

SCHOOL OF APPLIED PSYCHOLOGY AND COUNSELOR EDUCATION

APCE 601

Practicum in Couples and Family Therapy

Faculty Professor & Clinical Supervisor: Dr. Danielle M. Kahlo, Lowry Campus Room 233, (970) 351.1021 danielle.kahlo@unco.edu

COURSE DESCRIPTION:

Students will receive supervised experiential training in counseling with couples and families. They will develop diagnostic and therapeutic skills in systemic approaches. S/U graded.

PREREQUISITE:

APCE 612 and APCE 669

KNOWLEDGE & SKILL OUTCOMES: Upon successful completion of this course students will:

1. Participate in an average of one hour per week of individual and/or triadic supervision throughout the practicum by a site supervisor who is working in biweekly consultation with a program faculty member in accordance with the supervision contract and participate in an average of 1 1/2 hours per week of group supervision that is provided on a regular schedule throughout the practicum by a program faculty member or a student supervisor (CACREP III.F.2,3).
2. Participate in program-appropriate audio/video recordings for use in supervision or live supervision of the student's interactions with clients (CACREP III.F.4).
3. Receive evaluation of his/her counseling performance throughout the practicum, including documentation of a formal evaluation after the student completes the practicum (CACREP III.F.5).
4. Implement self-care strategies appropriate to the counselor role (CACREP II.G.1.d).
5. Demonstrate an orientation to wellness and prevention as desired counseling goals, counselor characteristics and behaviors that influence the helping process, essential interviewing and helping skills (CACREP II.G.5.a, b, c), the ability to apply and adhere to ethical and legal standards in marriage, couple, and family counseling, and an ability to select models or techniques appropriate to couples' or families' presenting problems (CACREP MCFC.B.1,2).
6. Use preventative, developmental, and wellness approaches in working with individuals, couples, families, and other systems such as premarital counseling, parenting skills training, and relationship enhancement, an ability to use systems theories to conceptualize issues in marriage, couple and family counseling, an ability to implement treatment, planning, and intervention strategies, and the ability to use procedures for assessing and managing suicide risk (CACREP MCFC.D.1, 2, 3, 4).
7. Adhere to confidentiality responsibilities, the legal responsibilities and liabilities of clinical practice and research, family law, record keeping, reimbursement, and the

business aspects of practice and have an ability to recognize his or her own limitations as a marriage, couple, and family counselor and to seek supervision or refer clients when appropriate (CACREP MCFC.D.5, 6).

8. Demonstrate an ability to provide effective services to clients in a multicultural society, maintain information regarding community resources to make appropriate referrals, and advocate for policies, programs, and services that are equitable and responsive to the unique needs of couples and families (CACREP MCFC.F.1, 2, 3).
9. Demonstrate an ability to modify counseling systems, theories, techniques, and interventions to make them culturally appropriate for diverse couples and families (CACREP MCFC.F.4). Apply skills in interviewing, assessment, and case management for working with individuals, couples, and families from a systems perspective, use systems assessment models and procedures to evaluate family functioning, and demonstrate an ability to determine which members of a family system should be involved in treatment (CACREP MCFC.H.1, 2, 3).
10. Apply relevant research findings to inform the practice of marriage, couple, and family counseling, develop measurable outcomes for marriage, couple, and family counseling programs, interventions, and treatments, and analyze and use data to increase the effectiveness of marriage, couple, and family counseling programs, interventions, and treatments (CACREP MCFC.J.1, 2, 3).

COURSE CONTENT:

This course is designed for students to meet the CACREP 2009 Standards requirements for Marriage, Couples, and Family Counseling. Throughout this practicum experience, the student will receive individual or triadic supervision and group supervision on a weekly basis. Students will have the opportunity to learn and develop counseling skills for working with couples and families, initial diagnostic competencies for couples and families, client record keeping, and the formation of treatment plans for couples and families through a combination of lecture, demonstration, experiential activities, and guided practices.

