

University of Wisconsin – Stevens Point
Course Syllabus for PSYC 402/602
Practicum in Counseling and Psychotherapy
Fall 2023
SCI D232
9:00 – 11:30 Wednesdays

PROFESSOR: Jeana Council, Ph.D.

OFFICE: SCI D243

OFFICE HOURS: Mondays 10:30 -11:00, Wednesdays 11:30-12:30, and By Appointment

Emergency Situations: PLEASE CONTACT ME IMMEDIATELY IF YOU HAVE MAJOR CONCERNS ABOUT A CLIENT OR COUNSELING SESSION. 715-303-8661 (Cell). Please do not share my personal phone information with others. This is for emergency class use only.

E-MAIL: jcouncil@uwsp.edu

Required Textbooks

- **Corey, G., Corey, M. S. & Corey, C. (2024). *Issues and Ethics in the Helping Professions (11th ed.)*. Cengage. This book will be referred to as Corey on the course calendar.**
- **Young, M. E. (2012). *Learning the Art of Helping (5th ed.)*. Upper Saddle River, NJ: Pearson Merrill Prentice Hall. This book will be referred to as Young on the course calendar.**
- **Helms, J. E. (2019). *A Race is a Nice Thing to Have, 3rd Ed.* Hanover, MA: Microtraining Associates, Inc. This book will be referred to as Helms on the course calendar. (This is a purchase book, not a text rental book.)**
- **Print and read APA Ethics Code at <http://www.apa.org/ethics/code2002.html>**

Optional Supplemental Text:

- **Magyar-Moe, J. L. (2009). *Therapist's guide to positive psychological interventions*. San Diego, CA: Elsevier. (This is a purchase book, not a text rental book).**

Note: Additional Readings May Be Assigned Throughout the Semester. Such readings will be made available online with advance notice.

****You should bring your text books and the APA Ethics Code with you to all class periods, as we will refer to them often throughout our class discussions.**

Course Objectives

- To increase understanding of counseling issues and ethics.
- To increase awareness of how personal factors of clients (attitudes, values, feelings, past experiences, cultural experience, psychological defenses, etc.) impact on the practice of counseling.
- To gain a better sense of who you are, including your own cultural behaviors and biases and to really think about what aspects of your own cultural experiences have shaped this.
- To learn how to keep your biases from interfering in your counseling work with others and to get a better sense of how to be sensitive to the cultural beliefs and perspectives of others.
- To be able to identify how there are both differences and similarities between those from different cultural backgrounds.
- To develop fundamental counseling skills essential to the provision of effective counseling and psychotherapy.
- To prepare you for entry level human services positions and/or successful entrance into graduate school in a human services field.

Course Requirements

Following are the general requirements of the course, although some modifications may occur. Your grade in this course will be determined by your performance in the following areas:

- Seminar participation reflecting integration of readings and course materials/activities. This course is organized in a graduate student format. You will be expected to read the materials and initiate and participate in class discussions. Your final course grade will be affected by both the quality and quantity of participation. I want you to participate in this course as if you were a professional, which means being present on a consistent basis; being on time at the beginning of class and after breaks; and being an active, engaged participant. To this end and given the small size of the class, being present is essential unless you have a fully unavoidable circumstance.25% of final grade
- Demonstration of ability to integrate course materials in actual interviews. Completion of a minimum of six video recorded counseling sessions during the semester. These Zoom or Lab recordings should be critiqued in advance of sharing them in class for class review (2 videos will be reviewed in class, a third will be used for the midterm and a fourth for your final, hence, 2 sessions will be completed and submitted but not formally reviewed). Please upload your recordings into the CANVAS gradebook prior to class, along with the completed Counselor Assessment Scale, and either a written consent form (see consent form on Canvas home page) or verbal consent at the start of your video for each session completed with people who are not also Psyc 402 students. Please complete at least 2 of your recordings in the Beck Lab, 2 on Zoom, and the remainder can be done in the lab or on Zoom in a telehealth format25% of final grade
- Performance on homework/reaction papers.....25% of final grade
- Performance on midterm and final exams.....25% of final grade

REQUIREMENTS OF PSYCHOLOGY 602: In addition to those listed for 402, students must engage in an additional project, which reflects in-depth scholarly activity. This project should be arranged with the instructor during the first four weeks of the semester.

