

Associated Canadian Theological Schools
CLG 553: Advanced Skills
Monday 2:30 – 5:10
Fall 2009

3 semester hours

Instructor: Ian Verseveldt Ph.D., R. Psych., RMFT and AAMFT Approved Supervisor.

Office Hours: Drop in or arrange with me.

Contact: x3136 or versevel@twu.ca

COURSE DESCRIPTION

Provides students with advanced training in counseling skill using role play, video, group process and class presentations. Case management procedures will be reviewed. Emphasis will be on development of systems oriented questions and techniques as well as behavioral and Solution Focused techniques. Issues that are related to diversity and power and privilege as they relate to the areas of age, gender, sexual orientation, health/ability, culture, SES, spirituality, and ethnicity will also be addressed. Prerequisite: CLG 525 or an equivalent basic counselling skills course.

GOALS

This course is designed to assist students in becoming prepared for supervised practice in various community settings by seeking:

1. To further develop advanced skills in communication and listening (advanced accurate empathy, appropriate utilization of immediacy, confrontation, self-disclosure, and other related techniques).
2. To develop skills in behavioral, systemic and solution focused techniques
3. To develop competency in assessment and conceptual skills.
4. To develop competency in documentation skills.
5. To develop familiarity with the experience of being observed and supervised (hearing, giving, and receiving constructive feedback).
6. To provide the opportunity for self exploration regarding one's own internal reaction to issues in counseling.

TEXTS

Gehart, D. (2010). Mastering Competencies in Family Therapy. Brooks/Cole

Manning, B. (2005). The Ragamuffin Gospel. Multnomah

Patterson, J., Williams, L., Grauf-Grounds, C. & Chamow, L. (1998). Essential Skills in Family Therapy: From the First Interview to Termination. Guilford

Prieto, L.R. & Scheel, K.R. (2002). Using case documentation to strengthen counselor trainee's case conceptualization skills. Journal of Counseling and Development. (TBD)

<http://web.ebscohost.com/ehost/pdf?vid=3&hid=107&sid=3c7e6d7b-73f8-4bc1-a1dd-380703db2c2d%40sessionmgr103>

ASSIGNMENTS

Advanced Counseling Skills: Weekly Triads

The students will be expected to work in triads on a weekly basis (3 hours minimum) to practice advanced counseling skills (some of you may need or desire additional practice with certain skills). Assignment to groups will be conducted in the first class. Students are expected to fulfill the roles of client, counsellor, and observer each

week on a rotational basis. You will not be expected to practice skills from the text; these will be conducted in class. .

As **Client**, the student will role play, or preferably, share a small problem with the counsellor. The client will also provide feedback during the feedback session about how he/she felt being counseled.

As **Counselor**, the student will apply advanced empathy skills learned in class.

As **Observer**, the student will document and provide positive feedback and helpful alternatives to the counsellor. It is expected that the observer will document both positive and negative feedback to be given to the counselor. A Master copy of the feedback sheets will be supplied.

Time should be divided such that each participant has an opportunity to be in all three roles. In the beginning of the semester it is anticipated that a student may be a counselor for 30 minutes with 20 minutes of feedback time.

Students must audiotape all their sessions and review them. Students are expected to submit a 10 minute transcript (accompanied by the tape) of a session observed by the professor at midterm. The format is to consist of 4 columns. The verbatim dialogue of client and counselor is to be in the left hand column. The second column consists of a 10 point rating (the rating sheet is attached to the syllabus). Alternatives (minimum of 3) are presented in the third column with corresponding numbers to the original response and discussion. The fourth column thoughtfully reflects and analyses 1) your original response, 2) why you chose the particular rating you did and 3) the rationale behind the alternatives suggested. Give reasons that demonstrate your understanding of your skills and how you can improve upon them. The bulk of the grading will focus on the rationale behind alternatives as well as the alternative responses.

A template for your transcript will be posted on MyCourses (an example is attached to the syllabus). Please submit your assignment in word and send to the instructor via email. Audio should be submitted in windows media format on a computer disk.

Keep in mind that the amount of effort put in to the labs will reflect in your final grade.

Your instructor will be observing you and giving feedback during the labs on a scheduled basis. Please be on time and set up before the lab times assigned so that you are not using up valuable lab time for set up.

Live Observation Final Process Assignment

Students will arrange to counsel a fellow group member in a Live Observation room for 20 minutes. Two instructors may observe the session. The student must also videotape his/her session. A copy of the videofile and a transcript of a 10 minute section will be due one week after observation. An additional requirement for the transcript includes underlining key phrases spoken by the client that will be the focus of alternative advanced probe responses. Please submit your assignment in word (.doc) and send to the instructor. A template for your transcript will be posted on MyCourses.

