

University of Wisconsin – Stevens Point
Course Syllabus for PSYC 402/602
Practicum in Counseling and Psychotherapy
Spring 2019
Science D232

Section 1

Time: 12:30-3:00 Tuesdays

Section 2

Time: 9:30-12:00 Thursdays

PROFESSOR: Jeana Magyar, Ph.D.

OFFICE: Science D243

PHONE: 715-346-3958

OFFICE HOURS: Tuesdays 9:15-10:00, Thursdays 1:00-1:50, and By Appointment

Emergency Situations: PLEASE CONTACT ME IMMEDIATELY IF YOU HAVE MAJOR CONCERNS ABOUT A CLIENT OR COUNSELING SESSION. 715-346-3958 (Office) 715-303-8661 (Cell). Please do not share my personal phone information with others. This is for class use only.

E-MAIL: jmagyar@uwsp.edu

Required Textbooks

- **Corey, G., Corey, M. S. & Callanan P. (2015). *Issues and Ethics in the Helping Professions (9th ed.)*. Pacific Grove, CA: Brooks/Cole Publishing Co. 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. There is also a DVD to accompany this text that you need to get from text rental.**
- **Helms, J. E. (2008). *A Race is a Nice Thing to Have*. 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 handed out in class, made available on the web, and/or put on library reserve 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 attendance and 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. Missing three or more classes will result in discontinuation of the course.....25% of final grade
- Demonstration of ability to integrate course materials in actual interviews. Completion of a minimum of six videotaped counseling sessions during the semester. These DVD recordings should be critiqued in advance using the Counselor Assessment Scale provided and a segment to review with the entire class should be cued up in advance. Consent forms must be turned in before showing any of your tapes in class. A final tape will be critiqued by the student and instructor at the end of the semester.....25% of final grade
- Performance on 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 DVD Recordings

In order to receive credit for recording each session, you must sign the log sheet as the counselor on the date you conduct each of your recorded counseling sessions. The sheet is available through the recording lab technician. It is imperative that you maintain the security of all of your counseling session DVD's. 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. In order to receive course credit, you will be required to submit these DVD's to me on the last day of class during finals week. All consent forms and Completed Counselor Assessment forms that were not turned in for tapes reviewed in class need to be turned in as well. You will complete a total of 6 recorded counseling sessions, for which you will need to find "clients." More information regarding recording of counseling sessions will be provided.

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

Personal Responsibility

If you are absent, it is your responsibility to get the information you missed from a classmate. All assignments and counseling session recordings are to be turned in/ ready to be reviewed on their due dates. Late papers will not be accepted unless a dire emergency exists. *There is some flexibility with tape 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. Papers more than one page long ***must be stapled***. 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 located in Room 018 of the Library. Appointments can be made by calling x3568.

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.

Title IX

Under several federal and state laws, and according to several university guidelines, I am required to report acts of a criminal or offensive nature. This includes acts of sexual harassment and assault, bias and hate crimes, illicit drug use, and acts of violence. Any disclosure or description of these incidents – both current and in the past – may be reported to the Dean of Students office (<http://www.uwsp.edu/dos/>) or the local authorities.

Emergency Procedures

In the event of a medical emergency call 9-1-1 or use Red Emergency Phone outside the door of D230. Offer assistance if trained and willing to do so. Guide emergency responders to victim.

In the event of a tornado warning, proceed to the lowest level interior room without window exposure. Avoid wide-span structures (gyms, pools or large classrooms).

In the event of a fire alarm, evacuate the building in a calm manner. Notify instructor or emergency command personnel of any missing individuals.

Active Shooter/Code React – Run/Escape, Hide, Fight. If trapped hide, lock doors, turn off lights, spread out and remain quiet. Call 9-1-1 when it is safe to do so. Follow instructions of emergency responders. See UW-Stevens Point Emergency Procedures at www.uwsp.edu/rmgt/Pages/em/procedures for details on all emergency response at UWSP.

COURSE SCHEDULE

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 class to facilitate discussion.**

******Items that have a (W) are to be in typed format and brought to class to be handed in after discussion as a group. 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 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	1/22 1/24		Chapter 1 *Review the Self-Assessment on pp. 25 – 32 and choose 5 of the 40 questions that you are particularly interested in to raise for discussion.		
2	1/29 1/31	Chapters 1 and 2 *Complete the Video Exercises on pgs 23-24 (video segment 8 and pg. 47 (vid seg 14) (W) *Complete the self-assessment p 50 (W)	Chapter 2 *What is transference and countertransference? *What is “burn-out”? What are some ways that a therapist can avoid encountering this phenomenon?		

