

**Lewis & Clark College**  
**Graduate School of Education & Counseling**  
**Professional Mental Health Counseling &**  
**Professional Mental Health Counseling – Specialization in Addictions**

**MHC591 Professional Career Development | Syllabus Cover Sheet**

**Required Course Objectives**

**Professional Identity Standards (CACREP 2016 Standards)**

1b. The multiple professional roles and functions of counselors across specialty areas, and their relationships with human service and integrated behavioral health care systems, including interagency and inter-organizational collaboration and consultation.

1e. Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients.

1g. Professional counseling credentialing, including certification, licensure, and accreditation practices and standards, and the effects of public policy on these issues.

1h. Current labor market information relevant to opportunities for practice within the counseling profession

1i. Ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling

1j. Technology's impact on the counseling profession

1m. The role of counseling supervision in the profession

5c. Theories, models, and strategies for understanding and practicing consultation

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

C1b. Theories and models related to clinical mental health counseling

C2a. Roles and settings of clinical mental health counselors.

C2i. Legislation and government policy relevant to clinical mental health counseling

C2l. Legal and ethical considerations specific to clinical mental health counseling

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

## Key Required Assignments/Student Learning Outcomes

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

	Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate (F)	As evidenced by:	Program objective met:
<b>Self as Counselor</b>						
Goal 3 of 5 Maintains self care	Demonstrates ability to maintain personal wellness to optimize professional competence. Recognizes and proactively addresses early signs of burnout.	Demonstrates ability to perform adequate self care to enhance personal wellness and ability to attend to professional responsibilities. Recognizes signs of burnout before client care is impacted.	Begins to use self care plan, learns to adapt plan when needed, and seeks supervision and personal therapy as needed.	Engages in inadequate self care that impedes learning ability or client care.	Internship Evaluation Items 14, 24 <b>AND</b> MHC591 Self care plan	Self as Counselor (3 of 5)
<b>Professional Identity</b>						
Demonstrates knowledge of professional functioning including history, roles, organizational structures, ethics, standards, and credentialing.		CPCE score at or above national average <b>OR</b> CPCE score below national average & course grade of A in both MHC503 & MHC591			CPCE score MHC503 Grade  MHC591 Grade	Professional Identity (1 of 6)
Demonstrates understanding of philosophy of mental health counseling		Defines area of expertise in mental health profession		Fails to complete assignment	MHC591 Expertise Paper	Professional Identity (3 of 6)

**Lewis & Clark College**  
**Graduate School of Education & Counseling**

**MHC 591 Professional Career Development**  
**Spring 2024**

Fridays, 2.16-3.15 | 9am-12pm | Rogers 219  
Credit: 1 semester hour

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(Business cell number, email is preferred  
to schedule meetings)

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**Course Description**

Addresses key issues of importance to new professional mental health and addiction counselors entering the field. This course is designed to apply career development principles to the professional development of counselors in a variety of roles and settings. Administration, supervision, consultation, and other career-related opportunities for professional mental health counselors will be explored.

**Class Objectives**

1. Students will be informed about graduation requirements and will resolve any remaining questions or issues related to completion of their degree.
2. Students will learn about various approaches to supervision and will have the opportunity to apply knowledge about supervision to their current settings.
3. Students will update their resumes and identify prospective employers.
4. Students will learn about the LPC licensing process in Oregon and will have the opportunity to ask questions about licensing.
5. Students will learn about private practice, agency, and group practice settings.

**Required Readings**

There is no required textbook for this course. Recommended articles & other resources will be posted to Moodle.

**Suggested Readings**

Northrup, L.M. (2022). *Radical healership: How to build a values-driven healing practice in a profit-driven world*. North Atlantic Books.

**Course Evaluations**

Instructors must require students to complete course evaluations during class time following established guidelines of the Graduate School of Education and Counseling.

## Course Expectations

### General Policies:

This course adheres to the general policies outlined in the catalog and [Student Handbook](#) of the Lewis & Clark Graduate School of Education and Counseling. In addition, this course will follow the [COVID-19 safety protocols](#) as established by the college.

### 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 Albany Quadrangle (503-768-7192). This contact is the necessary first step for receiving appropriate accommodations and support services. After you have submitted documentation and filled out paperwork for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible. Please discuss with me which accommodations will best support your learning in this class.

### Attendance:

You must attend all scheduled classes, whether in-person or online, in order to receive credit for this class.

### Assignment Submission:

All assignments will be submitted as PDFs through Moodle unless indicated in the assignment description. Please name your files using the following convention:

**FirstInitialLastName\_AssignmentTitle.pdf**

So, if Rae Smith was submitting their Professional Experiences Paper, they would submit a file named:

**RSmith\_ProfessionalExperiences.pdf**

### Late papers and assignments:

Any assignments turned in late (without previous permission) will automatically receive a reduction in grade and may result in a grade of No Credit.

