
 <p>MTSU Professional Counseling Program</p>	<p align="center">Professional Counseling Program Middle Tennessee State University 1301 East Main Street Murfreesboro, TN 37132 http://www.mtsu.edu/edu_leadership/professional_counseling/</p>
<p align="center">COUN 6540 INTERNSHIP: CLINICAL MENTAL HEALTH SEMESTER</p> 	

Instructor:		Office:	
Email:		Office Hours: *	
Cell Phone:		Meeting time	
Class Location:		Meeting dates:	

Textbooks (Required):

First Semester Internship:

Reichenberg, L. W, & Seligman, L. (2016). *Selecting effective treatments: A comprehensive systematic guide to treating mental disorders* (5th edition). San Francisco, CA: Wiley.

Second Semester Internship:

Conte, C. (2009). *Advanced Techniques for Counseling and Psychotherapy*. NY: Springer Publishing.

Jongsma, A. E. (2009). *The Crisis Counseling and Traumatic Events Treatment Planner* (1st ed). New York, NY: John Wiley & Sons.

Purpose of the Internship:

The purpose of this internship is to provide you the opportunity to further enhance your counseling skills in a mental health setting. The following information should assist you in understanding and planning your internship experience.

The internship is designed to be:

- a relatively full-time experience within a mental health setting which will provide experiences for you to increase your professional competence. (Length: A minimum of two consecutive semesters. Credits: A minimum of 6 semester hours. Complete at least 600 clock hours in the agency setting);
- an experience to enhance your development of technical skills, critical judgment, professional attitudes, responsibility, independence, communication skills, and ability to relate to others;
- a cooperative venture among the intern, the site supervisor, and the university faculty supervisor; and

- a quality learning and training experience and not merely a service function to the agency. While it is inevitable and desirable that you provide services on behalf of the agency, it is imperative that the major focus of your internship be one of appropriate supervised training experiences.

COUN 6540 Internship: Clinical Mental Health Counseling 2009 CACREP Standards			
Standard #	Core Curricular Category	Standard	Learning Activities & Experiences
II-G-1-j	Professional Orientation & Ethical Practice	Ethical standards of professional organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling	Discussion in group supervision & course readings; assignments; discussion boards
II-G-5-c	Helping Relationships	Essential interviewing and counseling skills	Discussion in group supervision & course readings; Oral case presentation
Standard #	Clinical Mental Health Counseling	Standard	Learning Activities & Experiences
CMHC-D-1	Counseling, Prevention, and Intervention – Skills & Practices	Uses the principles and practices of diagnosis, treatment, referral, and prevention of mental and emotional disorders to initiate, maintain, and terminate counseling	Seminar discussions & course readings; Oral case presentation
CMHC-D-6	Counseling, Prevention, and Intervention – Skills & Practices	Demonstrates the ability to use procedures for assessing and managing suicide risk	Seminar discussions & course readings; Assessing suicide risk & demonstrating skills role play
CMHC-K-2	Diagnosis - Knowledge	Understands the established diagnostic criteria for mental and emotional disorders, and describes treatment modalities and placement criteria within the continuum of care	Discussion in group supervision & course readings; Oral case presentation
CMHC-L-2	Diagnosis – Skills and Practices	Is able to conceptualize an accurate diagnosis of disorders presented by a client and discuss the differential diagnosis with collaborating professionals	Discussion in group supervision & course readings; Oral case presentation

Course Objectives:

As the culminating experience in your formal preparation to become a professional mental health counselor, the internship seeks to provide you with a comprehensive supervised experience in a mental health setting. You will continue to exhibit appropriate dispositions and to integrate your knowledge and skills as you apply them to every aspect of your work in this setting. The objectives of this class include the objectives of the Professional Counseling Program. Specifically, you will demonstrate (in so much as the opportunities to do so are available) the following:

A. Knowledge of the agency's organization and operation:

You will need to develop a broad understanding of the organizational framework of the agency. Because it is important for a professional counselor to be well integrated into the entire agency system, you will need to increase your understanding of the agency's organizational structure. Knowledge of policies and personnel practices combined with the role and function of staff personnel must be understood. The kinds of experiences that will enable you to meet this objective include:

- attending staff meetings both formally and informally;
- attending meetings held by various staff;
- attending at least one agency board meeting;
- studying the agency's policy and procedures manual; and
- becoming knowledgeable of the various agency committees that operate on a formal and informal basis.

