The University of St. Thomas  
Clinical Mental Health Counseling Programs  
CMHC 6335 Practicum I/Crisis Intervention  
Semester & Year

Instructors: Hilda Davis, Ph.D. & Hillery Keith, Ph.D.  
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Course Home Page: On Blackboard  
Class Meeting: Wednesdays 9-11:45am  
Prerequisites: CMHC 5300, 5305, 5310, 5315

Course Description: This course offers a practicum experience of 100 or more clock hours, including 40 or more hours of direct service to clients. The course engages the student in group supervision to accompany a clinical field placement (a minimum of 35 hours of group supervision). Written and oral presentations accompanied by audio and video recordings form the basis of the supervisory process. An introduction to crisis intervention techniques is offered.

Learning Outcomes: This course is designed to support the student in mastery of the following 2016 CACREP competencies:

2.5.b-c, f-i, k-m  
  b. a systems approach to conceptualizing clients  
  c. theories, models, and strategies for understanding and practicing consultation  
  f. counselor characteristics and behaviors that influence the counseling process  
  g. essential interviewing, counseling, and case conceptualization skills  
  h. developmentally relevant counseling treatment or intervention plans  
  i. development of measurable outcomes for clients  
  k. strategies to promote client understanding of and access to a variety of community-based resources  
  l. suicide prevention models and strategies  
  m. crisis intervention, trauma-informed, and community-based strategies, such as Psychological First Aid

2.7.c-d  
  c. procedures for assessing risk of aggression or danger to others, self-inflicted harm, or suicide  
  d. procedures for identifying trauma and abuse and for reporting abuse
3.F-I
F. Students complete supervised counseling practicum experiences that total a minimum of
100 clock hours over a full academic term that is a minimum of 10 weeks.
G. Practicum students complete at least 40 clock hours of direct service with actual clients that
contributes to the development of counseling skills.
H. Practicum students have **weekly interaction with supervisors** that averages one hour per
week of individual and/or triadic supervision throughout the practicum by (1) a counselor
education program faculty member, (2) a student supervisor who is under the supervision of a
counselor education program faculty member, or (3) a site supervisor who is working in
consultation on a regular schedule with a counselor education program faculty member in
accordance with the supervision agreement.
I. **Practicum students participate in an average of 1½ hours per week of group supervision** on
a regular schedule throughout the practicum. Group supervision must be provided by a
counselor education program faculty member or a student supervisor who is under the
supervision of a counselor education program faculty member.

In addition to addressing the CACREP standards described above, this course is also designed to
assist the student in her or his preparation for the National Counselor Examination (NCE) and
licensure requirements for Licensed Professional Counselors (LPCs) in Texas (Practicum).

This course also addresses the following Catholic social justice dimensions:

**The Principle of Solidarity:** We are one human family; loving our neighbor has global
dimensions in an interdependent world.

**The Principle of Human Dignity:** Every human being is invaluable and worthy of respect as a
member of the human family.

**The Principle of Preferential Protection for the Poor and Vulnerable:** The good of society as a
whole requires us to put the needs of the poor and vulnerable first.

**Required Texts:**


Counseling Association.

**Recommended Texts:**

American Psychiatric Association (2013). *Diagnostic and statistical manual of mental
Reserve Materials/Recommended Articles Posted on Blackboard:

Readings as deemed appropriate will be provided on Blackboard.

Methods of Instructions and Conduct of the Course:

Instruction will take place through supervised practical application, assigned reading, seminar discussion, audio/video review, and peer/instructor feedback. Students are expected to read assigned readings and case presentation reports prior to class.

Supervision is the clinical foundation for counseling. Small group supervision is considered to be foundational for clinical preparation. For this reason, **attendance at all classes is important**.

When a student is absent from even one clinical class, it is necessary for that student to review that day’s case presentation, including the recording, and then to **present a written critique to the student who presented**. This is to be completed within two weeks of the missed class to further facilitate the presenter’s clinical progress. More than one absence from a clinical course can result in a point grade reduction (i.e. B+ to B).

Final Grade Distribution:

Students will receive a final semester grade (letter grade) which takes into consideration the grades for each presentation, class participation (including the quality and quantity of feedback given in class to fellow students), timeliness of assignments, evaluations from all supervisors (agency and classroom supervisors), and input from the clinical training director.

Clinical supervision is, by its nature, subjective. Thus, it is challenging to assign numerical values to the content of this supervision course. Instructors use their clinical experience and discernment to assign grades to students, and may consider the quality of all of the work over the course of the semester. Differences of perception between the student and instructor should always be discussed directly between the instructor and student.

Grading:

Each student will offer a minimum of two **case presentations** (60 or more minutes) during the course of the semester.

**A video or audio recording is to be played in class.** The recording must be audible in a classroom situation. The recording (a copy of the tape, not the original) will be given to the **instructor along with the write up in advance of the student’s presentation**. Video cameras must be purchased by the student if your placement does not allow video recording for some reason, you must arrange an alternative recording in consultation with your instructor. Presentations should demonstrate skill level beyond the intake session with a client.
A sample time-frame for a full presentation (totaling about 1 hour and 45 minutes) is as follows:
(the presenter is responsible for keeping the class to the format):

Introduction (5 minutes)
Questions - clarifying information in the write-up (10-15 minutes)
Recording (20-30 minutes)
Break (10-15 minutes)
Discussion on all themes and feedback (45-50 minutes) - the class will give to each presenter gifts of affirmation and challenge. We will discuss presentation feedback protocol in greater detail before the presentations begin.

A sample time-frame for a half-class presentation (totaling about 1 hour each) is as follows:

Introduction (5 minutes)
Questions - clarifying information (10 minutes)
Recording (15 minutes)
Discussion (30 minutes)

The case presentations include the preparation of a 7-10 page paper (DS, APA-style) submitted to the instructor and class colleagues at least three days in advance of the case presentation which includes the required paper contents (see below). The instructor will post the case presentation to Blackboard at least 24 hours in advance of the case presentation. Each member of the class is expected to read the case paper prior to class. All client information should be de-identified, and students are expected to destroy any paper copies of the case following the case presentation, to further support client confidentiality.

I. Identifying Information
First initial (e.g. “B”), age, gender, culture/ethnicity, religion, level of education, work setting.

II. Clinical Impressions including Mental Status Assessment
Description of the client’s appearance, behavior, speech, and other notable elements of a mental status exam.

III. Presenting Problem including Chief Complaints (symptoms)
The presenting problem may be, “My husband died.” The chief complaints may be, “I can’t sleep, and I have lost the will to live.” This area is identified as the client sees the problems and relates his or her symptoms or complaints. Also includes client’s thoughts as to why the problems or symptoms are present at this time. Recent crises?

IV. History - Personal, Social, Family, Mental Health, and Medical
Description of Childhood, adolescence, adulthood including marriage, children, other significant relationships. History of family and any medical and psychological problems. Chronic illnesses or complaints, operations, hospitalizations, medication and dosage, over the counter medications, herbal supplements, caffeine, alcohol, drug intake? Previous and current interaction with medical and mental health personnel. Include alternative medical treatment.
V. **Tentative Theoretical Formulation using appropriate theories as references**
State what patterns of thinking, feeling, behaving, and believing your client demonstrates. If you wish, you may try your hand at addressing developmental issues, transference, resistance, and possible cross cultural issues.

VII. **Tentative Initial Diagnosis and Prognosis**
DSM diagnosis.

VIII. **Recommendation for Counseling**
Recommendation for counseling (individual, family, group?) or ancillary related activities (e.g., self-help groups). How often and with whom? Try specifying some initial goals for counseling.

IX. **Critique of Counseling to Date and Requests of Group**
History of your relationship with the client. What strengths and growing edges have you brought to this relationship? Identify your counter-transference issues. Specify requests for feedback from your clinical group.

X. **Cultural Assessment**
Describes client’s personal and family world view, health care belief system, issues of diversity (race, gender, SES).

XI. **Principles of Crisis Intervention**
Describe client’s experience with trauma, intervention, and post traumatic growth.

After each presentation, the student will receive a Small Group Feedback form with grades and comments from the instructor. This will be discussed the week following the presentation during an individual supervision meeting. At that time the student will bring to the discussion two brief paragraphs incorporating the following:

- **First Paragraph**
  A critique of your written presentation from the feedback gained in class.
  A critique of the class presentation.
  A critique of your demonstrated openness to receiving feedback.
  How the information gained in class will be utilized with the client presented.

- **Second Paragraph**
  Recommended grades for the written presentation, the class presentation, and your receptivity to the class’ feedback.
  A 1-2 sentence justification for each grade.
  A list of any chapters in books or journal articles that you may read to prepare for your class presentation.

Due to the nature of this course, a **Final Exam** is not offered to students.

**Check In** – Every week we will set aside time to briefly update our colleagues on how it’s going at the respective sites (10 minutes).
Academic Integrity and Standards of Conduct:

**Academic Integrity**
As a Catholic, Basilian university, integrity and honesty are integral components of UST’s core values. We support open, civil discourse and careful, respectful listening where freedom of thought and expression are valued and protected. The University also supports honesty and integrity by striving in various ways to foster respect for oneself and one’s own work, as well as respect for others, their work, and their basic human rights.