		<p>* Be prepared to discuss the Stop and Reflect exercise on p 7-8</p> <p>*Reflect on a time when you thought that you really helped someone. What did you do and say that seemed to be especially helpful? 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)</p>			
3	2/5 2/7	<p>Chapters 3, 4, 5, and 6</p> <p>*Complete Video Exercises on page 74 – DVD Segment 3; page 97 – DVD Segment 1; page 115 – Segments 2 and 3; page 132 – Segments 5, 4, and 6 (W)</p> <p>*Complete Exercises 1 and 2 on pgs. 76-77, Exercise 1 on pg. 117, and Exercise 1 on pg. 135 (W)</p>			
4	2/12 2/14	Chapter 4	<p>Chapters 3, 4, 13</p> <p>*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)</p>	<p>Preface and Chapters 1 -6</p> <p>*Complete all exercises throughout the chapters. (W)</p>	
5	2/19 2/21			<p>Chapters 7-10</p> <p>*Complete all exercises throughout the chapters. (W)</p>	15 Min. Tape Due

6	2/26 2/28	Begin Review of 15 min tapes		Chapters 11-14 *Complete all exercises throughout the chapters. (W)	15 Min. Tape Due
7	3/5 3/7	Chapter 7 *Complete the Video Exercises on pgs 156-157 (video segments 7, 8, 17) (W) *Complete Exercises 1 and 2 on pgs. 159-161 (W) Continue Tape Reviews	Chapter 5 *Create a brief case example of each of the 10 reasons for malpractice suits listed on pages 191-196. Be sure to include the potential harm to the client or public as a result of such malpractice situations. (W)	Review Mid-Term Instructions (due in 3 weeks)	15 Min Tape Due
8	3/12 3/14	Black/White Video Review Continue review of 15 min tapes		Review Multicultural Essay Instructions (due in 3 weeks)	
	3/19 3/21	Spring Break			
9	3/26 3/28	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)	Chapter 6 *Respond to the questions in the “Your Stance on Suicide Prevention” on p.239 just before the Case of Emmanuel. (W)		Mid-Term Due
10	4/2 4/4	Chapter 8 *Complete Video Exercises 1 (vid seg 10) and 2 (vid seg 11) on pgs 184-185 (W) *Complete the Written Exercise on pg 187-188 (W) **Continue review of tapes	Chapter 7 *Answer the “What is your position questions on pg 294. (W) *Be prepared to discuss the reasons that sexual intimacy between therapists and clients is considered unethical and unpractical.	*Complete Multicultural Essay (provided by Dr.M three weeks ago) (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	4/9 4/11	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. 359 (W) * Respond to any one of the items in the clarifying your stance section on pp. 386. (W)		30 min tape due
11	4/16 4/18	Chapter 11 *Complete the Written Exercise on pg. 258 (W) **Review of 30 minute tapes	Chapter 10 *Define your counseling stance/style (in other words, what makes your style your own, what makes you different from other counselors, or what is your counseling personality). (W) (Note, this paper will require a depth of thought and self-analysis and is expected to be at least several pages in length)		50 min tape due Review final exam directions
12	4/23 4/25	**Review 30 minute tapes Course Evals	Chapter 11 *Write your reaction to the questions posed throughout the case of Virginia and Tom on p 414-415 (W)		
13	4/30 5/2	Final Part 1: Individual Reviews of Transcript and Analysis of Counseling Video Due	30 minute individual review sessions with each student and Dr. M will be scheduled for this class period		
14	5/7 5/9	Final Part 1: Individual Reviews of Transcript and Analysis of Counseling Video Due	30 minute individual review sessions with each student and Dr. M will be scheduled for this class period		
Final	Sec 1 5/16 Tues 12:30- 2:30pm Sec 2	Final exam – oral presentations of Part 2 ethics cases	Final Part 2: Ethics Case Evaluations Due Final Part 3: Summary Due	Must Turn in All 6 DVD's and any consent forms and session evals not already turned	

	5/15 Mon 8-10am			in	
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