# AUBURN UNIVERSITY SYLLABUS

1. **Course Number:** COUN 7410

**Course Title:** Clinical Mental Health Counseling - Orientation

**Credit Hours:** 3 Semester hours

**Prerequisites:** None

**Course Instructor:** Lindsay Portela, PhD, LPC, NCC

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**Semester/Year:** Fall 2023

1. **Date Syllabus Prepared:** December 2022
2. **Text**(s): Watson, J.C., & Schmit, M.K. (2019). *Introduction to Clinical Mental Health Counseling: Contemporary Issues*. Sage Publications. Upper Saddle River, NJ: Prentice Hall, Inc.

# Required Downloads (available on Canvas):

American Counseling Association. (2014). *ACA code of ethics.* Alexandria, VA: Author.

Alabama Board of Examiners. Code of Ethics.

**Major Resources:**

*Publication Manual of the American Psychological Association,* Seventh Edition (2020). American Psychological Association.

1. **Course Description:** Orientation to clinical mental health counseling to include roles, responsibilities, systems, theories, professional issues, and history.

# Student Learning Outcomes

* 1. History and philosophy of the counseling profession and its specialized practice areas (CACREP III.1. a.).
  2. The multiple professional roles and functions of counselors across specialized practice areas (CACREP III.1.b.).
  3. Counselors’ roles, responsibilities, and relationships as members of specialized practice and interprofessional teams including i) collaboration and consultation, ii) community outreach, and iii) emergency response management (CACREP III.1c.).
  4. The role and process of the professional counselor advocating on behalf of and with individuals receiving counseling services to address systemic, institutional, architectural, attitudinal, disability, and social barriers that impede access, equity, and success (CACREP III.1.d.).
  5. the role and process of the professional counselor advocating on behalf of the profession (CACREP III.1.e)
  6. professional counseling organizations, including membership benefits, activities, services to members, and current issue (CACREP III.1.f)
  7. professional counseling credentialing, including certification, licensure, and accreditation practices and standards for specialized practice areas (CACREP III.1.g)
  8. legislation, regulatory processes, and government/public policy relevant to and impact on professional counseling and specialized practice areas (CACREP III.1.h)
  9. current labor market information and occupational outlook relevant to opportunities for practice within the counseling profession (CACREP III.1.i)
  10. ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling and specialized practice areas (CACREP III.1.j)
  11. self-care, self-awareness, and self-evaluation strategies for ethical and effective practice
  12. the purpose of and roles within counseling supervision in the profession (CACREP III.1.l)
  13. evidence-based counseling strategies and techniques for prevention and intervention

(CACREP III.V.o

1. **Assignments/Projects:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Course Assignment** | **Due Date** | **Points Available** | **CACREP Standards** |
| Class Participation | On-going | 30 |  |
| Intervention Activity | 11/15 | 25 | CACREP II.V.o, III.I.k |
| Article Presentation and Review | On-going | 25 | CACREP II.I.a, c, d, e, h, j, k. l |
| Clinical Settings Presentation | 10/11 | 150 | CACREP II.I. c,d,e,h,j |
| Human Services Organization Review | 11/15 | 50 | CACREP II.I.b,c,d,e,f,g,h,I,k,l |
| Responses to Weekly Readings | On-going | 45 | CACREP II.I.a-l |
| Final Examination | 12/1 | 100 | CACREP II.I.a-l |

**A. Class Participation (30 points):** As this course begins to prepare you for professional counseling work, it relies heavily upon ongoing interpersonal and professional dynamics, therefore every effort should be made to complete assigned readings in preparation for each class, to be punctual to and attend all class sessions, and to actively participate in in-class activities. In addition, students are expected to actively engage with the discussion and experiential group components of class. Participation will be evaluated in the following way:

*Excellent (A quality):* Proactive participation -- leading, originating, informing, challenging contributions that reflect in-depth study, thought, and analysis of the topic under consideration as well as a demonstrated ability to listen to and build upon the ideas of others.

