

Syllabus

Course Information:

PSYC 5393.001 Applied Therapy (Practicum)
Fall 2022
Mondays 12-2:50p
BEP 250

Instructor Information:

Sarah M. Sass, Ph.D.

Office: HPR 213

Office hours: Wednesdays, 1:30-3:30 (Zoom or let me know if you prefer in person), and by appointment

Office phone: (903) 566-7239

Cell phone: (emergencies only –will provide in class)

Email: (best way to reach me if non-emergency) ssass@uttyler.edu

Wednesday office hours zoom link:

<https://uttyler.zoom.us/j/95827522493?pwd=TkFtMDYrNW9ya3JlNVBLUjJGcnN4UT09>

Meeting ID: 958 2752 2493; Passcode: 020602

One tap mobile: 346-248-7799

Note: Email or Text Messaging is the most efficient way to contact me. DO NOT send CONFIDENTIAL INFORMATION that pertains to a client electronically (e.g., real name, DOB, SSN). Please call and text me immediately if there is a crisis situation or call other on-call instructors as appropriate.

Catalog Description of PSYC 5393:

This course emphasizes the application of practical therapeutic techniques with clients. Feedback and direct supervision are central to learning. Integration of clinical and therapy skills through closely supervised work with community clients at the departmental clinic. **Prerequisite:** "B" or better in COUN 5324, credit in PSYC 5392, and departmental consent.

LEARNING OUTCOMES:

After successful completion of this course, the student will be able to:

1. Exhibit skills and competence in individual therapy
2. Display the necessary techniques for accurate and competent record-keeping
3. Display knowledge of practical approaches to specific therapy problems usually encountered by the novice counselor
4. Demonstrate the ability to case conceptualize
5. Demonstrate the ability to provide an accurate multi-axial diagnosis and develop a treatment plan
6. Display knowledge of appropriate assessment instruments to be used with various client concerns

7. Evaluate personal philosophical and theoretical basis for therapy
8. Discuss current issues in the field of clinical psychology
9. Participate in frequent self-evaluation in order to be constantly aware of areas in which improvement is necessary (e.g. skills, professionalism, multicultural competence, advocacy, counselor wellness)
10. Be aware of the need to maintain confidentiality and to protect the rights of clients at all times
11. Understand the need to develop cultural self-awareness and cultural competence

CLINICAL PSYCHOLOGY ASSESSMENT

- 3.0 Psychological Therapy Methods: Students will describe, explain, and discuss the scientific basis for psychological therapy methods/interventions, and demonstrate effective psychological therapy skills. (MPAC-C2)
- 3.2 Assessment: Students will conduct live (recorded) practice therapy sessions in this course. During the final week of the course the instructor will conduct a cumulative evaluation of students' psychological therapy skills using the Student Clinical Skills (SCSE) Evaluation form. 90% of students will achieve an average rating of 3 (Meets Expectations) with no rating lower than 2 (Not Yet Meeting Expectations) on both the "Clinical Skills" and "Use of Therapeutic Skills" SCSE item sets.

*****If you are sick:** Students who are feeling ill or experiencing symptoms of flu or covid-19 should stay at home, notify faculty, and get tested. Students are encouraged to use the [UT Tyler COVID-19 Information and Procedures website](#).

INSTRUCTIONAL STRATEGIES:

This course is designed to facilitate the practicum experience. During this semester students will engage in practical field experience where they will develop and strengthen their professional skills including therapy techniques, treatment planning, outcome evaluation, documentation, and theoretically informed and reflective practice.

Unlike purely academic courses, class meeting will entail group supervision where students will discuss their work with clients and receive constructive feedback from the instructor and their fellow classmates. Students will be expected to take an active role in class by reading the assigned readings, participating in discussion, and giving and receiving feedback concerning work with clients.

Individual supervision of students' work with clients is also a requirement for this course. Students will arrange to meet with the assigned supervisor for weekly supervision. During individual supervision the student will have a chance to review and discuss client cases. In order to facilitate this process, students will need to bring recordings of therapy sessions with them to supervision.

LEARNING AND EVALUATIVE ACTIVITIES

1. Recorded Therapy Sessions:

For supervision purposes, each student must record therapy sessions for individual and group supervision. Evaluation of the recorded sessions will consist of verbal feedback. Evaluation will occur during individual and group supervision sessions. Grades are not assigned to the recorded sessions; however, in class case presentations will be evaluated for thoroughness and accuracy.