This course will consist of individual and group supervision, personal examination, reflection and discussion, and provision and utilization of feedback. Content areas include but are not limited to the following topics of professional development in the context of couples and family counseling and systems-based models of therapeutic practice:

- Examination and discussion of therapeutic variables
- Legal and ethical aspects of providing counseling services
- Working with diverse clients/populations
- Disclosure documents and informed consent process, client rights, referral procedures, case planning and management
- Intake and termination procedures
- Use of counseling aids.
- Development of personal counseling approach.
- Case staffing and case presentations.
- Evaluating and determining effectiveness in counseling.

Method of Instruction: This is a clinical course involving lecture, supervision and group discussion, case studies and presentations. The class will meet for one hour per month. Attendance is required each month.

Evaluation: This course is graded on an “S/U” basis. An “S” grade indicates satisfactory demonstration of the course requirements and is the equivalent of a letter grade of either “A” or “B.” A grade of “U” indicates unsatisfactory demonstration of the course requirements and is the equivalent of a letter grade of “F.” Grades for this course are determined through the professional judgment of the supervisor.

Recommended Texts: Baird, B. (2008). *Internship, Practicum and Field Placement Handbook: A Guide for the Helping Professions*. Pearson Prentice-Hall.

Becvar & Becvar (2006). *Family Therapy: A Systemic Integration*, 6th Edition. Allyn & Bacon.

Wilcoxon, Remley, Gladding & Huber (2007). *Ethical, Legal and Professional Issues in the Practice of Marriage and Family Therapy*, 4th Edition. Merrill Publishers.

Course Requirements:

1. Regular Attendance with active and constructive participation in class discussion and supervision meetings. Complete assigned readings prior to class meetings and be prepared to discuss.
2. Provide informal case presentations to class during group supervision
3. Provide feedback to fellow class members in group supervision
4. Arrange and participate in site evaluation reviews between student, faculty supervisor/instructor and on site supervisor each semester.
5. Follow all ACA ethical guidelines
6. Articulate a personal theoretical orientation and begin to demonstrate its application in sessions
7. Demonstrate appropriate counseling skills equivalent to a master’s level counselor (attending, empathy, respect, concreteness, genuineness, immediacy, and confrontation). Use skills and competencies such as:
 - a. Opening and closing an interview
 - b. Responding effectively to cognitive and affective content of clients’ communication
 - c. Setting outcome goals with clients and planning change strategies with clients
 - d. Employing a variety of counseling techniques, procedures, and resources as appropriate.
8. Accept and use supervisory feedback in a professional manner, to improve counseling effectiveness
9. Demonstrate awareness, knowledge and skills in counseling clients who are culturally different, including racial, ethnic, gender, sexual orientation or socioeconomic differences.

Academic Conduct: Cheating on assignments or examinations, submitting work of other students as your own, or plagiarism in any form will result in penalties ranging from an "F" on an assignment to expulsion from the University.

Professional Conduct: Students are expected to adhere to the appropriate code of ethics for their particular program. Any behavior which is deemed unethical will be grounds for dismissal from the program.

APCE Professional Membership Policy: As a graduate student in a professional training program, the faculty of the Division strongly encourage you to become a member of your professional association, e.g., ACA, APA, AAMFT, ACES, ASCA, NASP.

APCE Professional Counseling Policy: As of March 4, 1996, all incoming Ph.D. in Counselor Education and M.A. students are required to join ACA during their first semester in the program; future registration will be put on hold until membership is acquired. At the beginning of the student's first semester, a copy of the student's ACA membership card is to be given to the APCE Administrative Assistant for entry in the Division data base.

Professional Liability Insurance Policy: All students are required to show proof of having professional liability insurance before being allowed to take an internship.

Disability Statement: Students with disabilities who believe they may need accommodations in this class are encouraged to contact the Disability Access Center at 970.351.2289 as soon as possible to better ensure that such accommodations are implemented in a timely fashion.