*Satisfactory (B quality)*: Reactive participation -- supportive, follow-up contributions that are relevant and of value, but rely on the leadership and study of others, or reflect opinion rather than study, thought, and contemplation.

*Minimally Acceptable (C quality)*: Passive participation -- present, awake, alert, attentive, but not actively involved.

*Unsatisfactory (D/F quality)*: Uninvolved or disruptive participation -- electronic engagement unrelated to class; psychologically absent, present but not attentive, sleeping, and/or irrelevant contributions that inhibit the progress of the discussion.

**B. Response to weekly readings and discussion question (5pts each = 45pts)**

In preparation for each class discussions, you will be asked to provide a meaningful paragraph response to the week’s readings and one thoughtful discussion question to help facilitate class discussion. This will allow you to formulate your thoughts and reflect on the material before class. Your responses to the readings could include things that stood out to you, reflections of how this may or may not look in your future settings, or questions you still have. Chapters can be found on the course calendar within the syllabus, be sure to check the articles folder for the coinciding week to see if there are any articles as well. If there is no book chapter, chances are there is at least one article in its place. These reflections will be uploaded via Canvas and are due *by the start of class.*

**C. Human Service Organization Review (50 pts)**

Students are required to research a human service organization (within 100 miles) that provides mental health counseling services. For this project, students will contact a mental health agency/setting to obtain the following information through a 1:1 interview. **Note: This assignment MUST include an interview. Reviewing a website or gathering information in a different format than requested will result in a failing grade.**

1. Introduce the professional that you are interviewing. Include their name, professional licenses/certifications, contact information (email and/or phone) and number of years they have worked as a helping professional.
2. Describe the counseling population that this individual provides services
3. Explain the type(s) of professionals who are employed at the site (i.e., mental health counselors, social workers, marriage and family practitioners, psychologists).
4. What treatment/counseling model does this person theoretically subscribe to? (e.g., Cognitive Behavioral, Person-Centered, etc).
5. Ask this individual to describe an ethical or legal issue that they encountered and how they addressed the issue.
6. Ask the individual how they advocate within the profession of counseling.
7. Ask how the site is funded. What rate do they bill clients?
8. How does this setting bill clients (i.e., private insurance, Medicaid).
9. Does this site utilize a specific counseling program (i.e., 12 steps, Matrix Model), therapeutic model (i.e., reliance upon a specific theory) or is does the therapist select the interventions in session?
10. What is the best piece of advice that this candidate has for a new counselor-in- training?

Upon collecting this information from a human service representative, students will record the respondent’s answers in an interview format:

# Student: What Populations Does This Setting Serve?

Mr. Smith: Our setting serves clients from…

A page limit is not identified for this assignment. Students will submit this assignment through Canvas and will be prepared to discuss their findings in class on the date the assignment is due.

# D. Clinical Settings Presentation (150 points)

Students will divide into groups of \_\_\_\_\_\_ and prepare a group presentation that ***focuses on a specific CMHC therapeutic setting*** (inpatient psychiatric unit, outpatient SMI, outpatient child/adolescent, private practice, incarcerated populations, child advocacy center, etc.) and provides the class with an in-depth overview of the type of therapeutic work utilized within that setting to help prepare for practicum/internship.

Groups will then challenge peers with a dilemma to “spot the ethical violation(s)” that is relevant to that specific therapeutic setting. Building off of the content found in the textbook, scholarly literature, and culture, groups will research and develop a presentation that promotes class discussion and lasts approximately 30 minutes. In addition to a brief review, groups will show a clip from the news/ media/ a podcast (i.e. the Tuskegee study, Little Albert, What About Bob?) or develop and present an original ethical case scenario for review. Please use PowerPoint for this presentation and outline the presentation as follows:

1. Overview of the therapeutic setting chosen, and the types of services offered at that site.
   1. Who works there?
   2. What kinds of clients do they see?
   3. What kinds of services are offered?
   4. How are they funded?
   5. What kinds of licensure or credentialing does one need?
2. Presentation of the ethical case scenario and thoughtful class discussion.
   1. Definitions, when relevant, of professional terminology (i.e., [nonmaleficence](http://www.google.com/search?hl=en&client=firefox-a&hs=e7h&tbo=d&rls=org.mozilla:en-US:official&channel=np&spell=1&q=nonmaleficence&sa=X&ei=unjPULrhMIH89QTrnoCgDQ&ved=0CDEQBSgA)).
   2. Connect any specific theoretical orientation or therapy style being displayed as part of this scenario if applicable
   3. Identify the ethical issues or themes in your case.
   4. Identify the specific ACA Ethical Codes and ABEC Ethical Codes that the case addresses.
3. Provide future practitioners with guidelines of practice related to the setting.
4. A class activity or discussion prompt that promotes class discussion and engagement.

Please provide in your PowerPoint presentation a slide that includes all the references you have used in APA format. It is advised that all references are professional references, Wikipedia, et cetera is discouraged.

**E. Article Presentation and Review (25 pts)**

To develop good habits as regular consumers of research, students will choose an empirical article related to the week’s content and will share an overview of the key takeaway points from the article with their peers on that given week (~5-10 minutes). Students will sign up for which week they prefer early in the semester. Students will upload a copy of the article to canvas and will submit a 1-2 page double spaced review of the article/response to the content to Canvas due the week you are presenting.

# F. Intervention Activity (25 pts)

# To help build your “toolbox” of therapeutic interventions, each student will select a counseling intervention specific to a specific theoretical orientation and present their identified intervention to the class. This demonstration will be a five to ten-minute demonstration that includes a review of the intervention and demonstration on how to implement it in therapy. *This assignment is to be submitted in class on the day it is due. Please be sure to bring enough copies of the intervention for your instructor and classmates.*

# G. Final Examination (100 points)

In preparation for future comprehensive and licensing examinations, a final examination will be administered in this class. This examination will contain both multiple choice and some short answer questions.

**Rubric and Grading Scale:** All assignments must be completed to earn a final grade. Grades will be based upon total point accumulation in the course:

# Grading Scale

90 – 100% = A

80 – 89.99% = B

70 – 79.99% = C

60 – 69.99% = D

Below 60 = F

## All late assignments will receive a 10% grade reduction per day, and no late assignments will be accepted after one week.

**8. Class Policy Statements**

Attendance: Students are expected to attend class and to **be on time** for class meetings. Students are expected to prepare for class and to participate in class activities and discussions, when applicable. Should students need to be absent for any reason, please contact the course instructor before missing that class meeting. Students are allotted one excused absence.

Excused Absences: Students are granted excused absences from class for the following reasons: illness or the student or serious illness of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have excused absences from class for any other reason must contact the instructor in advance or the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall notification occur more than once a week after the absence. Appropriate documentation for all excused absences is required. Please see the *Student EPolicy Handbook* at [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for more information on excused absences.

Make-Up Policy: Arrangement to make up a missed major exam (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be limited must be initiated by the student within one week of the end of the period of the excused absence(s). Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.

Academic Honesty: All portions of the Auburn University student academic honesty code (Title XII) found in the *Student EPolicy Handbook* will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

Students with Disabilities Statement Disability Accommodations: Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours an alternative time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

Course Contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, and addendum to your syllabus and/or course assignments will replace the original materials.

Course communication: Canvas will be used as the medium to transfer educational materials and grades for this course. Students will upload completed assignments to Canvas and bring them to class only when instructed. University e-mail (**NOT** messages through Canvas) will be the primary avenue of communication with the instructor in between class sessions; feedback on assignments will be provided via Canvas.

