

Sam Houston State University
College of Humanities and Social Sciences
Department of Psychology & Philosophy
Practicum I (PSY 691)
Fall 2008

Instructor: Jorge G. Varela, Ph.D.
Classroom: Academic Building IV, Room 313 (AB IV 313)
Time: Mondays, 9:00 a.m. to 12:00 p.m.
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Office Hours: Mondays, 1:00 to 3:00 pm
Wednesdays, 9:00 to 11:00 am
(or by appointment)

Required Texts/Readings

American Psychological Association. (2002). Ethical principles of psychologists and code of conduct. *American Psychologist*, 57, 1060-1073.

Ivey, A. E., & Ivey, M.B. (2007). *Intentional interviewing and counseling: Facilitating client development in a multicultural society (6th ed.)*. Belmont, CA: Thomson Brooks/Cole.

Nagy, T.F. (2005). *Ethics in plain English: An illustrative casebook for psychologists (2nd ed.)*. Washington, DC: American Psychological Association.

In addition, readings pertaining to weekly topics and client issues will be assigned throughout the semester.

Course Description

This course/practicum is designed to provide the graduate student with an opportunity to develop interviewing skills, provide an introduction to psychotherapy, and bring together theory and practice as a developing psychologist. The first practicum course begins with the assumption that the student has had little to no experience in this domain. Ethical issues related to clinical practice are thoroughly explored.

Course Objectives

Essential Goal: Develop specific skills, competencies, and points of view needed by psychotherapists

- Provide students with a systematic approach to the development of basic individual psychotherapy skills

- Observe, practice, and master basic psychotherapy skills
- Provide 150 hours supervised hours

Important Goal: Gain factual knowledge (terminology, classifications, methods, trends) related to the delivery of psychotherapy services

- Review current research pertaining to psychotherapy
- Examine the most common approaches to psychotherapy and the basic skills of psychotherapy

Important Goal: Learn to apply course material (improve thinking, problem-solving, and decision-making) to the practice of psychotherapy

- Review ethical standards pertaining to practice of psychotherapy
- Develop awareness of various issues in psychotherapy situations with special populations

Course Requirements and Assignments

Interviewing/Psychotherapy Practice: Students are required to complete 40 hours of face-to-face contact with volunteer clients, which should be tracked/documentated in a log. When you deliver counseling services through SHSU, you are working under your supervisor's license. This is a responsibility taken very seriously by the department faculty. *If a student is unable or unwilling to respond to supervision by following directions and/or recommendations for skill development, he or she may be dismissed from the class.*

Volunteer Work: Students are required to complete 50 hours of volunteer work at a clinical service-delivery agency. A variety of facilities/agencies are acceptable as long as any direct client contact is directly supervised by a licensed clinician. It is the responsibility of the student to make appropriate arrangements and ensure they are approved by the instructor.

Supervision: Students will attend weekly supervision sessions with the instructor. Thorough preparation for supervision is essential to the development of clinical skills. Students are expected to present for supervision with session video recordings, transcripts completed, their completed professional development journal, and all other paperwork. Your readiness to advance in the graduate program will be determined, in part, by your response to supervision.

Classroom Presentations: Students will each deliver two presentations to the class over the course of the semester. One presentation will address a cross-cultural issue in psychotherapy. The other presentation will address empirical findings related to a particular approach or modality of psychotherapy. The goal of these presentations is to expand all students' clinical knowledge and skills, as well as enhance students' skills in speaking publicly about clinical issues. The use of multiple media (e.g., PowerPoint, video, brochures) is encouraged. Students are required to meet with the instructor individually to discuss their presentations prior to delivery.

Professional Development Journal: Students are expected to maintain a journal where they record self-reflections regarding experiences over the course of the semester. Two entries should be made each week reflecting responses to material discussed in class, shortcomings and successes during psychotherapy sessions, and experiences at volunteer site.

