Syllabus Individual Psychotherapy PSYC 6113 Sec 101 Fall 2018

Professor: David L. Carlston Office: 120 O' Donohoe

Office Hours: T/TR 9-11am, W 9:30-10:30am Phone: 397-4718

Class Time: TR 2-3:20 MW email: david.carlston@mwsu.edu

Location: OD 110

Textbooks: Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2018). *Intentional interviewing and*

counseling: Facilitating client development in a multicultural society.

(9th Edition). Boston: Cengage Learning. (Required)

Morrison, J. (2014). *The first interview*. (Fourth Edition). New York: The Guilford Press. (Required)

Goals/Objectives:

The goal of this course is to provide students with the foundational interview and interpersonal skills necessary for conducting counseling services. Students in this course are expected to learn basic interviewing skills pertinent to the provision of counseling from any theoretical perspective. To this end, it is expected that, upon completion of the core clinical block, students will:

- 1) Become acquainted with interviewing and counseling microskills;
- 2) Practice microskills in a safe environment with supportive feedback;
- 3) Demonstrate competency in counseling interviewing, rapport building, and targeted assessment (e.g., suicide assessment); and,
- 4) Be prepared to enter into supervised clinical practicum.

Student Evaluation:

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

A = 500-450

B = 449-400

C = 399-350

D = 349-300

F = 299 or lower

Examinations: Three exams will be given during the course. Each exam will be comprised of short answer and essay questions. Each exam will be worth 100 points.

Clinical Experiences: In order to become comfortable with and practice the skills taught in this course, students will participate in a variety of role play situations. Role plays will vary in duration, ranging from 20-45 minutes. For Video 4 and Video 6 students will provide an annotated transcript of the session and self-evaluation of their performance. Students will earn up to 75 points for each of these assignments. For each of the other video assignments, students will complete a self-evaluation. Students will earn up to 50 total points for their completion of Videos 1, 2, 3, and 5.

Psychology is not only academic, but also skills based. If a student should receive a grade below a B on the final clinical evaluation, I will ask another licensed faculty to review the final clinical evolution and confirm the final grade.

Attendance:

Class attendance is required. Each student is allowed <u>two</u> absences without penalty. Each additional absence will result in a 10% reduction in the students' final grade. Students will be responsible for the material they miss when absent. **No late assignments will be accepted**. Students with more than four absences will be dropped from the course with a failing grade.

Make-up Exams:

Make-up exams will be provided if necessary. Make-up exams will be oral exams conducted during a 45-minute block. Exams must be completed within four class days of the missed exam.

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.

Cheating Policy:

DON'T! Any evidence of cheating on exams, quizzes, or on the paper will result in dismissal from this class with a grade of "F."

Travel Plans:

Please do not make travel plans during finals week. The final will be given when the university has scheduled it as per the schedule of classes.

Midterm Grade Reports:

In order to help students keep track of their progress toward course objectives, the instructor for this class will provide a Midterm Progress Report through each student's WebWorld account. Midterm progress reports will only be provided for students with a grade of C or less in the course. Midterm grades will not be reported on the students' transcript; nor will they be calculated in the cumulative GPA. They simply give students an idea of where they stand at the midpoint of the semester.

Week	Date	Topics	Assignments/ Tests
1	8/26	FI: What is Interviewing	No Class 8/28 Video #1 (8/30)
2	9/2	II: Intentional Interviewing, Counseling and Psychotherapy; Ethics, Multicultural Competence, Neuroscience, and Positive Psychology/Resilience	No Class 9/2
3	9/9	FI: Chief Complaint and Free Speech; Developing Rapport; Managing the Early Patient Interview; History of Present Illness; Getting the Facts about the Present Illness II: Attending and Empathy Skills; Observation Skills	
4	9/16	II: Questions: Opening CommunicationFI: Mental Status Exam I: Behavioral Aspects; Mental Status Exam II: Cognitive Aspects; Signs and Symptoms in Areas of Clinical Interest	Video #2 (9/20)
5	9/23	FI: Mental Status Exam I: Behavioral Aspects; Mental Status Exam II: Cognitive Aspects; Signs and Symptoms in Areas of Clinical Interest	Video #3 (9/28)
6	9/30	FI: Interviewing about Feelings; Personal and Social History; Sensitive Subjects	Exam #1 – 9/30
7	10/7	II: Encouraging, Paraphrasing, and Summarizing: Active Listening and Cognition; Reflecting Feelings: The Heart of Empathic Understanding	
8	10/14	FI: Meeting Resistance; Special or Challenging Patient Behaviors and Issues; Troubleshooting Your Interview Provided Readings: Suicide Assessment	Video #4 (10/18)
9	10/21	Provided Readings: Suicide Assessment	
10	10/28	FI: Interviewing Informants; Sharing Your Findings with the Patient; Communicating Your Findings to Others	Video # 5 (11/1)
11	11/4	II: How to Conduct a 5-Stage Counseling Session Using Only Listening Skills	Exam #2 – 11/4
12	11/11	II: Focusing the Counseling Session: Contextualization and Broadening the Story; Empathic Confrontation Identifying and Challenging Client Conflict	
13	11/18	II: Reflection of Meaning and Interpretation/Reframing: Helping Clients Restory Their Lives	
14	11/25	II: Action Skills for Building Resilience and Managing Stress	No Class 11/27
15	12/2	II: Counseling Theory and Practice: How to Integrate the Microskills with Multiple Approaches; Skill Integration, Determining Personal Style, and Transcendence	Video #6 (12/6)
	12/11	Final Exam – 5:45-7:45pm	Final Exam