

PASTORAL COUNSELING CLINICAL PRACTICUM

Syllabus for STMC 555, 556, 557, 558, 559, 560

Practicum "A" Group: January 2007-2008

SEQUENCE DESCRIPTION

This is a Pastoral Counseling/Mental Health practicum. The practicum helps the student to integrate theory and practice with behavioral science and theology/religion. The sequence continues for six consecutive quarters. Each course session is scheduled for four hours. One hour per week will be spent in a—special topics didactic. These will include topics such as: WAC state code and professional ethics, psychopharmacology, testing instruments, human sexuality and therapy, therapist self-care, special pastoral psychotherapy concerns, marketing/referral networking strategies, and Integrating Psychotherapy and Spirituality in a Pastoral Counseling Framework. Topics may be shifted or added as the director and PC-faculty determine the need for guidance in the students' clinical growth. In each session, the student, in addition to special topics, will spend three hours per week in group supervision. The student will also spend at least one hour per week (more if required) in individual supervision, case conference, and other structures of supervision. Throughout the six quarters, students carry a caseload of 10-15 clients, with a required 600 hours of face-to-face counseling to be completed by the end of the practicum sequence. Theological reflection informs the practicum. Cultural dynamics and understandings will be an intricate part of the supervision.

In addition to this syllabus, students need to be aware that each faculty of the practica may have an additional section, specifying aspects of the syllabus as it relates to their particular course. Each faculty has their own style of teaching and supervision. This gives students the opportunity to experience different ways of encountering the learning material and broadening the methodology of clinical education. Videotaping of counseling sessions is required of all student interns in the Practicum.

PREREQUISITES:

Personal Therapy

All students in the Pastoral Counseling program must be in their own personal therapy with an experienced therapist who does therapy using the psychodynamic and possibly systems method of treatment, and approved by the PC faculty. Personal therapy is a vital part of the practical training of a therapist. It is an adjunct to supervision that enables the transformation that must take place in the person of the therapist. (See Corey 2005, pp. 19-21) Personal therapy is part of your formation. When interviewing and choosing your therapist, remember that NO STM students or faculty are permitted to counsel other STM students as it is a dual relationship situation presenting conflicts of interest. Counselors chosen must have at least 10 years experience after licensure. For a list of therapists, please visit the following sites:

- Seattle Counselors Association: <http://www.seattlecounselors.org/website/home.htm>
- Downtown Seattle Counseling: <http://www.downtown-seattle-counseling.com/>
- Lutheran Counseling Network: <http://lutherancounseling.net/original/index.html>

Prerequisite Courses

Students must have completed all of the following prerequisite courses prior to beginning the practicum sequence: STMM 500, 553; STMA 561, 581; STMC 552, 570, 571, 572

Review

The following are texts all students in the Pastoral Counseling program should have encountered in courses leading up to the Practicum sequence. It is therefore expected that all students entering the Pastoral Counseling Practicum sequence have already read the following texts. We encourage you to review these in preparation for starting the Practicum so you can be more ready to integrate the theories with your practicum