**Grading:** This course is graded in accordance with the grading policy of the Graduate School of Education and Counseling, available for viewing in the [Student Handbook](#) and is the point equivalent of that grading scale (A = 4.0, A- = 3.7, B+ = 3.3, B = 3.0, B- = 2.7, C+ = 2.3, C = 2.0, C- = 1.7, D+ = 1.3, D = 1.0, F = 0.0).

Thus, grades for this course are determined by the following percentages:

A	94%-100%
A-	90-93%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	74-76%
F	73% or below

### Points Breakdown

Participation	10 pts
Professional Bio	20 points
Self Care Plan	20 points
Career Portfolio	50 points
TOTAL	100 points

Final grades between A and B- will receive a Credit (CR) grade. Final grades of C+ and below will receive a No Credit (NC) grade. Graduate credit is not granted for grades below a B-.

## MHC 591 Professional Career Development Spring 2024

### ASSIGNMENT 1 Due 2/23 **Constructing Your Professional Bio (20 points)**

Prospective clients don't actually care that much about your qualifications, certifications, or favorite counseling modalities. What prospective clients care about is whether you can connect with their problems, understand their pain, and help them feel better—only then will they care about how you believe that process happens. Write a short (no more than 3 paragraph/1,000 character) profile that centers your ideal client or presenting concern, explains why you should be their counselor, summarizes how you believe counseling works, and calls on potential clients to reach out.

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### ASSIGNMENT 2 Due 3/1 **Self Care Plan (20 points)**

Self care supports your ability to ethically sustain your clinical practice. Read the articles on Moodle: [Dear mental health practitioners, take care of yourselves: A literature review](#) (Posluns & Gall, 2020) and [Self-care is not a solution for burnout](#) (Henderson, 2022). Develop a plan that addresses domains of systems-level advocacy, self-awareness, balance, flexibility, physical health, social support, and connection with greater meaning & purpose.

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### ASSIGNMENT 3 Due 3/15 **Career Portfolio (50 points)**

The purpose of this assignment is to both prepare you for post-graduation and also to get you thinking and planning for your longer-term professional goals. **All of the below items should be compiled into one PDF document and uploaded to Moodle.**

**Professional Resume & Reflection (20 points) |** During class, you will pair up with a classmate and share a draft of your resumes with each other and use the provided resume rubric (available on Moodle) to give each other feedback on that draft. Write a brief reflection about the feedback you received from your colleague and what, if any, changes you made in response to this feedback. How might this process impact any interview prep strategies you may have? How does your resume highlight your areas of expertise? What growth areas does it expose for you personally? In addition to the **brief reflection (no more than 1 page)**, include a **final copy of your resume**.

**Recognizing Your Expertise (15 points) |** The objective of this section is to describe in detail either an area of expertise in the counseling profession that you already have or one that you plan to work on developing based on your experiences to date.

What are you really good at? What you plan to do to continue to sharpen current skills and develop new ones? Get specific! For example, you have been working with trauma survivors and have accrued some specific skills in working with this population *and* are also excited to learn a particular trauma treatment modality after graduation to deepen that expertise.

This section should be **no more than 2 pages**.

**Constructing Your Future Professional Experiences (15 points) |** In this section, describe your ideal professional experience(s). Feel free to describe both your short- and long-term hopes and plans for your professional career, taking into consideration both realistic and aspirational dimensions of your future career.

This section should be a **minimum of one paragraph and no more than three paragraphs**.

## MHC 591 Course Schedule

This is a preliminary schedule. Our schedule will remain flexible and this page will be updated on Moodle as needed.

<b>Week</b>	<b>Date</b>	<b>In Class Topics &amp; Activities</b>	<b>Due</b>
1	2/16	<p>Introductions, Syllabus Q&amp;A</p> <p>Job search, resumes, career goals, visioning</p>	
2	2/23	<p>Laws &amp; ethics, records, and other paperwork</p> <p>Licensing &amp; certifications</p> <p>Self care, community care, advocacy</p>	<b>Professional Bio</b>
3	3/1	<p>Supervision</p> <p>Peer resume review for Portfolio assignment <i>(Bring your resume to class)</i></p> <p><b>Special Guest Star:</b> Julianna Vermeys, MA, LPC</p>	<b>Self Care Plan</b>
4	3/8	<p>Practice Settings: Group, Agency, and Other</p> <p>Student loan repayment/forgiveness</p> <p><b>Special Guest Star:</b> Jules Allison, MA, LPC</p>	
5	3/15	<p>Practice Settings: Private Practice</p> <p>Wrap-up &amp; evaluations</p>	<b>Career Portfolio</b>