2. Treatment Topics Presentation:

For this presentation, each student will present a treatment strategy for a specific client presenting concern. Students will discuss how to treat this presenting concern in class using empirically supported treatments where possible. Presentations will be approximately ½ hour. Please bring a handout for your classmates and myself.

3. Informal (in-class) Case Presentation:

Once you have been assigned a client, you will be expected to be prepared to update the class about your client(s) at every class meeting if time allows. Be sure to bring in questions about your case for in-class supervision. Everyone is expected to participate in case discussion. Therefore, your undivided attention is expected.

4. Formal Case Presentation:

Each student will present a case presentation drawn from their work with a client in the UTT clinic. Your case presentation will include a DSM-5 diagnosis and a treatment plan. You will also choose samples of your recorded sessions with your client to review with the class as part of the presentation. Part of this exercise is to come with questions for your instructor and your classmates regarding your case. Be sure to follow the case presentation format that will be provided in class. Presentations will be limited to 1 hour.

5. Required Attendance & Participation:

Learning in this course is based on interaction and participation. Students are expected to attend **all** class meetings, arrive on time, and remain for the entire class meeting. Students are also expected to be appropriately prepared for classes and to take an active role in discussion and activities. Students are also required to attend all weekly supervision sessions. Come prepared to each of your supervision sessions with recorded sessions to review, questions regarding your work with clients, and any case notes that need signing.

6. Peer Consultation: View (or listen to) an entire recording of two (2) of your peers throughout the semester and provide them with a written feedback summary pertaining to strengths and growth edges (you will also provide instructor with a copy of feedback summary). Be as specific as possible. A peer review form can be found on the course website.

7. Weekly Summary: Watch (or listen to) one of your own video recordings each week.

Identify strengths and growth edges, which will be recorded on your Weekly Summary Sheet and submitted to the instructor at the start of each class session. A copy can be found on Canvas.

8. Code of Conduct and Professionalism

You will also be graded on keeping your client's files up-to-date (e.g., progress notes, documents, assessments), as well as your interaction/communication with your clients.

Evaluation and Grading:

Satisfactory participation in all 8 activities above will result in Credit "CR" for the course
Unsatisfactory performance in any of the areas above will result in No Credit "NC" for the course.

COURSE POLICIES

Case Load

Each student must maintain a minimum of two clients throughout the semester but should aim to have 3 clients. Because client loads vary (due to cancellation, illness, no shows, etc.), you may wish to maintain a larger client load in order to ensure that you complete the course. In order to accrue your direct hours you may partner with another student counselor to conduct cocounseling for some of your counseling sessions. You must accrue a total of 25 direct counseling hours for students in the Clinical Psychology track. Competence will be judged by your instructor. When necessary, the instructor may require a student to accumulate additional counseling hours or engage in additional learning activities in order to achieve and demonstrate fundamental competence and/or to avoid client abandonment.

Record Keeping

Record keeping includes the timely maintenance of client files including intake forms, assessments, treatment plans, progress notes, records, and documentation of contact with the client. Proper maintenance means that files contain clearly written records, that all documents and information are current, and all necessary documentation is in the file, and that the file is at all times located in the appropriate clinic location. Your instructor will review your client files on a regular (usually weekly) basis. Please be sure to only use the specific forms indicated by the instructor. **All case notes should be completed while on-site at the clinic and within 24 hours. You may not take client files or case notes outside of the clinic.**

Video Recordings of Counseling Sessions

- You must video record your counseling sessions.
- Recordings will be used in individual and group supervision sessions.
- Counseling sessions will be recorded using the clinic cameras. Each student will receive a clinic SD card. Please erase your recordings after viewing them with your supervisor.
- At all times, SD cards and client records must be in secure storage, or in a student counselor's immediate possession to insure client confidentiality.

- Each student must erase all recordings and return the SD card to Linda Speed by the last week of classes.

REQUIREMENTS

Insurance

Professional liability insurance is required. All students must obtain professional liability insurance, prior to commencing any counseling activity. Proof of insurance must be provided to the instructor before seeing any clients. You may choose any insurance provider you wish for your liability coverage.

