

Syllabus
Professional Issues
Spring 2024

Professor:	Arthur Cardona PsyD	Course #:	PSYC 5283, sec. X40
Office:	110 O'Donohoe	Time:	11:00am to 12:20pm
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This course is a seminar course addressing professional orientation. As such, this course addresses the role identity of therapeutic service providers. Additionally, this course familiarizes students with the objectives of professional organizations, professional codes of ethics, legal aspects of practice, and standards of preparation for professional competence.

Course Objectives:

1. Prepare students for entry into the mental health service profession.
2. Familiarize students with legal aspects of practice.
3. Promote insight and professional identity.

Course Readings:

In addition the assigned readings, outlined in the Tentative Class Schedule, students should obtain and read the following documents:

2014 ACA Code of Ethics

<https://www.counseling.org/resources/aca-code-of-ethics.pdf>

2017 APA Ethical Principles of Psychologists and Code of Conduct

<http://www.apa.org/ethics/code/ethics-code-2017.pdf>

Course Requirements:

Student grades will be derived from their performance on five assessments:

- 1) Well-being Self-Assessment Project. Students will complete a well-being self-assessment project. This project will include the completion of a self-assessment, risk assessment, and wellness plan. The assignment will be worth 50 points each.
 1. Self-Assessment:
 - Choose a reputable well-being assessment tool or questionnaire related to mental health, stress, or burnout. You can use well-established self-assessment tools such as the Maslach Burnout Inventory (www.mindtools.com), Perceived Stress Scale (Dept of Admin Services website), or any other validated assessment relevant to well-being.
 - Complete the self-assessment honestly and thoughtfully. Reflect on your scores and what they reveal about your current well-being, stress levels, and potential areas of concern.
 - Write a brief summary (1-2 pages) that includes:
 - The name and source of the assessment tool you used.
 - A summary of your scores and what they indicate.
 - Your initial thoughts and feelings in response to your scores.
 - Self-Assessment Due: February 20th 2024
 2. Risk Assessment Due: March 5th, 2024
 - Reflect on your future career as a psychologist or counselor. Consider the potential risks and challenges that may affect your well-being in this profession. This may include factors such as client distress, emotional demands, ethical dilemmas, workload, and work-life balance.
 - Write a risk assessment (2-3 pages) that includes:
 - Identification of potential well-being risks in your future profession.
 - A brief explanation of each identified risk.

- Consideration of how these risks may impact your mental health and well-being.
3. Wellness Plan Due: April 9th, 2024
- Develop a personalized wellness plan to address the well-being risks you identified in your risk assessment. Your plan should include strategies, goals, and resources to promote your well-being throughout your career.
 - Write a wellness plan (3-4 pages) that includes:
 - Specific strategies and actions to address each identified risk.
 - Clear, measurable goals related to your well-being.
 - Resources and support systems you can utilize (e.g., self-care practices, supervision, counseling, peer support).
- 2) Reading Reflections & Discussion: Throughout the course, you will be assigned various articles related to professional and ethical issues in psychology and counseling. To foster critical thinking and meaningful engagement with the course content, you are required to submit brief half-page reflection discussions on your thoughts and feelings about the assigned articles. These reflections should include your reactions, questions, insights, and connections to course topics. The assignment will be worth 10 points each.
- 3) Licensure Application Assignment. Students will complete an assignment addressing state licensure requirements. The purpose of the assignment is to help students understand the licensure process and requirements. The assignment will be worth 50 points.
- 4) Jurisprudence Exam - Students will complete a jurisprudence quiz. This quiz will be an open written and electronic resource quiz. (Note that peer consultation or communication regarding the exam of any kind is not appropriate.) The quiz is modeled after the jurisprudence exam associated with most licenses. Students will have two hours to complete the exam. The quiz will be worth 100 points.
- 5) Technology Review – Students will be required to review a technology support for private practice. To this end, students will review a website, app, or other technology for psychotherapy. Students will complete a brief summary of their findings. The assignment will be worth 50 points.
- 6) Supervision Contract. Students will develop a personalized supervision contract, based upon class readings and self-assessment. The assignment will be worth 60 points.

