

**The George Mason University
Graduate School of Education
EDCD 791-002: Internship in Counseling
Mondays 7:20– 10:00 PM; Innovation Hall 316
Spring 2012**

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Course Description

Prerequisites: Admission to the Counseling and Development Program; completion of the graduate program except for the internship; permission of advisor; overall GPA of 3.0; no grade of C in any skills courses [EDCD 603, EDCE 608, EDCE 609]; no more than two grades of C in any other graduate coursework required by the Counseling and Development program.

The supervised internship course is an arranged, supervised experience in counseling. The course is designed to provide students with advanced counseling skills to work with individuals, groups, and families, prevention program planning and development skills, and greater competency in using data to evaluate intervention and prevention programs. The course also aims to provide skills in working towards social justice, developing advanced multicultural counseling intervention skills, developing skills in leadership and advocacy in order to effectively design and implement community prevention programs, and develop ways to improve theoretical conceptualizations of applied interventions. Thus the focus of the course will be on providing professional counseling within the parameters of the George Mason University Counseling and Development Program mission, e.g., multiculturalism, advocacy, leadership, and social justice.

During the university seminar students will present, discuss, review and conceptualize their counseling work, explore culturally specific interventions, explore the application of social justice to their counseling work, examine countertransference as it relates to counseling practice, plan and develop required activities, and examine their work within the context of the legal and ethical standards of practice.

Students will design a mental health prevention program, utilize data to facilitate change within their internship sites, and explore the importance of process as it relates to personal and social change. Review of counseling session tapes, roleplays, case presentations, discussion of professional issues, personal reactions and responses to clients and discussions of presenting problems are examples of seminar activities. Students are expected to assume and abide by ethical and legal guidelines in their sites and maintain confidentiality regarding clients. The course demands high levels of professional independence and responsibility. Students will be required to attend all scheduled course seminars with the faculty supervisor as well as ongoing regular supervisory sessions with their site supervisor.

Students are required to see at least two (2) clients (must include individuals, groups, and/or families) for a minimum of four (4) counseling sessions each. Everyone should have at least one group or family that they are working with during the semester. You will have opportunities to discuss cases and to strategize about techniques and interventions. Because of the serious nature of your work, it is essential that you discuss your reactions and feelings. Such discussions, however, cannot take place outside the context of a supervised class or the clinical site. It is unethical to discuss cases in other classes, with friends or relatives, or in social situations. Although such restraint is often difficult it is essential to maintain confidentiality. Violations of this principle in any form will be treated as a serious ethical/legal infraction. **Please do discuss** your cases in class and with your site-supervisor since supervision and advanced skill development is the primary purpose for meeting. If you have questions or concerns that need immediate attention, please contact your site or faculty supervisor. Do **not** wait for the weekly class meeting or weekly site supervision in case of an emergency with a

client. This course provides supervised practice in a counseling setting similar to the setting in which the student may work. This is a weekly graduate class with an emphasis on the counseling process.

Relationship to C&D Program Goals and Professional Organization [Council for Accreditation of Counseling and Related Educational Programs-CACREP]:

The internship class is the culminating course for C&D graduate students. The internship experience is designed to enhance those skills acquired in the graduate program. The course will provide opportunities to refine advanced skills and reflect on ways to improve understanding and conceptual ability. Additional emphasis will be on C&D's basic mission statement, stressing the need for counselors to demonstrate Social Justice, Advocacy, Leadership, and Multicultural Competencies.

The class fulfills the requirements for the following professional organizations:

- Council for the Accreditation of Counseling and Related Educational Programs (CACREP) requirements that counselor education programs include the study of helping relationships.
 - CACREP-Section II.K.a: An understanding of all aspects of professional functioning; and
 - CACREP-Section SCP.D: Clinical Instruction.
- American Counseling Association (ACA) Code of Ethics requirement that counselors establish counselor education and training programs that integrate academic study and supervised practice.

COURSE OBJECTIVES:

1. To provide an opportunity for practicing competencies developed throughout the graduate training program.
2. To provide an orientation of the organizational structure, protocol, relationships, and working conditions in community agency counseling settings.
3. To explore counseling strategies for individuals, groups, and families within a culturally diverse framework.
4. To stimulate the formulation of, and identification with, a professional role.
5. To provide an awareness and skills in facilitating the process of community and school integration and intervention in meeting the needs of clients.
6. To implement practices conducive to social justice and human rights.
7. To inculcate high standards of professional ethics; to give experience involving ethical decision-making and practice related to counseling.
8. To more effectively understand the nature of the changing role of the professional counselor that includes advocacy, leadership, and social justice.
9. To develop prevention programs within a community context.
10. To work collaboratively with colleagues from other disciplines in order to more effectively meet organizational goals.

REQUIRED READINGS:

Jamison, Kay Redfield (1995). *An unquiet mind*. New York, NY: Vintage Books.

Excerpts from: Yalom, Irvin D. (2002). *The gift of therapy: An open letter to a new generation of therapists and their patients*. New York, NY: Harper Collins Publishers.

Any additional readings assigned in class.

COURSE STRUCTURE:

Students will meet in the seminar for the semester. Students are responsible to complete several assignments and engage in case processing on a weekly basis (dates for this will be assigned at the first class). It is important that you must submit the permission to tape form (see manual appendix) and secure written permission prior to taping a session with a minor. Client cases will be discussed on an ongoing weekly basis. Classes will be devoted to student presentations, case reviews, role-play simulations, an exploration of countertransference, professional identity, and a discussion of clinical issues.

COURSE REQUIREMENTS AND PERFORMANCE BASED ASSESSMENTS

- 1. Class Participation.** Class participation and attendance are of **critical** importance for internship. Students are expected to fully participate in all classes and take the initiative for presenting their work for evaluation, as well as engaging in critical analysis and providing feedback of classmates' work. **20 points.**
- 2. A minimum of 300 hours in the field placement.** One hundred and twenty (120) of your field placement hours must be face-to-face counseling hours that include work with individuals, groups, and families. **Achieving the hours required to pass this class is the sole responsibility of the student.** It is encouraged that your work with one group and/or family during the internship. **Site contract is due by January 23rd if you have not already handed one in signed for both semesters during your practicum class. Also if you have a different instructor from your practicum class you should provide your current instructor with a copy of your contract.**
- 3. Short-term Prevention Program.** In collaboration with the site and university supervisor, students should develop a Short-term Prevention Program addressing one problem facing their community agency site. This performance based assignment is designed to encourage in-depth exploration of a special interest or area needing special attention at your training site. This program should be developed in conjunction with your university and site supervisors and address a need in the surrounding community. Programs should target a specific issue of concern. A five (5) page final prevention program summary will be required (1 page on needs assessment, 2 pages describing the project, 2 pages describing the outcome). Students begin with a needs assessment, develop a proposal based on the needs assessment and research topic of interest, implement the prevention program, and submit a written 5 page summary of the project and the project outcome on **April 23rd**. The paper must be written in the APA Style (6th edition). Points will be deducted from the paper if it does not adhere to these standards. Presentations will be made in class regarding the prevention program on the 23rd. **30 points.**
- 4. Tapes and Transcripts.**** Students should have two tapes and tape process notes to be handed in during the semester. On each of the tape process notes, counseling themes and interventions should be summarized and analyzed including a discussion on whether the interventions were ineffective or effective. Strengths and weaknesses should also be included. All tapes and notes will be submitted to the instructor. **20 points.**
****The instructor may request additional counseling tapes from students based on overall assessments by the instructor and the Site Supervisor.**
- 5. Discussion/Reflection of Readings**
I have assigned "An unquiet mind" by Kay Redfield Jamison as the reading material for this semester. It is available at various bookstores, online, and/or the library. This book provides a great portrayal of coping with mental illness. Additionally, readings from "The gift of therapy" by Irvin Yalom will also be selected for class discussion. This book addresses many ethical and other concerns regarding the process of counseling. We will process your reactions to the book in class. Questions to consider for discussion include: how does the book impact your understanding of mental health/illness? How do the book and readings impact your professional identity and/or personal identity? How do the readings impact your understanding of the process of counseling?
- 6. Supervision.** Weekly supervisory sessions with your individual supervisor at your placement site are required. You will also meet individually with your university supervisor one time this semester. Site supervisors will complete mid-semester and final evaluations of each student. Students must pass these evaluations (receive a B or better) to pass the internship course.

COURSE EVALUATION:

Grading

EDCD 791 is a pass or fail course. Students must achieve a passing grade in order to successfully complete/pass the requirements of the Internship. Included in the assignments is the requirement that the following must also be met to receive a passing grade:

- Completion of all assignments of acceptable quality, turned in by date due;
- Attendance at all classes and at internship site. **More than one unexcused absence will result in not receiving credit for the course. Late arrivals to class count towards an unexcused absence.**
- Active classroom participation, including providing constructive feedback and suggestions for classmates.
- Satisfactory mid-term and final evaluation from on-site supervisor. Supervisors will submit a formal evaluation midway through the semester and a final formal evaluation at the end of the semester. **Students who receive unsatisfactory supervisory evaluations (below average scores) may not pass the course.**
- Completion of the required field placement hours. **There are no exceptions to this rule. Students must complete all required hours to pass this course.**

Students will be evaluated on the course requirements as listed above. It is expected that all students will demonstrate skills through class participation, presentations, evaluations, and assigned projects and papers. Consultation with university and on-site supervisors regarding the intern's performance will occur during the semester and scores lower than a three on your final evaluation from your on-site supervisor could result in course failure. This course is a pass/fail class.