Many students have found APA's provider, The Trust reliable <https://www.trustinsurance.com/products-services/student-liability>. Another option is CPH & Associates www.cphins.com (select Apply Online. Using the menu on the left of the website, choose "non-sponsored" then "student application").

Ethical Behavior and Professional Conduct

Professional conduct is expected of all students in the performance of counseling and related activities. Students must adhere to the APA code of ethics, the laws governing counselors (LPCs) in Texas, and the policies of the UTT psychology department. It is assumed that you have completed the ethics course prior to this class and that you know the APA code of ethics, understand the concept of "standard of care/practice", and are familiar with Texas laws governing your obligation as a mandated reporter. If you are unfamiliar with these basics, inform the instructor during the first class session. Required remedial activities, a grade of incomplete, a failing grade, or dismissal from the class are potential consequences for engaging in unprofessional behavior.

Emergencies

Students must familiarize themselves with services, available on campus and in the community, that are designed to meet the short-term and emergency needs of clients. You will learn to evaluate client emergencies and make appropriate referrals. In case of an emergency (such as threat of suicide, homicide, or bizarre behavior) please contact your instructor, Dr. Sass, at cell phone # listed at the top of this syllabus, immediately.

Security of Records

Students are responsible for the security of all records made in relation to a client and case. All records must be secure at **all** times. Client files must remain in the clinic at all times. When transporting notes, videos or other records related to clients, for the purposes of review and supervision, the student counselor must insure that these materials are always secure. **Do not email any client records or other identifying information. Email is not a secure method of communication.**

Evaluation and Grading: (100 points total)

Professionalism:	40 points (Attendance, in class participation, weekly summaries, timely record keeping (SOAP notes, reports), effective supervision participation, quality of participation, timeliness, and effort)
Reflection Papers:	20 points (4 papers, 5 points each)
Peer Reviews:	20 points (2 reviews, 10 points each)
Treatment Presentation	10 points
Case Presentation:	10 points
Ethical Violation:	Will result in <i>significant loss</i> of points & possible failure

80-100 points = Credit (CR on transcript)

79 points and below = No Credit (NC on transcript)

Tentative Course Schedule:

**Notes: Other readings may be assigned*

**Weekly Summary Sheet to be turned in at the start of every class session*

8/22 Class Orientation, Procedures, Clinic Tour, Consent, Forms, and Assignments

Read SOAP note article for next time (posted on Canvas)

Read Teyber ch. 1

Write reflection paper #1 for class on 9/4

Secure liability insurance

8/29 Interpersonal Process Approach, Intake reports, and SOAP notes

Reflection Teyber ch. 1 Due

Write reflection paper #2 for class on 9/11

Read Teyber ch. 2

Proof of Liability Insurance Due

Weekly Summary due (if you have conducted any intakes at this point)

9/5 **Labor Day – No class**

9/12 Establishing a Working Alliance

Reflection Teyber ch. 2 Due

Reading (Concept Mapping article on Canvas)

Weekly Summary due

9/19 Case Conceptualization Intro: Concept Mapping

Reflection paper Concept Mapping Due

Reading (See Issues in Case Conceptualization readings on Canvas)

Weekly Summary due

9/26 Issues in Case Conceptualization

Reflection paper Case Conceptualization Due

Weekly Summary due

Be planning/conducting peer review #1 if you haven't already!

10/3 **Peer review #1 Due**

10/10 Termination

Treatment Presentations; Weekly Summary due

- 10/17 Treatment Presentations; Weekly Summary due
Conduct peer review #2 if haven't already!
- 10/24 Treatment Presentations; Weekly Summary due
Peer review #2 Due
- 10/31 Case Presentations; Weekly Summary due
- 11/7 Case Presentations; Weekly Summary due
- 11/14 Case Presentations; Weekly Summary due
- 11/21 **THANKSGIVING WEEK – No class – Enjoy your break! ☺**
- 11/28 Case Presentations (if needed); Weekly Summary due
- 12/5 Finals week- last week to have SD cards wiped and turned in and all supervision completed

For University Policies see: https://uttyler.instructure.com/courses/31698/pages/university-policies-and-information?module_item_id=1353722 (or University Policy link on Canvas under “Modules”)

For Student Resources see: https://uttyler.instructure.com/courses/31698/pages/student-resources?module_item_id=1353721 (or Student Resources link on Canvas under “Modules”)