Department of Counseling, Administration, Supervision & Adult Learning, College of Education

CNS 685/686 – Internship in School & Clinical Mental Health Counseling
3 Semester Credit Hours
Fall, 2008: Thursdays 4:30pm – 7:20pm: MC 215J

Instructor Information
Instructor: Dilani Perera-Diltz, Ph.D., PCC, LICDC, LPSC
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Office Number: RT 1412
Phone: 216-523-7117
Office Hours: To be announced.

Program knowledge base for school counselors:
This course follows the NCATE model of the school counselor as a facilitator of human development and as a professional program manager and clinical mental health counselor as a facilitator of healthy development and adaptive functioning in emotional, social, and career domains.
This course also contributes primarily to meeting CACREP accreditation standards 2009 associated with Clinical Instruction (Section III, 1-6). In addition, the course goals and objectives contribute to accreditation standards associated with Section II, Professional Identity in the areas of in the areas of professional orientation and ethical practice (Sec.II.G.1.a-j), social and cultural diversity (Sec.I.G.2. a,b,d-f), human growth and development (Sec.II.G.3.c.d.f.h), career development (Sec.II.G.4.b-g), helping relationships (Sec.II.G.5.a-d,f,g), group counseling (Sec.II.G.6.d,e) assessment (Sec.II.G.7.b,f,g) and research and program evaluation (Sec.II.G.8.d).

Course Description
CNS 685: This course is a supervised field experience in school and clinical mental health counseling to develop skills needed to engage in the relevant profession

Course Prerequisites
Students are expected to have completed their pre-requisites which include CNS 680 and CNS 706. In addition, school counseling students are expected to have completed CNS 604, CNS 678 and CNS 679. If for some reason, a student has been granted permission to be in CNS 685/CNS686 without the required pre-requisites listed above, it is the student’s responsibility to learn the necessary information to appropriately and actively participate in the class as required by the instructor.

Course Objectives
Upon completion of the internship, all interns will be able to:
Applying the academic knowledge you have learned in your didactic coursework (Section II G.1-8).

Apply skills in goal setting, intervention strategies involving student/client strengths, and evaluation in both individual and group counseling (Sch.Coun.C.1; C.3; D.1; CMHC.D.1).

Implement appropriate intervention, prevention, education and advocacy plans to promote mental health in students/clients and their families (Sch.Coun.D.3; N.1; CMHC.D.3; F.2; F3; H1).

Use community resources to enhance growth of students/clients including referrals when appropriate for those in need of additional or specialized community assistance (Sch.Coun.D.4; H.4; N.2; N.5; CMHC.D.7).

Complete appropriate paper-work for the setting in which they are working (CMHC.D.7)

Able to recognize personal limitations and utilize supervision to enhance their skills and professional growth (Sch.Coun.D.4; CMHC.D.9; F.1).

Demonstrate behaviors congruent with ethical standards for school counselors (Sch.Coun.B.1; CMHC.B.1).

In addition to the above, School Counseling interns will be able to:

- Work collaboratively with all school personnel and parents to assure student academic achievement, career development, and personal/social adjustment (Sch.Coun.F.4; N.1; N.3).
- Apply consultation theory to help school personnel and parents develop strategies to promote student growth and achievement (Sch.Coun.A.2; F.4; N.1).
- Implement guidance programs and activities that enhance academic, personal, and career development of all students (Sch.Coun.A.5; D.2; L.1; L.2).
- Verbalize school emergency procedures during a time of crises, emergency, or disaster (Sch.Coun.A.7; M.9).

In addition to objectives for all interns, Clinical Mental Health Counseling interns will be able to:

- Utilize culturally appropriate intervention strategies in both individual and group counseling (CMHC.D.2; F3; H1)
- Assess and manage suicide risk (CMHC.D.6)
- Provide appropriate and comprehensive assessment including the use of the DSM IV and treatment strategies with special populations such as those with a substance abuse disorder (CMHC.D.8; H.2-4; L.1-3)
- Engage in evidenced based practice (CMHC.I.1-3)

**Required Reading**


Alexandria, VA: Author.


- Other reading will be assigned as deemed necessary during class discussion.
- School counseling interns are expected to keep abreast of the material presented in both the Professional School Counseling Journal and ASCA School Counselor News published through the American School Counseling Association, the national organization for school counselors. If you are not already a member, I encourage that you join.
- Clinical Mental Health Counseling interns are expected to keep abreast of the material presented in relevant journals such as the Journal of Counseling and Development and the Counseling Today News published through the American Counseling Association, a national organization for counselors. If you are not already a member, I strongly encourage that you join.

Method of Instruction
This course will consist entirely of current client case presentations by interns and discussion about client, counselor, and professional development issues. Content will be student and client driven. Additional readings will be assigned as needed to facilitate learning.

Course Requirements
The following course requirements meet CACREP Standards Sec.III.G1-6 criteria).

A. On-Site Attendance and Participation.
(a). Complete in a total of 600 (40% direct and 60% indirect) clock hours that is begun after successful completion of practicum of which 240 are direct service hours on site (Sec.III.G.1).
(b). Maintain 4-6 client contact hours per week.
(c). Maintain ethical behaviors as specified within the ACA (2005) code of ethics.
(d). Submit direct and indirect service hours to the class instructor weekly.
(e). Submit a complete log to the instructor with site supervisor’s signature verifying accuracy of hours by the last day of class (i.e., Dec. 4th, 2008).

B. On-site Supervision. Participate in 1 hour of weekly supervision with site supervisor. (Sec.III.G.2). Document supervision as indirect hours on the weekly logs.

C. Class Attendance and Participation. Attend weekly class meetings promptly and remain for entire class session (Sec.III.G.3). Students are expected to (a). present and discuss cases; (b). discuss any reading material assigned; (c). engage in classroom activities in a positive manner; (d). demonstrate openness to personal reflection and learning; and (e) demonstrate mastery of counseling course material. Absence beyond two classes will earn a fail grade. Two early departures, two late attendances, or a combination of the two will be considered one absence.
D. **Audio (7) and Video/DVD (1) Tapes.** Tape one client session per week and submit to the instructor. The tape should be a minimum of 20 minutes for school counselors and 45 minutes for clinical mental health counselors to be counted toward your tape requirement. Each tape must accompany a critique.  
The critique is to include:  
(a). Case conceptualization utilizing your theoretical orientation  
(b). 3 goals and objectives for each goal relevant to your theoretical orientation  
(c). Interventions applied by the counselor  
(d). Strengths and limitations of the session (not the student/client) (Sch.Coun.H.1; H.5)  
(e). Directions for next session (Sec.III.G.4).  
The tapes must include at least 3 different clients including the beginning stage, working stage, and termination stage for at least one client (Sec.III.G.5). **Please select a portion of tape to be played in class for feedback prior to submitting tape.** Last tape must be handed in on **Nov. 20th, 2008** to receive feedback from instructor.  

E. **Evaluation.** I will visit your school during the months of September and October, 2008 to discuss your goals and expected performance at the site with your site supervisor (Sec.III.G.6).  

F. **Personal Reflection Papers.**  
(a). Myself as a Counselor: In this paper, you should describe your theoretical orientation including a rationale for behavior outside of normal development, your strengths and limitations as a counselor, concerns regarding your limitations including problematic areas for you, and your expectations about counter-transference issues. (**Due Sep. 04th, 2008**).  

(b). An internship experience summary paper must be submitted addressing how you grew as a professional related to what you indicated as strengths and limitations, concerns, and so on in your first paper. (**Due Dec 04th, 2008**).  

**Grading Scale**  
Satisfactory/Fail.  

**Classroom Policies**  
**Communication**  
Students will receive a response within 24 hours with the exception of weekends. Emails will have quicker responses than phone. **Students must have a working “CSU” email address.** It is assumed that you check your CSU assigned email. If you use a different email, please direct your CSU email to that account. You can forward your CSU email to your personal email through CampusNet which is located on the [http://mycsu.csuohio.edu](http://mycsu.csuohio.edu) Web page.  

**Disability Statement**  
Educational access is the provision of classroom accommodations, auxiliary aids, and services to ensure equal educational opportunities for all students regardless of their disability. Any student who feels he or she may need an accommodation based on the impact of a disability should contact the Office of Disability Services at (216)687-2015. The Office is located in MC 147. Accommodations need to be requested in advance and will not be granted retroactively.
Academic Misconduct
The University Policy on Academic Misconduct exists to resolve problems such as plagiarism, cheating on examinations, papers completed by someone other than the registered student, theft, mutilation of library materials, etc. The policy details procedures for resolution of matters of conflict, channels of appeal, and penalties imposed, and can be found in the Cleveland State University Student Handbook. Copies are available @ www.csuohio.edu/studentlife or from the Department of Student Life at MC 106. All students are expected to engage in class in a professional manner that is within the code of ethics for school and community agency counseling and within university policy (see student code of conduct @ www.csuohio.edu/studentlife).

Tentative Class Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Content</th>
<th>Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>08/28/08</td>
<td>Introduction</td>
<td></td>
</tr>
<tr>
<td>Week 2</td>
<td>09/04/08</td>
<td>Case conceptualization, case presentation</td>
<td>Paper DUE</td>
</tr>
<tr>
<td>Week 3</td>
<td>09/11/08</td>
<td>Case conceptualization, case presentation</td>
<td>Studer (school counseling interns only)</td>
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<tr>
<td>Week 4</td>
<td>09/18/08</td>
<td>Case conceptualization, case presentation</td>
<td></td>
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<tr>
<td>Week 5</td>
<td>09/25/08</td>
<td>Case conceptualization, case presentation</td>
<td>Yalom Chapters 1-40 (121 pgs)</td>
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<tr>
<td>Week 6</td>
<td>10/02/08</td>
<td>Case conceptualization, case presentation</td>
<td></td>
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<tr>
<td>Week 7</td>
<td>10/09/08</td>
<td>Case conceptualization, case presentation</td>
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<tr>
<td>Week 8</td>
<td>10/16/08</td>
<td>Case conceptualization, case presentation</td>
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<td>Week 9</td>
<td>10/23/08</td>
<td>Case conceptualization, case presentation</td>
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<tr>
<td>Week 10</td>
<td>10/30/08</td>
<td>Case conceptualization, case presentation</td>
<td>Yalom Chapters 41-76 (101 pages)</td>
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<tr>
<td>Week 11</td>
<td>11/06/08</td>
<td>Case conceptualization, case presentation</td>
<td></td>
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<tr>
<td>Week 12</td>
<td>11/13/08</td>
<td>Case conceptualization, case presentation</td>
<td></td>
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<tr>
<td>Week 13</td>
<td>11/20/08</td>
<td>Case conceptualization, case presentation</td>
<td>All tapes DUE</td>
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<tr>
<td>Week 14</td>
<td>11/27/08</td>
<td>HAPPY THANKSGIVING!</td>
<td>No Class</td>
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<tr>
<td>Week 15</td>
<td>12/04/08</td>
<td>Case conceptualization, case presentation</td>
<td>Yalom Chapters 77-85 (34 pages) Internship Summary Experience DUE Hours Logs DUE</td>
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<tr>
<td>Week 16</td>
<td>12/11/08</td>
<td>Will meet if needed</td>
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***PLEASE NOTE: The above schedule and procedures in this course are subject to change in the event of extenuating circumstances.

Graduation deadline 09/09/08
Last day to drop 09/05/08       Last day to withdraw 10/31/08