GRADING:

Class Participation	20%
Taped Sessions/Transcripts (2)	20%
On-Site Supervisors Evaluation	30%
Short-term Prevention Program/Paper	30%

INTERNSHIP VERIFICATION FORM REMINDERS:

All students who are planning to pursue licensure should have their internship instructor fill out their verification of internship forms by the end of the semester. Failure to do so could result in delaying your LPC application process, since you must have your internship professor and site supervisor complete these forms. Verification of internship forms can be downloaded from the VA Board of Counseling website (www.dhp.state.va.us/counseling).

GRADUATION/EXIT INTERVIEW SURVEY REMINDERS:

Students who plan to graduate in May, 2012 should apply online for graduation by February 24, 2012. Please visit the Registrar's office at <http://registrar.gmu.edu/graduation/index.html> for additional information regarding graduation procedures. In addition, all graduating students should complete a C&D exit interview online survey. A link for this online survey will be emailed to you by the C&D faculty/staff towards the end of the semester. All exit interviews will be anonymous.

Counseling & Development Program Professional Dispositions

Professional Performance Criteria (Effective February 25, 2003).

The American Counseling Association (ACA) code of ethics requires counselors and counselor trainees to maintain standards of professional competence and possess good moral character. The Counseling and Development Program in the Graduate School of Education at George Mason University has adopted a set of

professional performance criteria that is consistent with the ACA code of ethics. Please refer to the dispositions found on the C & D Homepage at:

http://gse.gmu.edu/programs/counseling/professional_performance.htm

COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

For additional information on the College of Education and Human Development, Graduate School of Education, please visit our website [See <http://gse.gmu.edu/>].

Plagiarism Statement

Plagiarism means using the exact words, opinions, or factual information from another person without giving that person credit. Writers give credit through accepted documentation styles, such as parenthetical citation, footnotes, or endnotes; a simple listing of books and articles is not sufficient. Plagiarism is the equivalent of intellectual robbery and cannot be tolerated in an academic setting. Student writers are often confused as to what should be cited. Some think that only direct quotations need to be credited. While direct quotations do need citations, so do paraphrases and summaries of opinions or factual information formerly unknown to the writers or which the writers did not discover themselves. Exceptions for this include factual information which can be obtained from a variety of sources, the writers' own insights or findings from their own field research, and what has been termed common knowledge. What constitutes common knowledge can sometimes be precarious; what is common knowledge for one audience may not be so for another. In such situations, it is helpful, to keep the reader in mind and to think of citations as being "reader friendly." In other words, writers provide a citation for any piece of information that they think their readers might want to investigate further. Not only is this attitude considerate of readers, it will almost certainly ensure that writers will never be guilty of

plagiarism. (Statement of English Department at George Mason University)

COURSE SCHEDULE

<u>Date</u>	<u>Topic</u>	<u>Assignment</u>
January 23	<i>Welcome Back; Review of Syllabus</i>	
January 30	<i>Discussion of Prevention Programs/Reading Discussion</i>	<i>Contract Due (if necessary); Yalom, ch4-7</i>
February 6	<i>Case Processing*</i>	<i>Prevention Program Proposal**</i>
February 13	<i>Case Processing</i>	<i>Turn in tape #1/process notes</i>
February 20	<i>Discussion of Termination/Reading Discussion/Case Processing</i>	<i>Yalom, Ch14-20</i>
February 27	<i>Case Processing</i>	
March 5	<i>Case Processing</i>	<i>Mid-Semester evaluations/Log of Hours; Turn in tape #2/process notes</i>
March 12	<i>Spring Break</i>	<i>Self Care</i>
March 19	<i>Individual Supervision***</i>	
March 26	<i>Case Processing</i>	<i>Yalom ch 21-28</i>
April 2	<i>Case Processing</i>	<i>Yalom ch 46-52</i>
April 9	<i>Alumni Panel/Case Processing</i>	
April 16	<i>Book Discussion/Case Processing</i>	<i>An unquiet mind (Jamison)</i>
April 23	<i>Prevention Program Presentations</i>	<i>Prevention Program Papers Due</i>
April 30	<i>Final Class/Case Wrap Ups****</i>	<i>Yalom, ch 84-85; Log of Hours, Final Supervisor Evaluations/Verification of Internship Forms; C&D program online exit survey</i>

****Case processing will include processing of your clinical work at your sites as well as any professional or personal identity issues you are concerned with throughout the semester.***

***** All papers should be submitted through the class Blackboard site.***

******Individual supervision will be arranged on the first night of class and can be scheduled on March 19th and also during selected times on March 20th and 21st.***

******* Final signed logs will be due in to Dr. McMahon no later than 7pm on 5/7/2012. Students will NOT receive a grade for this class if their logs and site evaluation forms are not turned in by the due date.***