

Lewis & Clark  
Graduate School of  
Education and Counseling



# MHC 582/583: Mental Health Internship

Spring Semester, 2024

<b>Instructor:</b>	Jeffrey Christensen, Ph.D., LPC, LMHC
<b>Class Day and Time:</b>	Monday 9am- 12pm (3 hour bi-weekly; 18 contact hours)
<b>Dates of Class:</b>	1/22; 2/5; 2/19; 3/4; 3/18; 4/8; 4/22
<b>Class Location:</b>	York 114
<b>Office Location:</b>	Rogers 329
<b>Office Hours:</b>	By appointment
<b>Phone:</b>	503-768-6071
<b>Email (preferred):</b>	jchristensen@lclark.edu
<b>Prerequisite:</b>	MHC 580; Advisor Consent
<b>Credit:</b>	3 hours

## **Required Text**

None though additional readings may be assigned in class. These readings will be provided by instructor.

## **Additional Materials & Equipment Required**

Not Applicable

## **Course Description**

Internship in a community setting. Participants engage in counseling and related professional activities under supervision. Students write reports, prepare case histories, and submit work samples for supervisory review.

## **Course Goals and Objectives**

1. To develop the skills, attitudes and knowledge to be qualified for employment as an entry-level professional counselor.

2. To develop entry-level skills in establishing a constructive working relationship with clients, assessing client needs, goals and relevant cultural and personal contexts, forming accurate diagnoses, developing sound treatment plans, and evaluating client progress.
3. To develop familiarity with and use of person-centered, culturally appropriate relationship skills and a collaborative approach to working for change, commonly referred to as assessment and treatment intervention.
4. To learn to identify and use evidence-based practices to inform judgments in assessment, intervention, and evaluation of outcomes.
5. To establish a successful working relationship with supervisors and peers in an internship setting and internship supervision group on campus.
6. To document work in formats accepted in professional settings.
7. To understand the work environments, expectations and requirements for effective work in client service settings, and to demonstrate competence in meeting those standards.
8. To identify and respond to ethical issues, problems and dilemmas using knowledge and procedures that meet current professional standards.

#### **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 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.

#### **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.

#### **Methods of Evaluation**

- Coming to class prepared to share current experiences in your internship and client issues that you want to sound out with peers.
- Participation in discussion and feedback to client/site supervision issues of peers.
- One comprehensive written case conceptualization and presentation over the semester (video

- preferred but optional).
- Documentation of work/hours completed.
  - Site Supervisor's evaluation of performance.

**Requirements for credit:**

- **Program/Internship Expectations:** Students are expected to meet all requirements for the program and internship as outlined in the Counseling Psychology Student Handbook, Internship Handbook, and Internship Contract. This includes completion of a minimum of 240 hours of supervised direct counseling client contact with individual, couples, families and groups combined over 2 semesters at assigned internship sites and 600 total hours.
- Present one comprehensive case summary/conceptualization (see below for details)
- Submit weekly documentation of supervision session [CARE note] to faculty supervisor during class.
- Satisfactory evaluations from on-site supervisor and on-campus instructor/supervisor. This includes satisfactory responses to ethical dilemmas and challenges. Failure to follow ethical guidelines and/or nondisclosure of ethical errors and seeking of appropriate supervision may result in dismissal from the internship and/or Professional Mental Health Counseling Program.
- Attendance and active participation in on-campus intern supervision class for two full semesters.
- Demonstration of ability to accept and respond responsibly to both site and campus supervision.
- Demonstration of ability to work collaboratively with colleagues at the internship site and on campus.
- Timely submission of required documentation via Salesforce and Moodle. This includes; hours approved by site supervisor, PMHC or PMHC-A Intern Evaluation form, Exit Survey verification and site survey (if internship 2).

**CTSP 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 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.

**\*Note for 580 and 582 & 583 classes specifically**

Because class only meets every other week, any missed class must be made up for credit of this course. This can be done by attending a section the following week or by reaching out to other instructors of this course and attending their session. It is advised that this is done seldomly, as group supervision is best done with your assigned group supervision colleagues. Additionally it is not advisable to have more than one group supervision class a day.

**A Note on Confidentiality:** Much of our class discussion and most of the written work you do for this class will contain information about clients. All such private information falls within our shared responsibility for maintaining its confidentiality and protecting the privacy of our clients.

Guidelines for fulfilling our responsibilities in this regard include the following:

- Written materials referring to clients should refer to them by a pseudonym. If materials are copied that contain client names, the name should be blacked out with a black felt tri-pen.
- Optional videotapes of client counseling sessions should be kept on an IronKey encrypted flash drive and should be erased when they have been viewed.
- Classroom doors will be closed when we are discussing cases or viewing videos of actual clients.
- Written materials you turn in for review need to follow confidentiality guidelines.
- To protect the integrity of case conceptualizations and the professional development of your colleagues, it is imperative that what we discuss in class STAYS in the class.