Participation:

Participation is required for the course. Students failing to submit two assignments for the course will be dropped from the course.

Make-Up Assignments:

Make up assignments are not allowed. Students must complete their assignments by the identified due date.

Cheating Policy:

Any evidence of cheating (e.g., unapproved collaboration, using an unauthorized memory aide) will result in automatic dismissal from the course with a letter grade of “F” and a referral to the Dean of Students, as cheating is a violation of the university honor code. If you are unsure about a specific behavior on a specific assignment, ask prior to engaging in any behavior that could be construed as cheating.

Disability:

Any student who, because of a disability, may require special arrangements in order to meet the course requirements should contact the instructor as soon as possible to make necessary arrangements.

Students must present appropriate verification from the University's Disability Support Services (DSS) during the instructor's office hours. Please note that instructors are not allowed to provide classroom accommodation to a student until appropriate verification from the DSS has been provided.

TENTATIVE CLASS SCHEDULE:

Date	Readings	Due Dates
1/16	Class Introduction and Syllabus Review	
1/18	NO CLASS Self-Assessment Due	Due by 11am
1/23	The Beneficial Demands of Conducting Psychotherapy Ethics, Self-Care and Well-Being for Psychologists: Re-envisioning the Stress-Distress Continuum A Typology of Burnout in Professional Counselors	
1/25	Reading Reflections Due	Due by 11am
1/30	Antecedents and Consequences of Three Dimensions of Burnout in Psychotherapists: A Meta-Analysis Prevalence and Causes of Burnout: A Systematic Review Burnout among Clinical and Counseling Psychologists – The Role of Early Maladaptive Schemas	
2/1	Reading Reflections Due	Due by 11am
2/6	Personal Risk Factors Associated with Burnout Preventing Burnout: What Does the Research Tell Us? Relationships Between Coping Strategies and Burnout Symptoms: A Meta-Analytic Approach Self-care, Stress, and Well-being among Practicing Psychologists	
2/8	Reading Reflections	Due by 11am
2/13	Texas State Board of Examiners of Professional Counselors Acts and Rules	
2/15	READING REFLECTIONS DUE for LPCs	Due by 11am
2/20	Texas State Board of Examiners of Psychologists Act and Rules	
2/22	READING REFLECTIONS DUE for LPAs	Due by 11am
2/27	Licensure Application Assignment DUE	Due by 11am
2/29	NO CLASS	
3/5	Civil Practice and Remedies Code Chapter 81 Family Code Chapter 153 Family Code Chapter 261 Health and Safety Code Chapter 611 Human Resources Code Chapter 48 Legal and Clinical Guidelines for Making a Child Maltreatment Report Risk Assessment Due	
3/7	NO CLASS	
3/19	NO CLASS	
3/21	Reading Reflections Due	Due by 11am
3/26	Strategies for Private Practitioners Coping with Subpoenas for Compelled Testimony Courtroom Testimony: Ethics and Counseling Notes	
3/28	Reading Reflections Due	Due by 11am
4/2	Jurisprudence Quiz	
4/4	Assessment of Lifelong Learning in Psychologists How to Spot Hype in the Field of Psychotherapy: A 19-item Checklist	
4/9	Reading Reflections & Wellness Assessment Due	Due by 11am
4/11	Technology Review	
4/16	Technology Review cont.	Due by 11am
4/18	Guidelines for Clinical Supervision in Health Service Psychology Preparing for Entry-level Practice in Supervision Strict Liability Standard and Clinical Supervision	
4/23	Reading Reflection Due	Due by 11am
4/25	Supervision Contract	Due by 11am

Grades: Grades will be based on a 500 point scale.

A	450-500
B	400-449
C	350-399
D	300-349
F	Below 300