Grading Scale:

93-100	A	80-82	B-	67-69	D+
90-92	A-	77-79	C+	60-66	D
87-89	B+	73-76	C	59 & Below	F
83-86	B	70-72	C-		

*****Any student in this course who has a disability that may prevent him/her from fully demonstrating his/her abilities should contact me personally as soon as possible so we can discuss accommodations necessary to ensure full participation and facilitate this educational opportunity.*

******UWSP supports an inclusive learning environment where diversity and individual differences are understood, respected, appreciated, and recognized as a source of strength. We expect that students, faculty, administrators and staff will respect differences and demonstrate diligence in understanding how other peoples' perspectives, behaviors, and worldviews may be different from their own.*

Counseling Session Recordings

It is imperative that you maintain the security of all of your counseling session recordings. Be sure to upload your Zoom or Lab recordings only to our CANVAS page. In addition, please do not watch or critique your recorded sessions in the presence of others, such as with your roommate or in communal computer labs. If you watch them on your computer, make sure that other people can not see them or hear the soundtrack. You will complete a total of 6 recorded counseling sessions, 3 of which you will need to find “clients” from outside of class. More information regarding recording of counseling sessions and strategies for obtaining clients will be provided closer to when the first recordings are due.

PLAGIARISM AND UNAUTHORIZED COLLABORATION

University rules and state laws regarding plagiarism apply to all work in this class. You may not collaborate on any written work, including tests, essays, and class papers.

Plagiarism includes but is not limited to:

- 1) copying or paraphrasing the work of other students and passing it off as your own.
- 2) copying the information in published literature or on the internet verbatim, without quotes and without citation of sources, leading the reader to believe that the writing and ideas are your own.
- 3) paraphrasing the information in published literature without quotes and without citation of sources, leading the reader to believe that the writing and ideas are your own.
- 4) unauthorized collaboration includes, but is not limited to, asking for or giving information to other students for tests, papers, projects, etc when prohibited by the professor, and/or not explicitly stating that you asked for or received the information from someone else.

Additional Policies & Procedures

Lecture Materials and Recordings Security****

Lecture materials and recordings for this course are protected intellectual property at UW-Stevens Point. Students in this course may use the materials and recordings for their personal use related to participation in this class. Students may also take notes solely for their personal use. If a lecture is not already recorded, you are not authorized to record my lectures without my permission unless you are considered by the university to be a qualified student with a disability requiring accommodation. [Regent Policy Document 4-1] Students may not copy or share lecture materials and recordings outside of class, including posting on internet sites or selling to commercial entities. Students are also prohibited from providing or selling their personal notes to anyone else or being paid for taking notes by any person or commercial firm without the instructor's express written permission. Unauthorized use of these copyrighted lecture materials and recordings constitutes copyright infringement and may be addressed under the university's policies, UWS Chapters 14 and 17, governing student academic and non-academic misconduct.

Personal Responsibility

If you are absent, it is your responsibility to get the information you missed from a classmate. Late papers will not be accepted unless a dire emergency exists. *There is some flexibility with counseling recording due dates as will be discussed in class.* In the case of a dire emergency, please notify me as soon as possible and be prepared to show documentation as appropriate.

Paper Format

All assignments must be turned in *typed, double-spaced, using no larger than 12-point font ("Times" or "Times New Roman")*. Assignments not typed will *automatically be reduced by one letter grade*. Margins should be standard size (one inch on all sides). The heading should contain only your name and the assignment title. Grammar, spelling, and punctuation will count towards your paper grades, so be sure to edit carefully. If you need extra assistance with writing, you can receive free help from the Tutoring-Learning Center.

Academic Misconduct

In the case of academic misconduct, which includes but is not limited to cheating, fabrication and falsification, plagiarism (see explanation above), or facilitating academic misconduct, it is my policy to give a failing grade for the assignment/activity in question. Additionally, the student's overall course grade will be lowered by *at least* one letter grade based on the particular assignment and infraction.

Rights and Responsibilities

UWSP values a safe, honest, respectful, and inviting learning environment. In order to ensure that each student has the opportunity to succeed, a set of expectations has been developed for both students and professors (see <https://www.uwsp.edu/stuaffairs/Documents/RightsRespons/rightsCommBillRights.pdf>). *All students are expected to be familiar with and to abide by these expectations.*

COURSE SCHEDULE

Wednesdays 9-11:30am

The following is offered as a **tentative** schedule for students. I reserve the right to make changes as needed and will inform students of any changes, additions, or omissions, and provide updated schedules when necessary.