Sign up for observation will be provided in class towards the end of the semester. Instructors will be looking for demonstration of advanced skills, problem conceptualization and treatment strategy. Students will have the opportunity to receive direct feedback on their session. The grade will be divided between live observation (50%) and transcript (50%)

Case Management File

As the counselor, each student will be responsible to “case manage” their client. It is expected that the counselor will utilize:

- 1) An admission/intake form;
- 2) A limits of confidentiality form
- 3) Case conceptualization and a treatment plan including treatment objectives
- 4) Session reports
- 5) A termination report

A file of completed documentation will be submitted at the end of the course. Details will be given in the first week of class.

Quiz

Quizzes may be given in the first 15 minutes of class on the readings to be discussed that week. The purpose of the quizzes is threefold. It is an interactive way to reinforce learning. Second, it will help you to apply what you have learned to actual situations. Third, it will help prepare you for the final exam.

Quizzes may be cumulative. No make up quizzes will be given.

Exam

A Multiple choice exam on both texts will be given during exam week.

Assignments

Scriptures: Write a short paper (2-3 pages) reviewing 5 scriptural texts or stories from the Bible that demonstrate counselling principles. Spend some time in your devotions meditating how they demonstrate counseling principles. What is God teaching you about how he wants you to counsel. Discuss in your paper what you learned and how you will apply it to counseling. Incorporate your thoughts from reading The Ragamuffin Gospel into your paper.

Direct Participation and Observation

Students are expected to attend all classes and are expected to fully engage in the discussion of class material, the participation of group exercises, and in the observation of role-plays. Students must be prepared to provide constructive feedback to their fellow students or to the instructors. Readings are to be completed prior to class to facilitate meaningful discussion, to facilitate understanding of in class role plays, and optimally benefit from lab times. These factors will be considered in the final grade and may be determined by peer and self-evaluation.

Personal Therapy

All students are required to attend a minimum of 8 sessions of psychological counselling. Although students may wish to find their own Masters level therapist, a list will be handed out of therapists who have agreed to a reduced rate (usually \$45). Students unable to fulfill this requirement will lose participation marks as well as a full letter grade. Students are encouraged to take full advantage of this opportunity to work on personal issues as they come up. Students are encouraged to interview their therapists on how they work and to clearly lay out one's own expectations to ensure suitability and optimization of this opportunity.

GRADING:		GRADING SCALE:	
Midterm transcript	20%	98 — 100 = A+	80 — 82 = B-
Case Management File	**	93 — 97 = A	77 — 79 = C+
Scripture paper	5%	90 — 92 = A-	73 — 76 = C
Exam	25%	87 — 89 = B+	70 — 72 = C-
Live Observation Final Process Exam	40%	83 — 86 = B	below 69 = F
Personal Therapy	**		
Quizzes and Participation	10%		

COURSE OUTLINE

DATE	TOPIC	READINGS: (update first day of class)	CLASS	ASSIGNMENTS (update first day of class)
WEEK 1: September 14	Intro: Syllabus review Feedback Call to Ministry		Feedback demo	Assign Triads
WEEK 2: September 21	Core Competencies		Interview Demo	
WEEK 3: September 28	Initial Interview	PWGC ch. 1 MCFT ch. 3	.	
WEEK 4: October 5	Treatment Planning: assessment and note taking	PWGC ch. 2-6 MCFT ch. 4,6 Prieto & Scheel (?)	Treatment Plan Exer	
WEEK 5: October 12	THANKSGIVING			TRIADS
WEEK 6:	Treatment Planning: goals,	PWGC ch. 7-11		1. Tape and transcript

October 19	treatment selection	MCFT ch. 5	2. Case conceptualization and Treatment Plan TRIADS
WEEK 7:	READING BREAK		
October 26			
WEEK 8:	Treatment Planning: goals, treatment selection		
November 2			
WEEK 9:	<i>Behavioral Strategies</i>	The Relaxation and Stress Reduction Workbook	
November 9			
WEEK 10:	Stress management, Relaxation		
November 16			
WEEK 11:	<i>Trauma</i>		Tentative date TBA
November 23			
WEEK 12:			Scriptures Due
November 30			File Due
WEEK 13:			Final Observations
December 7			
WEEK 14:			Final Transcript and Tape Due:
December 14			December 14th
EXAM WEEK			Exam: December 14th

Observation LAB

Time possibilities (please note changes from online schedule)

Monday

8:30 – 10:30

Thursday

1:00 -3:00

Group 1:

Group 2:

Group 3: