

CNSA 692AN CNSA 692C (001711), CNSA 692D (001713)
Internship in College Counseling, Internship in Community Counseling,
Internship in School Counseling
3 Credits Spring

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Text

Faiver, C., Eisengart, S., & Colonna, R. (2004). *The counselor intern's handbook* (3rd ed.). Belmont, CA: Brooks/Cole.

Course Description

The internship consists of supervised experiences that total a minimum of 750 clock hours. Internship students will conduct and log a minimum of 240 hours of direct service with clients.

Internship students will be engaged in 1 hour per week of individual supervision and 2 hours per week of group supervision with a faculty member. The internship students will meet with their on-site supervisors for 1 hour per week as well. Supervision will include the use of videotaped sessions and/or direct supervision.

Each student will choose and present to the class:

1. One clinical issue (e.g. sexual abuse, eating disorders, post-traumatic stress, anger management, gender issues, obsessive/compulsive disorders, panic, pain management, nightmares, etc.) including assessment, treatment approaches, and a demonstration of at least one appropriate clinical strategy; OR
2. One developmental issue (e.g. assertiveness; career exploration, social skills; friendship skills; bullying; behavior change strategies; increasing tolerance for differences; performance enhancement such as in sports, academics, public speaking, professional arenas, motivation, etc.) and pertinent strategies for furthering development in the selected dimension. Include a demonstration of at least one appropriate strategy for furthering development.

This internship seminar is designed to support and assist students who are practicing and enhancing their counseling skills in an applied counseling setting. The class structure is a combination of group supervision (using videotaped sessions), discussions, exercises, presentations, and role-play.

Course Objectives

1. To develop an understanding of human development and human behavior and strategies to facilitate development.
2. To develop an understanding of the issues and trends in a multicultural and diverse society.
3. To develop an understanding of counseling and consultation processes.
4. To develop an understanding of group development, dynamics, counseling theories, group counseling methods, and skills and other group work approaches.
5. To develop an understanding of career development.
6. To learn about approaches to assessment, evaluation, and research.
7. To develop an understanding of professional identity, credentialing, and licensure.
8. To demonstrate basic interviewing, assessment, and counseling skills.
9. To follow the ACA code of ethics and demonstrate ethical and professional behavior in a practical setting.
10. To demonstrate an ability to appropriately engage in the supervision process.
11. To develop intentionality in counseling and other professional realms.

Insurance

Students need to have liability insurance on file in order to participate in internship.

Videotaping

Videotaping is required for all internship counseling sessions.

Evaluation and Grading

Grading is done on a satisfactory/unsatisfactory basis. In order to obtain the grade of satisfactory students will need to:

1. Attend all regularly scheduled seminars and supervision sessions.
2. Actively participate in the seminar's activities.
3. Make a satisfactory presentation of a clinical/developmental issue as outlined above.
4. Show a videotaped sample of the following skills, techniques or processes:
 - A. Three influencing skills
 - B. Cognitive restructuring
 - C. Modeling
 - D. Level 3 on process
 - E. A technique or strategy of choice.
5. Complete the necessary client contact hours and clock hours as outlined above.
6. Maintain satisfactory performance at the internship site.