Psychopathology & Diagnosis	<p>American Psychiatric Association Staff. (2000). <i>DSM-IV-TR diagnostic and statistical manual of mental disorders: Text revision</i> (4th ed.). USA: American Psychiatric Association, Incorporated. ISBN: 0-89042-024-6; 0-89042-025-4</p> <p>Ciarrocchi, J. W. (1993). <i>A minister's handbook of mental disorders</i>. USA: Paulist Press. ISBN: 0-8091-3403-9</p> <p>Lukas, S. (1993). <i>Where to start and what to ask: The assessment handbook</i>. USA: W.W. Norton & Company, Incorporated. ISBN: 0-39370152-2</p>
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Integration	Grant, B. W. (2003). <i>A theology for pastoral psychotherapy: God's play in sacred spaces</i> . USA: The Haworth Press, Incorporated. ISBN: 0-7890-1201-4 Peck, M. S. (2003). <i>The road less traveled, set: A new psychology of love, traditional values, and spiritual growth</i> . USA: Simon & Schuster. ISBN: 0-7432-4315-3
Modalities	Brock, G. W., & Barnard, C. P. (1999). <i>Procedures in marriage and family therapy</i> . (3 rd ed). Boston: Allyn and Bacon. ISBN: 0-205-28782-4 Corey, G. (2005). <i>Theory and practice of counseling and psychotherapy</i> (7th ed.) (Ch. 2). USA: Thomson Wadsworth. ISBN: 534-53605-0 Rothery, M., & Enns, G. (2001). <i>Clinical practice with families: Supporting creativity and competence</i> . NY: The Haworth Press, Inc. ISBN: 0-7890-1085-2
Professional Standards & Ethics	American Association for Marriage and Family Therapy. (2001). <i>AAMFT Code of Ethics</i> : http://www.aamft.org/Resources/Irmlplan/Ethics/ethicscode2001.asp American Association of Pastoral Counselors. (2005). <i>Guidelines for Membership</i> : http://www.aapc.org/membership.cfm Faiver, C., Eisengart, S., & Colonna, R. (2003). <i>The counselor intern's handbook</i> (3rd ed.). USA: Thomson Wadsworth. ISBN: 0-534-52835-X Washington State Department of Health: Health Professionals Quality Assurance. (2006). <i>Washington Administrative Codes (WACs) for Mental Health Counselors</i> : https://fortress.wa.gov/doh/hpqa1/hps7/Mental_Health_Counselor/default.htm

PURPOSES:

1. To create a safe structure (for clients and students) in which students can experience delivering therapeutic services at sufficient depth to assess their own fitness for and commitment to therapy as a vocation.
2. To provide sufficient intensity of supervision so that every encounter with the process of therapy delivery (in the therapy hour, in supervision, and in administrative structures) can become an opportunity for reflection and learning.
3. To bring the student to awareness of those barriers or deficiencies in their own character structure and/or experiences that interfere with the delivery of quality service so that they may be addressed in clinical work or one's own therapy.
4. To provide sufficient intensity of counseling experience to satisfy graduation, accreditation, and licensure requirements, and to prepare the student for the typical experiences of beginning practice. Specific requirements for licensure or membership by a professional licensing board/body should be explored by the student in conjunction with appropriate program/accreditation body guidelines, and is the responsibility of the student.

OBJECTIVES:

1. To prepare the student, by the end of six quarters, to successfully compete in the psychotherapy/mental health market.
2. To be certified as an AAPC Member Associate. Knowledge of specific requirements and attainment is the responsibility of the student.
3. To have established the foundation for a professional lifetime of continued deepening and broadening of therapeutic ability.
4. Practicum requirements for licensure in the State of Washington.

REQUIREMENTS:

Students are expected to do the following...

Seattle University's *Master of Arts in Pastoral Counseling* (MAPC) requires 600 contact hours of supervised pastoral counseling field education and the successful completion, with a course grade of "B" or higher, of six academic quarters of practicum. Supervised clinical hours are usually defined as "face-to-face" clinical hours with individuals, couples, families, or groups. In order to insure the appropriate continuity and quality of care for your clients, practicum students should be prepared to commit approximately 14-18 clinical hours per week at their practicum site, including those weeks of the year that university classes are not in session. Each practicum student will be given appropriate time off for holidays and vacation, to be negotiated with the administrators of your practicum site and Director of the STM PC Program.

COURSE DESCRIPTION FOR QUARTER:**STMC 559 Practicum V*** Professor: Clinton McNair, PhD

The practicum provides basic experience and training in individual mental health counseling, and marriage and family counseling. Students carry a caseload of 14-18 clinical hours per week as they advance through the six quarters of training. Intense individual and group supervisory experiences in counseling services are an integral part of the course. Also includes didactic seminars on specific clinical and theological topics related to professional and career development, referral networks, marketing, practice development, and options. Prerequisite: STMC 558.