B. Familiarization with the role and function of the professional counselor:

It is important that you become aware of the diverse activities that professional counselors are involved in within and outside of the agency to aid in the development of a counselor identity as evidenced by collegial relationships, professional affiliations, and collaborative community relationships. In a similar vein, it is important that you are committed to the scholar-practitioner role and to ongoing professional development including technological competence. The kinds of experiences that will enable you to meet this objective include:

- becoming aware of the office and clerical procedures involved with counseling services;
- discussing with professional counselors their unique roles and functions in specific agency settings;
- discussing the organization and administration of services provided by the agency with the appropriate directors or supervisors;
- observing professional counselors providing services in as wide a variety of different situations as possible;
- visiting neighboring agencies in order to determine how services are provided by them;
- attending agency-sponsored continuing education events and/or workshops with professional counselors and members of other mental health professions (e.g., social workers, psychologists) develop broad-based collegial relationships; and
- attending local, state, regional and/or national professional meetings which attract large numbers of counseling professionals to keep abreast of cutting-edge information (e.g., online counseling) pertaining to the roles and functions of professional counselors.

C. Effective utilization of community resources:

While you are becoming aware of services provided by professional counselors who work at your agency, it is also important that you develop an awareness of the variety of services offered to clients by other professionals outside of the agency. The kinds of experiences that will enable you to meet this objective include:

- visiting various community organizations which provide services to clients. These could include child guidance clinics, child welfare agencies, family service agencies, juvenile courts, residential treatment centers, city and county health departments, and other mental health agencies;
- working cooperatively with community agencies and facilities;
- becoming familiar with state and federal services and programs, including vocational programs, employment services, regional programs for mental health, alcohol and drug programs; and
- attending conferences and/or engage in advocacy efforts with representatives of community agencies and client/consumer groups.

D. Development of communication and consultative skills and the ability to engage in teamwork efforts:

You will be expected to communicate and participate as a member of a team of professional specialists representing a wide variety of skills, training philosophies, and modes of operation. You will develop expertise in serving as a human development consultant to individuals, families and others taking in consideration how various lifespan issues are manifested in the relationships between children, adolescents, and their parents/caretakers. Experiences that will enable you to meet this objective include:

- participating in formal case conferences as a member of a multi-disciplinary team;
- meeting both formally and informally with other providers;
- developing skills in dealing with customary channels of communication and consultation procedures;
- participating in in-service training programs for staff which focus on mental health-related issues which typically occur at different stages of lifespan development;
- participating in outpatient and/or inpatient individual, family and group therapy; and
- if possible, carrying an outpatient client load.

E. The development of skills in assessment and counseling intervention:

You should have experience in the evaluation of clients presenting a wide variety of emotional, behavioral, and/or learning problems which will necessitate the use of a number of specific counseling interventions. Skills should be developed in identifying factors which influence behavior. You should learn to obtain and utilize information from a wide variety of sources in order to identify clients' areas of difficulty. Once the information has been collected, you should learn to communicate in a clear and concise manner the information that has been obtained so that suggestions and a prescription for remediation or a treatment plan can be made. The kinds of experiences that will enable you to meet this objective include:

- observing a variety of clients that the agency serves;
- participating in formal staff conferences;
- meeting formally and informally with staff to discuss individual cases;
- attending in-service training programs;
- observing and/or conducting intake sessions with clients; and
- attending legal or quasi-legal hearings.

F. The development of skills, strategies, and interventions:

You will develop specialized knowledge and skills needed to plan, implement, and evaluate empirically-based programs and treatment procedures that are designed to treat psychopathology and promote optimal mental health in mental health agencies and/or private practice settings. While it is important that you be able to assess the abilities and behaviors of clients within the agency system, it is also important that you develop the skills and strategies necessary for developing and implementing an intervention program to meet the needs of these clients. The kinds of experiences that will enable you to meet this objective include:

- reviewing medical/psychological reports in which staff specialists have made empirically-based and/or best practice recommendations to remediate the problem(s) of clients;
- attending staff conferences where specific recommendations are made, including the prescription of medication, to determine their respective positive and potential negative effects;
- identifying sources (e.g., books, journals) to obtain intervention strategies that can be utilized in the future;
- following up a variety of clients with different needs in order to determine the effectiveness of prescribed intervention procedures;
- preparing and presenting (if possible) materials which would be helpful to the staff (and perhaps parents, spouses, etc.) in understanding clients' problems;
- implementing intervention programs designed to target specific mental health problems (e.g., phobias) as well as broad-based interventions which target the environments (i.e., microsystems, mesosystems, exosystems) in which clients reside;
- providing individual and group counseling to clients who have been identified as in need of such services; and
- developing and implementing methods of evaluating the efficacy of counseling and related interventions.

G. The development of skills in research and evaluation (research and personal and professional qualities):

While you typically will not have an overabundance of time to spend in the area of research and evaluation, it is important for you to determine how these skills could be utilized in an agency setting. Experiences that will enable you to meet this objective include:

- participating in on-going research or evaluation studies within the agency setting (if available);
- reading periodicals pertaining to research studies and interpreting the findings to your supervisors and peers;
- developing a systematic self assessment of your own effectiveness (e.g., development of a brief client satisfaction questionnaire).