**Technical requirements students need to be aware as we begin a new virtual semester.**

Tech Requirements: While the class can be offered in-person, it is suggested that you have readily accessible means to access the class via Zoom, to account for any unforeseen changes. Regardless of means of attendance, Moodle will be used throughout the semester. Moodle will be used as the primary course site and is where students will upload required documentation (i.e. CARE notes, hour logs, etc.). Moodle will also be used to disseminate additional readings based off class discussion or clinic resources. Log in to moodle.lclark.edu using your Lewis & Clark ID to access our class. Zoom will be used for synchronous class sessions at the scheduled time. I will email you a link for each of our class. Be sure to check your email.

**On-Site Visit:**

Within the two semesters of your internship, your faculty supervisor will arrange to meet with your clinical supervisor to discuss your progress and to ensure quality control of the site itself. Generally these happen with the student present, though is not required. Priority of site visits will go to students in their second semester who didn't receive a visit in their first semester. Your instructor will provide more information on the first day of class.

**Class Structure:**

First part of class: Group supervision – Each intern will share how they are doing, challenges they are having personally or professionally, or issues related to their internships/clients. Each intern will identify one client, or topic they need to discuss. This can be a client, a site issue, a personal issue related to counseling, etc

Second part of class: Formal presentations on scheduled date.

**Guidelines for Comprehensive Case Summary/Conceptualization**

- Brief overview of theoretical orientation demonstrated in a non-written/non-narrative way. This

- might be a chart, drawing, painting or extended metaphor. Our feedback will be designed to help you find a better fit between your theory and your work with clients (15 minutes)
- Review/present written case emphasizing theoretical conceptualization (5 minutes)
  - Specifically state feedback you are seeking (1 minute)
  - Class views 5-10 minute section of videotaped counseling session if available (15-20 minutes presentation on client if not.)
  - Class discussion and feedback 20-30 minutes

**Case Conceptualizations must include ALL of the following sections/areas.**

- I. Overview of theoretical perspective, presented as a visual model (chart, painting, drawing).
- II. Chief Complaint/Presenting problem
- III. Demographic Data
- IV. History of the present illness
- V. Family issues/influences
- VI. Psychiatric/Medical concerns, medical/medication history of client and family
- VII. Substance Use, Abuse, Dependence History of client and family
- VIII. Cognitive/Affective/Behavioral/Physical Status (mini Mental Status Exam)
- IX. Client Strengths/growth areas
- X. Diagnostic summary
- XI. Treatment plan consistent with theoretical orientation (include treatment goals and remember realistic, timely and measurable!)
- XII. Transference/Counter transference issues
- XIII. Ethical issues involved

**An Important Note**

**Important Dates:**

Classes End April 27<sup>th</sup>

Final Grades due 9am April 30<sup>th</sup>

Spring Break Mar. 23<sup>rd</sup> – Mar. 31<sup>st</sup>

Summer Semester Begins May 6<sup>th</sup>

### Course Outline

This outline is designed to be our schedule for the Spring semester. Based off class discussion, additional topics may be explored. Topics in *italic* are suggestions only and susceptible to change.

DATE	TOPIC(S)	ASSIGNMENT
1/22	<b>Introduction to Course</b> Introductions, class expectations, review syllabus	Read syllabus & Cover Sheet <b>Case Presentation Sign-up Sheet</b>
2/5	Client Concerns, or identified topic for discussion. <i>Counseling via Tele-health</i>	<b>Case Presentation #1</b> <b>Case Presentation #2</b>
2/19	Client Concerns, or identified topic for discussion. <i>Mandatory Reporting/Ethics</i>	<b>Case Presentation #3</b> <b>Case Presentation #4</b>
3/4	Client Concerns, or identified topic for discussion. <i>Integrating Theory into Practice</i>	<b>Case Presentation #5</b> <b>Case Presentation #6</b>
3/18	Client Concerns, or identified topic for discussion. <i>Working w/ Challenging Clients</i>	<b>Case Presentation #7</b> <b>Case Presentation #8</b>
4/8	Client Concerns, or identified topic for discussion. <i>Challenges in Professional Practice.</i>	<b>Case Presentation #9</b> <b>Case Presentation #10</b>
4/22	Client Concerns, or identified topic for discussion. <b>Wrap-up</b>	<b>Case Presentation #11</b> <b>Case Presentation #12</b>