's happening) and strategize interventions that will promote healing using the therapeutic approaches you will be tested on in the AMFTRB exam. Each week you will apply one approach to your issue and then discuss your experiences with your small groups. Following is a schedule for the topics.

Week 2 Bowen
Week 3 EFT/Satir
Week 4 Solution Focused
Week 5 Narrative
Week 6 IFS
Week 7 Contextual/Whitaker

Lewis & Clark College
Department of Counseling Psychology – MCFT Program

The Professional Development Portfolio – 2016-17

As part of your degree program, you are required to upload a portfolio on taskstream.com that documents your experience and growth as a helping professional. You will receive guidance on how to complete this requirement in introductory classes and in meetings with your advisor. The portfolio will include the items listed below and evaluations of key assignments in designated classes. This allows the program and you to track your progress as a developing marriage, couple, and family therapist. Instructions for when to post these items will be discussed in class.

<u>Required Information</u>

1. A professional resume or CV

2. Philosophy of Therapy statement (1 to 2 pages max)

3. Statement of Professional Goals
Indicate your professional goals. What do you hope to be doing professionally when you complete your degree? Identify the populations and problems with which you want to work, as well as the settings in which you wish to work.

4. Professional Disclosure Statement
You will learn how to do these in your final internship class.

5. Documentation of volunteer/professional development hours
a) Volunteer experience: 100 hours of volunteer /professional development work is required. This experience may have been earned within the last 5 years prior to entering the program or accumulated in the community during your graduate program and prior to practicum/internship. Volunteer experience with non-profit organizations whose mission is to assist other people, animals and the protection of the environment will be considered. Please discuss the nature of your volunteer experiences with your advisor.

For each volunteer experience indicate:
- Your role and responsibilities
- The organization which provided the opportunity and support
- Your clientele or who you provided services to
- The specific skills you learned in working with other humans, other beings or the environment
- Length of time (specific dates)
- The number of hours of direct client contact
- The nature and frequency of supervision or mentoring received

Upload a signed letter from a supervisor confirming the information above.

6. Membership to the American Association for Marital and Family Therapy (AAMFT).
(upload proof of membership)

7. Documentation of Personal Therapy
Document at least 12 hours of personal counseling (individual, couple, family, or group). Documentation does not require you to reveal any personal material, but does require both you and your professional mental health provider to sign a statement indicating that you completed at least 12 hours of personal counseling. This personal work should be completed by the end of your first three semesters in your degree program. The

Department will also accept documentation of personal counseling completed prior to admission to the Counseling Psychology program. If you want information or advice about how and where you can obtain this experience, your advisor will be happy to discuss options with you.

8. 12-Step Program Attendance

Preparation to work effectively with clients impacted by the full range of presenting problems includes acknowledging the importance of both mental health issues as well as the substance use disorders that often co-occur with mental health problems. Because community-based, 12-step groups serve as vital supports to effective treatment efforts, all students are required to attend a minimum of four meetings of various 12-step oriented groups held in their communities. (By having the experience yourself, you should be more able to empathize with a client who may be involved in the recovery community or anticipating attending a meeting for the first time. In addition, you will be able to give basic information to clients about how to contact 12-step groups, where to go, and what to expect.)

Upload a one-page, single-spaced summary of each of the separate meetings attended. Include the type, address, and time of the meeting and an assessment of the behavioral, cognitive, social, and affective elements/activities observed at the meetings as well as the student's own personal reactions and feelings. Provide a signed letter from the meeting group leader confirming your attendance .

Meeting Requirements. Students should attend only meetings that are listed as open to the public. Contact information for specific groups concerning meeting schedules and locations is readily available in the Yellow Pages and via the Internet.

- One meeting of Alcoholics Anonymous
- One meeting of Narcotics Anonymous
- One meeting of Alanon
- One meeting of another 12-step oriented group such as Cocaine Anonymous, Overeaters Anonymous, Gamblers Anonymous, Adult Children of Alcoholics (ACOA), Codependents Anonymous (CODA), etc.

To arrange visits, contact:
Portland Area AA Intergroup, (503) 223-8569; www.portland-aa.org Portland Area NA, (503) 284-1787
Portland Area Alanon, (503) 292-1333
Portland Alano Club, (503) 222-5756

Guidelines to follow as you attend these meetings.

a) There are various types of meetings, including speaker meetings, small group meetings, and open and closed meetings. Open meetings are the type you should attend. These are open to anyone. Closed meetings are for individuals who are attending for their own need (i.e. people with drug addiction attending NA meetings) and it is not appropriate for you to attend those meetings as a professional.

b) When attending a meeting, you will be interacting with a number of people and may or may not be asked to introduce yourself to the group. Even if you do not speak or participate in the

meeting you attend, individuals before or after the meeting are likely to strike up conversations with you. BE HONEST. It is appropriate to say something like: "I'm a graduate student in a counseling program and I'm here to learn more about (AA, NA, etc.). I want to have the knowledge and experience I need to help my clients find the places they can get assistance with (alcohol problems, eating problems, etc.)."
c) DON'T tell people you are only there as a requirement for school. It may be considered insulting to those in attendance. People attend these groups to help them survive and cope with tremendous difficulties and they deserve your respect.
d) Yes, you will probably feel uncomfortable at your first meeting. This is part of the point of attending. If you accidentally get into a closed meeting, apologize politely, ask whom you can contact about an open meeting, and leave. All meetings have a different "flavor" to them, depending on who is in attendance and the norms of the group. Be open to a variety of experiences.

8. Trial MFT licensure exam.

Upload evidence that you have passed this trial exam.

Optional Information

a) Collaborative experiences

List your helping and collaborative experiences as a therapist-in-training. Experiences could include crisis intervention lines, working with groups, working with individuals, participation in research, etc. Collaboration means working interactions with staff, advisors, professors, supervisors, co-workers, and peers. Collaboration might be evidenced in research, team projects, group projects, small group work, supervisory relationships, or other professional endeavors involving cooperative endeavors.

For each item, indicate:

- Your role and responsibilities
- The organization which provided the opportunity and support
- Your clientele
- The specific skills you demonstrated (include skills for working with diverse clientele whose social or cultural characteristics are markedly different from your own)
- Length of time (specific dates)
- The number of hours of direct client contact
- The nature and frequency of supervision or mentoring received

b). Professional information. Uploading each of the following may come in handy later for employment or licensing purposes:
Course syllabi and institutional catalogs
Workshops, trainings, and seminars attended (evidence of attending, program, etc.)
Conference and institutes attended (evidence of attending, program, etc.)

Presentations given and other work samples (PowerPoint, Prezi, or other documentation) Special study projects and research (copy of paper, summary of study & findings, etc.)