Meeting Hours to be arranged

REQUIRED TEXT


PHILOSOPHY

According to Gililland, (et al, 1998) “the single most significant factor in the success or failure of a counseling relationship is the personhood of the counselor” (p.8). Therefore it is crucial that each counselor graduating from a master's degree program be well-prepared to work effectively with clients from diverse backgrounds.

Completion of the prerequisites for this internship and development of basic counseling skills insure that you have sufficient ability and confidence to conduct simple, relatively uncomplicated counseling sessions. You will be expected to continue to refine the counseling skills acquired in CEP 651 and other counseling experiences. Consistent and frequent supervision will encourage you to grow in confidence and skill development.

The internship will emphasize the development and practice of your individualized, theory-based philosophy of counseling. Evaluation of your experience will be based on the exploration of your chosen theory and other approaches to counseling.

OVERVIEW

The internship course requires 300 clock hours of counseling; 120 hours of direct service with clients and 180 hours of supervised experience that counselors perform in a setting typical of the counselor's area of emphasis. The intern may apply no more than 60 prior approved counseling experience hours (for example; 15 hours from CEP 761; 15 hours from CEP 716; others in consultation with Dr. Maples).

At least one hour per week of individual supervision with the site supervisor (clinic, etc.) is expected, in addition to one to two hours per week of group supervision with the university supervisor, Dr. Maples.
COURSE OBJECTIVES AND CONTENT AREAS

A. PERSONAL GROWTH AND DEVELOPMENT

1. Demonstrate understanding and skills that reflect knowledge and understanding of the counseling process. Be able and willing to identify and work to resolve personal developmental concerns/issues/problems that may interfere or negatively impact your work as a professional counselor.

2. Demonstrate skills, conceptual abilities and personalized counseling approach that are theoretically sound and congruent. The intern is also expected to explore other theories and techniques appropriate for particular situations.

3. Identify and demonstrate personal traits and characteristics that are consistent with the role of a counselor.

4. Develop awareness, knowledge and skill related to needs of culturally diverse clients.

B. SKILLS AND TRAINING

1. Demonstrate counseling skills through conceptualization, processing and conclusion.

2. Demonstrate knowledge and skill in case management, assessment and evaluation.

3. Demonstrate skill in reporting, both orally and in writing of client interventions, case planning and outcome-based evaluations.

C. THEORIES AND STRATEGIES

1. Demonstrate an understanding of counseling theories, with a particular emphasis on developing one's own counseling theory. Interns are expected to build upon proven theories in developing his/her own philosophical framework.

2. Apply sound ethical and legal procedures when counseling, consulting and providing other services.
COURSE REQUIREMENTS AND INTERN EVALUATION CRITERIA

A. Complete internship Placement Contract by program faculty and site supervisor. (already done with application)

1. Establish a work schedule and provide to Dr. Maples in writing at beginning of the course.

2. Attend group supervision every Tuesday from 2 to 4 p.m. in Room 3010 (group room) in the College of Education.

3. Submit to Dr. Maples a 3 to 5 page paper stating your theoretical orientation (tentative though it may be at this time in your counseling life) by Tuesday, February 8.

4. Maintain a chronological log of your counseling hours, both direct and indirect, and provide to Dr. Maples by Tuesday, May 3.

5. Prepare to present at least three videotapes of individual counseling sessions to be evaluated in the group supervision sessions.

6. Present at least one group counseling videotape to be evaluated in the group supervision sessions.

7. Establish a continuous relationship (i.e. 4-6 sessions) with at least five clients.

8. Prepare a written self-evaluation report to be presented to both your site and university supervisor by Tuesday, May 3.

COURSE SCHEDULE

WEEK 1 Course requirements, internship contracts, contacts with Dr. Maples, set schedules.

WEEK 2 Begin counseling schedule, meet with Dr. Maples to discuss assignments expectations, process and procedures.

WEEKS 3-13 Videotape supervision and observation. Dr. Maples conference: intern progress.

WEEK 14 Individual supervision sessions with Dr. Maples. Intern will select a videotape to evaluate verbally to supervisor.
EVALUATION CRITERIA FOR COUNSELING SESSIONS

a. Your conceptualization of the problem, issue or concern
b. Your theoretical rationale for the intervention you are using
c. Number of sessions needed for resolution of the problem
d. Extent to which you believe you are helping the client
e. Your strengths and weaknesses in working with this client.

RESOURCES


