

PCO 7217

PROFESSIONAL ETHICS AND SKILLS
Spring 2018

Instructors:

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Office hours: By appointment

Class meeting time & location:

Wednesday 7-9 period
Counseling & Wellness Center

Goals and Objectives:

Welcome to pre-practicum! This is a pre-professional class that is practice oriented. This course will be conducted as a seminar and will be both experiential and didactic. Classes will involve a combination of interactive discussions, skill-building exercises, and student presentations. You will be given the opportunity to learn vital clinical skills that you will be able to use in a variety of settings. Specific objectives for the course are to:

- Begin to develop an identity as a therapist-in-training
- Develop and demonstrate a working knowledge of basic helping/counseling skills.
- Increase counseling skills and self-efficacy.
- Develop personal awareness and insight into your reactions, thoughts, and feelings regarding helping others, the process of change, and how to facilitate that process as a counselor.

Texts/Articles/Readings:

Class readings will be from required texts (below) and supplemental readings that will be assigned or provided by the instructor. Students are expected to read the assigned chapters and/or articles prior to the class meeting and actively and respectfully contribute to the class discussion.

Required Textbooks:

Louis Cozolino, *The Making of a Therapist: A Practical Guide For The Inner Journey*. New York. Norton (2004)

David Martin, *Counseling and Therapy Skills, 4th edition*, Long Grove, Illinois, Waveland Press (2015)

Seminar Format

This class is based on an experiential and discussion-based seminar format. This seminar is intended to develop both your skills and your confidence as a counselor. You will be expected to participate fully in each seminar. We will foster each other's understanding of the subject matter by actively participating in ongoing class discussions and activities. You will be assigned to take charge in facilitating particular discussions or exercises, yet everyone is expected to be an active participant.

Attendance and Participation (20% of final grade)

Since this is a seminar that only meets once weekly, attendance and participation are crucial and you are expected to attend and participate actively. If you must miss a class, please let me know in advance and consult with a classmate about materials covered during that class. Please be aware that missing class will impact your participation grade. It is the expectation you will come to class prepared to discuss assigned readings.

Role Plays (20% of final grade)

At times you will be asked to participate in role-play experiences to demonstrate the skills we have discussed in class. These role plays also provide an opportunity to practice giving and receiving feedback and integrating that feedback into your work.

Discussion Facilitation (10% of final grade)

You will be assigned 1-2 chapters from the Cozolino book and asked to facilitate a class discussion on those topics. Discussions do not need to be long (30-45 minutes at the most) or formal (no need for PowerPoint, etc.). You are encouraged to be creative in your questions.

Practice Note Writing (10% of final grade)

This assignment is designed to help you reflect on the counseling process and to practice using professional language. Following two of your role plays during the second half of the semester, you will be asked to write a note summarizing the session. We will provide guidelines for note writing language and formats prior to this assignment.

Helping Skills Demonstration (30% of final grade)

During one of the final class meetings, you will be asked to role play a full-length counseling session with a volunteer "client." This is a chance for you to demonstrate your mastery of basic counseling skills (building rapport, reflecting content and emotion, paraphrasing, asking open-ended questions, etc.) which we will cover over the course of the semester. You will then write a sample therapy "note" summarizing the session.

Self-Reflective Journal Writing (20% of final grade)

We will provide you with a journal prompt at the conclusion of each class. The purpose of this activity is to develop awareness and insight into your reactions, thoughts, and feelings triggered by this class. You are encouraged to communicate on a personal level.

Please submit 1 page electronically *no later than the following Tuesday at noon*. Feel free to explore beyond these questions and reflect on your other experiences regarding the class in your entries. Journal entries do not need to be in APA format, but should be edited for spelling, grammar, and punctuation.

Evaluation and Grading

As a psychologist-in-training, you are working toward the achievement of numerous competencies by the time you graduate from your doctoral program. There are established competencies that demonstrate a person is ready to begin a practicum experience, which we will review during our first class session. Our goal over the course of the semester is to help you demonstrate each of these competencies. The course instructors will meet individually with each student at the mid-point of the semester and again at the end of the semester to provide feedback on progress toward these competencies. The course instructors will also meet with the program faculty at the end of the semester to verify each student's readiness to advance to practicum.

Pre-practicum is graded using letter grades (A, B, I, E). An "A" indicates that you demonstrated competency by completing all requirements and expectations. A "B" indicates that you demonstrated competency in some of the areas of counseling skills but certain weaknesses were observed. A grade of "I" is given if you have not completed certain requirements or demonstrated certain competencies, and grading is withheld pending completion of requirement. A grade of "E" indicates that you failed to meet the expectations of the practicum. A grade of "B" or lower will result in a recommendation not to proceed to practicum.

Grades:

Your grades in the class will be based on the following. There are no exams or research papers required for this class. Therefore in-class participation is absolutely necessary.

Class participation and attendance:	20%
In-class role plays/demonstrations	20%
Weekly journal reflections:	20%
Facilitation of one class discussion:	10%
Note writing practice (2x5% each)	10%
Final counseling skills demonstration (Counseling skills – 15%, Final note – 5%)	20%

Further Consideration

Late Assignments: Please don't turn assignments in late. If you anticipate a problem completing an assignment on time, please talk with us as soon as possible. Extenuating circumstances will be considered. Otherwise, 10% of total points will be taken off per day.

University Honesty Policy: "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity." This applies, but is not limited, to cheating and plagiarism.

Students with Disabilities: Please call, e-mail, or come by ASAP so we can talk about options for accommodating your needs. If you are a student with different abilities and would like to request disability-related accommodations, you are encouraged to contact me and the Disability Resource Center as early in the semester as possible. The Disability Resource Center is located in 001 Building 0020 (Reid Hall). Their phone number is 392-8565.

Date	Topic	Assignment
January 9	Welcome and Syllabus Review What is Therapy? What does it mean to be a psychologist-in-training?	
January 16	Ethics of Therapy Role of the Therapist	TBA
January 23	Building Rapport Use of encouragers and reflecting skills	Cozolino Ch 1 & 2
January - 30	Paraphrasing/Summarizing	Cozolino Ch 3 & 4
February 6	Benevolent Curiosity; Open vs. closed questions	Cozolino Ch 5 & 6
February 13	Mindfulness in Therapy Using the “Here and Now”	Cozolino Ch 7 & 8 Yalom (TBA)
February 20	Mindfulness Continued Therapist’s Worldview and Awareness of Self	Cozolino Ch 9 and 10 Martin Ch 14
February 27	Midterm Check-In Feedback Meetings	
March 6	Spring Break – no class	
March 13	Introduction to Evocative Empathy	Martin Ch 1 - 3
March 20	Live Therapy Demo	Martin Ch 4 - 6
March 27	Role Playing Note Writing Basics	Martin Ch 7 & 8 Note writing handouts (TBA)
April 3	Beginning and Ending Session Ethics in context	Martin Ch 11 & 12 *Note Writing Practice DUE*
April 10	Final Assessment – full session skills demonstration	
April 17	The therapist as a person Final reflection and closing activities	Cozolino Ch 11-13 Martin Ch 15 *Note from Final Assessment DUE*
April 24	Competency evaluation feedback meetings	