Students are expected to conduct themselves honestly on all academic assignments. University-wide information about academic integrity as well as procedures for addressing alleged violations can be found in the Graduate Catalog. Violations of academic integrity include, but are not limited to cheating, stealing, lying, forgery, and plagiarism. Ignorance of any of these offenses is not a valid reason for committing an act of academic dishonesty.

**Blackboard**
Course materials are placed on UST’s content management system, Blackboard.

**Recording Class Lectures**
With the instructor’s permission, students may record class lectures for their private use only. No clinical case presentations or case studies offered in class may be recorded. The materials may not be given, loaned, or sold to others without the consent of the instructor. In addition, class lectures must be appropriately cited when used (see APA Manual).

**Weather-Related Cancellations or Changes to Schedule**
When UST closes due to a weather event, the University will place this information on local television and radio channels, and the university’s website. Missed classes will be made up, either through the rescheduling of the class time, or through a supplemental academic activity.

**Learning Disabilities or Differences**
To request academic accommodations due to a disability or difference, contact Counseling and Disability Services (713-525-2169). If you have a letter from Counseling and Disability Services indicating that you are eligible for academic accommodations, please present the letter to the instructor to arrange for the use of your accommodations. To ensure fairness to all students and maintain appropriate professional boundaries, instructors follow the guidance of the Counseling and Disability Services office in the provision of accommodations.

**Writing Center**
To request assistance with writing papers, contact UST’s Tutorial Services office, located on the second floor of Crooker Center.

**Communication Devices**
To avoid distracting the instructor and other students from their class work, please turn off all cell phones or other communication devices during class time. Please refrain from text messaging, e-mailing, or surfing the web in class.
Incomplete Grades
Incomplete grades will only be given for extreme emergencies, at the discretion of the instructor. A death in your family, extreme illness (not colds and flu), military activation, or other significant events outside of your control may be grounds for an Incomplete grade.

Withdrawal from Course
To withdraw from the course with a grade of ‘W’, the student must withdraw by the date reflected in the University’s academic calendar. Please consult the graduate catalog for more information.

Course Evaluation at the End of the Semester
Students are asked to evaluate the course and instructor at the end of each semester. This evaluation is extremely helpful in the improvement of our courses. Please participate in this important process.
**Schedule of Class Sessions:**

<table>
<thead>
<tr>
<th>Week</th>
<th>Class</th>
<th>Session Topic</th>
<th>Required Reading</th>
<th>Assignment</th>
<th>Competencies</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>1/20</td>
<td>Introduction to the Course</td>
<td>Syllabus</td>
<td>Introductions and Plans</td>
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<tr>
<td>2</td>
<td>1/27</td>
<td>Ethics &amp; Self-Care Introduction to Crisis Intervention</td>
<td>ACA Code of Ethics J &amp; G Chapters J &amp; G Chapters 1,2,3,4</td>
<td>Theory and Overview of all</td>
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<td>3</td>
<td>2/3</td>
<td>More Crisis Intervention</td>
<td>J &amp; G Chapter 4 &amp; 5</td>
<td>Tools &amp; Crisis Case Handling</td>
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<td>4</td>
<td>2/10</td>
<td>Counselors 1 &amp; 2</td>
<td>J &amp; G Chapter 6</td>
<td>Telephone and Online Crisis</td>
<td></td>
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<tr>
<td>5</td>
<td>2/17</td>
<td>Counselors 3 &amp; 4</td>
<td>J &amp; G Chapters 8</td>
<td>Crisis of Lethality</td>
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<td>6</td>
<td>2/24</td>
<td>Counselor 5 &amp; 6</td>
<td>J &amp; G Chapters 9</td>
<td>Sexual Assault</td>
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<td>7</td>
<td>3/2</td>
<td>Counselor 1</td>
<td>J &amp; G Chapters 8</td>
<td>Partner Violence</td>
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<td>8</td>
<td>3/9</td>
<td>Counselor 2</td>
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<td>9</td>
<td>3/16</td>
<td>Check in</td>
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<td>10</td>
<td>3/23</td>
<td>No Class: Spring Break</td>
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<td>11</td>
<td>3/30</td>
<td>Counselor 3</td>
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<td>12</td>
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<td>Counselor 4</td>
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<td>14</td>
<td>4/20</td>
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<td>15</td>
<td>4/27</td>
<td>Counselor</td>
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<td>16</td>
<td>5/4</td>
<td>Wrap-Up &amp; Semester Review</td>
<td>J &amp; G Chapter 16</td>
<td>Human Services Workers in Crisis</td>
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<td>None - Yay...</td>
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**Total in class hours = approx. 34 (plus 2 private meetings with instructor)**