****** Please remember to bring your textbooks to each class meeting to facilitate discussion.**

******Items that have a (W) are to be in typed format and submitted on CANVAS before class. All other assignments are to be prepared for discussion (in which case having written notes to yourself will most likely enhance your abilities to participate). Other materials from the chapters are also subject to discussion. Please make notes about those aspects of the chapters you would like to discuss and bring them to class.**

******* Each time you are asked to evaluate an ethical situation/dilemma, you MUST refer to/cite relevant codes within the APA Ethical Standards in order to receive full points. Responding based upon your personal thoughts, beliefs, intuition, etc... is not acceptable!**

Wk	Date	Young Text Readings and Assignments Due That Day	Corey Text Readings and Assignments Due That Day	Helms Text Readings and Assignments Due That Day	DVD Due Dates
1	9/6	Course Introduction and Syllabus Review	Chapter 1 *Review the Self-Assessment on pp. 26 – 32 and choose 5 of the 40 questions that you are particularly interested in to raise for discussion.		
2	9/13	Chapters 1 and 2 *Complete the self-assessment on pg 50 (W) *Reflect on a time when you thought that you really helped someone. What did you do and say that seemed to be especially helpful?	Chapter 2 *Be prepared to discuss what is transference and countertransference?		

		Contrast this with a time when you tried to help but were not successful. What was different about the two situations? Please consider multiple aspects of the situations when responding. (W)			
3	9/20	Chapters 3, 4, 5, and 6 *Complete Exercises 1 and 2 on pgs. 76-77, Exercise 1 on pg. 117, and Exercise 1 on pg. 135 (W)			
4	9/27	Chapter 7 *Complete Exercises 1 and 2 on pgs. 159-161 (W)	Chapter 5 *Create a brief case example of each of the 10 reasons for malpractice suits listed on pages 224-231. Be sure to include the potential harm to the client or public as a result of such malpractice situations. (W)		
5	10/4	Chapter 4	Chapters 3, 4, 13 *Value Conflicts: To Refer or Not to Refer. Complete the 20 items on p 76; are there any cases in this list that you would have difficulty working on and if so, why? (W)	Preface and Chapters 1 -6 *Complete all exercises throughout the chapters. (W)	15 Min Tape Due
5	10/11			Chapters 7-10 *Complete all exercises throughout the chapters. (W)	15 Min. Tape Due
6	10/18	Begin Review of 15 min tapes		Chapters 11-14 *Complete all exercises throughout the chapters. (W)	15 Min Tape Due Review Mid-Term Instructions (due in two

					weeks)
7	10/25	Continue Tape Reviews			
8	11/1	Continue review of 15 min tapes	Chapter 6 *Respond to the questions in the “Your Stance on Suicide Prevention” on p.272 just before the Case of Emmanual. (W)		Mid-Term Due
9	11/8	Chapter 13 and 14 *Complete the Self-Esteem personal inventory and reaction questions on page 287 (W) *Complete Written Exercise 2 on pages 339-340 (W) ***Review of 30 min tapes	Be prepared to discuss Chapter 6 on Suicide Prevention		30 Min Tape Due
10	11/15	Chapter 8 *Complete the Written Exercise on pg 187-188 (W) **Review of 30 min tapes	Chapter 7 *Be prepared to discuss the Perspective on Boundary Issues on page 307. *Be prepared to discuss the reasons that sexual intimacy between therapists and clients is considered unethical and unpractical.	*Complete Multicultural Essay (W) (Note, this paper will require a depth of thought and self-analysis and is expected to be at least several pages in length)	30 min tape due
11	11/22	Chapter 10 *Complete the Written Exercise on pg 241 (W) **Review of 30 min tapes	Chapter 9 *Respond to the questions about the case of Augustus on p. 406 (W)		Review final exam directions (due in 2 weeks)
12	11/29	Chapter 11 *Complete the Written Exercise on pg. 258 (W)			50 min tape due

		**Review of 30 minute tapes			
		The last 2 weeks of the semester will be utilized for 30 or 50 minute individual tape critiques with Dr. Council. Prepare a 20 minute tape segment (and corresponding transcript) which was not critiqued in class that shows you implementing the skills reviewed over the course of the semester. (See final exam instructions.)			
14	12/6	Individual Final Tape Reviews	Final Part 1 DVD Transcripts Due		
15	12/13	Individual Final Tape Reviews	Final Part 1 DVD Transcripts Due		
Final	12/19 (Tues) 10:15 – 12:15	Final exam – oral presentations of Part 2 ethics cases	Final Part 2 Ethics Case Evaluations Due Final Part 3 Due		