First hour: Seminar; Topic-- Professional and career development, referral networks, marketing, practice development, Healing Prayer, Spiritual Direction,

Readings: Csikszentmihalyi, M. (1997). *Finding flow: The psychology of engagement with everyday life*. New York: Basic Books. ISBN: 0-465-02411-4

Niles, S. G., & Harris-Bowlsbey, J. (2005). *Career development interventions in the 21st century* (2nd ed.). Upper Saddle River, NJ: Merrill Prentice Hall. ISBN: 0-13-113781-6

Second hour: Intake Group supervision**

Third hour: Specialty Supervision; Continuous Case Conference

Fourth hour: Regular Group supervision

Each student will be doing 14-18 clinical hours per week of internship work in a Practicum site in the community. INDIVIDUAL SUPERVISION one hour in the clinic; and Administration and other supervision as needed.

In addition to the previous quarter's criteria, students will be evaluated and graded based on the following:

Criteria for Work with Clients

- Ability to frame issues inclusively and positively, with foresight to where the work is headed
- Capacity to maintain integrity of therapist's own person while responding to client material is consistent, appropriate, and useful
- Accurate evaluation and delivery of various therapeutic options is demonstrated in client hour
- Sustains intensity of therapeutic hour with increased élan

Criteria for Use of Supervision

- Continues to show improvement in a variety of supervisory situations, as evidenced by continued growth in all previous quarters' criteria

**STMC 559 Pastoral Counseling Clinical Practicum
PRACTICUM "A" GROUP ADDENDUM TO THE SYLLABUS**

Clinton D. McNair, STM Faculty –Winter Qtr. 2008

PROFESSIONAL AND CAREER DEVELOPMENT SEMINAR

CLASS SCHEDULE 1:30-5:30PM

- Jan 7 Overview —During this quarter students will present at least one case where they are counseling with a client around the questions of vocation or career.
- Jan 14 Introduction to Career Development Understanding
Understanding and Applying Theories of Career Development
Understanding and Applying Emerging Theories of Career Development
Assignment: Read Chapters 1-3 in Niles & Harris-Bowlsbey
Case presentations by: Allison, and Natasha
- Jan 21 Career Development and Diverse Populations
Assessment and Career Planning
Assignment: Write a brief report on Chapters 4&5 in Niles & Harris-Bowlsbey
Case presentation by: Liz
MLK Day—Class Schedule today— 4:00-5:30PM; 45minutes Seminar, 45minutes Group Supervision
- Jan 28 Career Information and Resources
Using Technology to Support Career Counseling and Planning
Career Counseling Strategies and Techniques for the 21st Century
Designing and Implementing Career Development Programs and Services
Assignment: Read Chapters 6-9 Niles & Harris-Bowlsbey
Case presentations by: Natasha, and Karen
- Feb 4 Career Development Interventions in Community Settings
Ethical Issues in Career Planning Services
Evaluation of Career Planning Services
Assignment: Read Chapters 13-15 Niles & Harris-Bowlsbey
Case presentations by: Bil, and Akiko
- Feb 11 Flow: The Psychology of Engagement with Everyday Life
Assignment: Readings in Csikszentmihalyi, M
Case presentations by: Allison, and Linda
- Feb 18 Flow: The Psychology of Engagement with Everyday Life—continued
Assignment: Write a brief book report on this book of Csikszentmihalyi, M
Presidents Day—Class Schedule today—4-5:30PM; 45minutes Seminar, 45minutes Group Supervision
Case presentation by: Liz
- Feb 25 Professional Development; referral networks, marketing, practice development
Note: Make sure Site supervisors have evaluation report forms, and that they Are due back to the Pastoral Counseling office by March 10th 2008
Case presentations by: Akiko, and Linda
- Mar 3 Healing Prayer — Assessment and Evaluation
- Mar 10 Spiritual Directions and Counseling —Guest Faculty
Case presentations by: Bil, and Karen

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For an appointment to see Clinton, please call Heather Sterle at 206-296-2592 to set an appointment for you; or you can send me an email, mcnairc@seattleu.edu