Use of Electronics: Cell phones must be put on silent and stored during class times, unless the instructor is notified of special circumstances (e.g., on-call professional services, family emergencies). Computers and electronic notepads are welcomed but **may be used for class purposes only and must not be a distraction.**

Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:

* Engage in responsible and ethical professional practices
* Contribute to collaborative learning communities
* Demonstrate a commitment to diversity
* Model and nurture intellectual vitality

1. **Justification for Graduate Credit:**

This course includes advanced content on pedagogical methods in counselor education. This includes content as specified by the Council for the Accreditation of Counseling and Related Programs (CACREP, 2009). All academic content approved by CACREP is for advanced Masters and/or Doctoral graduate study. This includes rigorous evaluation standards of students completing the student learning outcomes specified in this syllabus.

1. **Course Content:**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Course Schedule** | **Topics** | | **Readings/Assignments** | | **CACREP Standards** | | |
| 8/16  Week 1 | Introduction Course set up | | **None** | |  | | |
| 8/23  Week 2 | CMHC Professional Identity Issues  The evolution of CMHC | | **Chapters 1 & 2** | | V.C.1, a; V.C.2.b. | | |
| 8/30  Week 3 | Contemporary Theories & Models of CMHC | | **Chapter 3  *Reflection #1 due*** | | V.C.2.b. | | |
| 9/6  Week 4 | Policies, Laws, and Regulatory Issues Relevant to the Practice of CMHC | | **Chapter 4**  ***Reflection #2 due***  Bring in policy/law pertinent in the state you hope to practice in to share with the class | | V.C.2.a.; V.C.3.b. | | |
| 9/13  Week 5 | Ethical and legal issues in CMHC  Documentation & Record Keeping | | **Chapter 5 & 6**  ***Reflection #3 due*** | | V.C.2.a.; V.C.2.b.;  V.C.3.a. | | |
| 9/20  Week 6 | Models of Clinical Supervision  What is Supervision for and why is it Helpful? | | **Chapter 8**  ***Reflection #4*** | | V.C.2.b.; V.C.3.a.;  V.C.2.k  V.C.2.a.; V.C.2.b.;  V.C.2.c.; V.C.2.i; V.C.2.l | | |
| 9/27  Week 7 | No Class Meeting  Work Day | | | | | | |
| 10/4  Week 8 | Incorporating Evidence-Based Practices in the tx of Mental Disorders | | **Chapter 9**  ***Reflection #5***  *Article Presentations* | | V.C.2.a. | | |
| 10/11  Week of Fall Break | | Clinical Settings Presentation Due | | | | |
| 10/18  Week 10 | | Ethics Workshop | | ***Reflection #6*** | | V.C.2.a, V.C.2.c |
| 10/25  Week 11 | | Behavioral Medicine: A Holistic Look at Health and Illness  Employment settings | | **Chapter 10**  ***Reflection #7***  *Article Presentations* | | V.C.3.a.;V.C.3.b.; V.C.2.g |
| 11/1  Week 12 | | Psychopharmacology for the Nonmedical Mental Health Professional | | **Chapter 11**  ***Reflection #8***  *Article Presentations* | | V.C.2.a.; V.C.2.c.; V.C.3.b. |
| 11/8  Week 13 | | Strategies for Working with Specific Populations  Credentialing and licensing | | **Chapter 15**  ***Reflection #9***  *Article Presentations* | | V.C.2.c.; V.C.3.b. |
| 11/15  Week 14 | | Building your Intervention Toolbox  Resume workshop  Practicum and  Internship overview | | ***Intervention Activity Due***  ***Human Services Organization Interview Due (in Canvas)*** | | V.C.2.c.; V.C.3.a. |
| 11/22  Week 15 | | No Class  Thanksgiving Break | | | | |
| 11/27  Week 16 | | ***Final Examination due by 12/1/23 by 11:59 PM CST***  ***You will have one week to take the exam*** | | | | |
| Classes End December 1st | | | | | | |

**\*The syllabus may be changed or adjusted by the instructor at any point in the semester**