Grading Plan

Required Hours: 40 face-to-face psychotherapy hours
 50 volunteer hours
 15 supervision hours
 45 class hours
 150 TOTAL

Exams: Two exams—a midterm and a final—will be administered during the semester. The format for the exams may include multiple-choice, true-false, short answer, and essay questions.

Satisfactory performance in the course will result in a grade of *B*. Outstanding performance will be recognized with a grade of *A*. It is possible all students receive a grade of *A* (or *B*). No grades of *C* will be assigned. Students unable to perform at a satisfactory level will be assigned a grade of *F*. The following factors will be considered in determining final grade:

- Keeping up with scheduled readings
- Attendance and active participation in class and supervision
- Scoring at or above 85% on exams
- Completion of approximately ten practicum hours each week
- Positive response to supervision and incorporation of feedback in clinical work
- Punctuality for simulated psychotherapy appointments and supervision sessions
- Maintaining a log of all therapy hours and professional development journal
- Demonstrate progress in skill development and consistency over the semester
- Complete transcripts of psychotherapy sessions
- Demonstrate professionalism in all aspects of practicum
- Compliance with ethical guidelines and seeking supervision to resolve ambiguities or dilemmas
- Quality of classroom presentations

Attendance Policy

Regular and punctual attendance is expected. SHSU policy is that no student will be penalized for three or fewer hours of absence. However, a student may be penalized for more than three hours of absences. Students may miss one class without penalty to their grade. *Missing two classes, however, may result in a failing grade for the class.* The three hours of absence provided by university policy should be used carefully for serious illness and emergencies. If a student has a conflict with a scheduled class, he or she must meet with the instructor to determine an appropriate plan of action. It is the student's responsibility to contact the instructor regarding make-up work, and arrangements must be arranged with the instructor *prior* to the absence or *as soon as possible* after the absence, in the case of an emergency.

Academic Dishonesty

The university expects all students to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action.

The university and its official representatives, acting in accordance with Subsection 5.32, may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating, plagiarism, collusion and the abuse of resource materials.

Religious Holidays

Section 51.911 (b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for the absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence. *Religious Holy Day* means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code.

Visitors in the Classroom

Only registered students may attend class. Exceptions can be made on a case-by-case basis by the instructor. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

Americans with Disabilities Act

It is the policy of SHSU that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs, nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance are expected to visit with the Office of Services for Students with Disabilities located in the Counseling Center (294-1720). They should then make arrangements with their individual instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. If a student has a disability that may affect adversely his/her work in this class, then the student is encouraged to register with the SHSU Counseling Center and talk with the instructor about how best deal with the situation. All disclosures of disabilities will be kept strictly confidential.

Note: No accommodation can be made until the student registers with the Counseling Center, and there are *no retroactive* accommodations.

Classroom Code of Conduct

Students should review, and adhere to, the Code of Student Conduct and Discipline at <https://www.shsu.edu/students/guide/dean/codeofconduct.html>. In addition, please turn off *all* electronic devices, including cell phones, and keep them in a case and/or totally out of view, unless special arrangements have been made ahead of time with the instructor.

Instructor Evaluation

You will be asked to complete a course/instructor evaluation form toward the end of the semester.

Course Outline

Readings

<u>Date</u>		<u>Ivey & Ivey</u>	<u>Nagy</u>
August	25	Chapter 1	Introduction
September	1	Chapter 2	Chapters 9 & 10
	8	Chapter 3	Chapter 4
	15	Chapter 4	Chapter 2
	22	Chapter 5	Chapter 3
	29	Chapter 6	Chapter 6
October	6	Chapter 7	Chapter 1
	13	EXAM	
	20	Chapter 8	Chapter 7
	27	Chapter 9	Chapter 5
November	3	Chapter 10	Chapter 8
	10	Chapter 11	
	17	Chapter 12	
	24	Chapter 13	
December	1	Chapter 14	
	8	Chapter 15	
	15	FINAL EXAM WEEK	