H. Development of an awareness of ethical, legal, and multicultural issues in counseling:

Opportunities must be taken to acquaint you with accepted ethical and professional practices and with legal aspects of counseling functions. In addition, you should develop an appreciation of the unique contributions and concerns of diverse

populations and demonstrate the ability to work with all clients to enhance and encourage their full participation in a pluralistic society. Experiences that will enable you to meet this objective include:

- attending and participating in meetings concerned with ethics, legal issues, social issues, and financial (funding) concerns;
- reading sections from current professional publications on developments, trends, and issues in the field of mental health counseling;
- discussing with staff members matters related to the client's rights to privacy and confidentiality as well as issues pertaining to clients' race, socioeconomic status, sexual orientation and/or religious affiliation and the role these factors play in the development and maintenance of mental health problems; and
- providing individual, family, and group counseling services to members of different racial/ethnic/socioeconomic/sexual orientation/religious groups, whenever possible.

Evaluation

Internship Site Specifications:

The internship site should meet the following specifications:

- ✓ A diverse population should be available to ensure that you receive exposure to a wide variety of clients' mental health concerns;
- ✓ The internship site must provide a well-developed program;
- ✓ The internship site utilizes the services of an appropriately certified/licensed staff;
- ✓ The internship site will make it possible for the site supervisor(s) to provide direct and personal supervision for you (minimum of 1 hour of face-to-face individual supervision per week);

Since the success of your internship is dependent on you, the agency, and the university supervisor's participation, substantial preplanning and ongoing evaluation of your experience is critical and is the responsibility of all three parties who must work cooperatively. Thus, the information that you provide on your internship application form, the agreements that you and your university supervisor make with the agency's supervisors during the time of your initial interview with them, and the guidelines set forth in this syllabus will all be used to establish your overall internship experience. The university supervisor may make a site visit during the semester and will keep in contact with you and your supervisor(s) on a scheduled basis throughout the course of your internship.

Course Requirements:

1. Internship hours

You are required to complete no fewer than 600 internship contact hours (a minimum of 240 direct service hours and 360 indirect service hours) over the course of two semesters. You will be required to complete a variety of assignments as follows:

- ✓ **Counseling Services**
- ✓ **Group Counseling**

2. Attendance

Group Supervision:

Individual Supervision:

3. Participation

➤ **Assignments**

➤ **Discussion Board**

➤ **Article Reviews**

4. Bi-weekly progress journal entries

You are required to post via D2L a 1 to 2 page, APA style journal entry once every two weeks.

- Reflections on readings from either 1st Internship book (*Selecting effective treatments: A comprehensive systematic guide to treating mental disorders*) or 2nd internship books (*Advanced Techniques and Crisis and Trauma Planner*).

5. Oral presentations

You will be required to make one (1) formal oral case presentations. Each case presentation should be limited to a 10 minute introduction to the client situation. The presentation should be accompanied by a Session Review Form (available on D2L).

6. Self-evaluation

7. End of the Term Evaluations

(NOTE: You are also required to complete exit surveys for program evaluation purposes. These can be found under "Content" on the course website.)

Other requirements:

1. Liability insurance

You are required to obtain liability insurance from an organization which provides liability insurance to student counselors (names of insurance companies can be obtained from the university faculty supervisor).

2. Internship agreement

3. Performance agreement

4. Completion of time logs

Additional course considerations:

1. Instructional practices

2. Mental health counseling component

3. Safety Precautions

4. Professional Organization

The MTSU Counseling Program strongly recommends that you obtain membership in the American Counseling Association (ACA), American Mental Health Counselors Association (AMHCA), Tennessee Licensed Professional Counselors Association (TLPCA) and/or the Tennessee Counseling Association (TCA). Student memberships are available at a reduced rate, and allow you to become actively involved in local, state, and national activities, which serve to enhance your professional repertoire.

5. MTSU Professional Counseling Program Dispositions

Students in the Professional Counseling Program are required to demonstrate program Dispositions (being collaborative, ethical, professional, reflective, self-directed, and critical-thinking students) in this class and in all other academic and professional endeavors. Information regarding demonstration of these dispositions may be communicated to program faculty to be used as a component of the faculty's continuous evaluation of student progress. (See Professional Counseling Program Handbook at <http://www.mtsu.edu/~psych/counsel.htm> for details).

6. Multicultural Education

Content and experiences in multicultural interactions will be acquired at the placement site. In addition, specific knowledge, skills, and cross-cultural awareness have been addressed in academic setting prior to placement.

If you have a disability that may require assistance or accommodations, or if you have any questions related to any accommodation for testing, note taking, reading, etc., please speak with me as soon as possible. You may also contact the Office of Disabled Services (615.898.2783) with any questions about such services.