

## **CNS 745: Counseling Internship (Community) Spring 2009**

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### **Course Description**

The internship is an arranged, two semester supervised opportunity for the student to perform all the activities that a regularly-employed staff member in a particular setting would be expected to perform. An appropriate site location allows the student to obtain audio or video tapes for use in the supervision of the student's interactions with clients and provides the opportunity for the student to gain supervised experience in the use of a variety of professional resources such as assessment instruments, computers, print and non-print media, and professional literature and research. The internship requires a minimum of 300 clock hours each semester with a minimum of 120 clock hours in direct service work. Direct service work includes: (a) individual counseling, (b) group counseling, (c) family counseling, (d) psychoeducational groups, and (e) consultation.

### **Course Objectives**

At the conclusion of the internship, students should be able to:

1. Articulate their philosophy and/or theoretical approach to counseling, particularly with regard to the setting in which they intend to practice.
2. Demonstrate an appropriate level of counseling skill development.
3. Demonstrate an ability to select appropriate interventions, based on the client's presenting issue(s).
4. Critically evaluate their work as counselors-in-training.
5. Discuss pertinent issues in the field as they relate to students' work as professional counselors.

### **Text**

No assigned text; however, specific readings may be assigned.

### **Student Responsibilities**

#### **A. Supervision and General Activities**

1. **Maintain professional liability insurance prior to beginning the internship.**
2. **Attend and participate actively in group supervision. Remember that all case information presented during group supervision is confidential.**

3. Schedule and attend weekly meetings with site host (once a week for one hour, or twice a week for ½ hour each time).
4. In conjunction with your site supervisor, complete or update the Internship Learning Agreement form that is included in the syllabus. This will be signed by you, your site supervisor, and me. Its purpose is to ensure that plans have been made for you to participate in a wide range of counseling activities at your site.

### **B. Journal and Logs**

1. Keep a daily record of your activities. This does not need to be detailed, but choose a method that enables you to keep track of specific counseling activities.
2. Maintain a weekly log of your internship activities. At the end of each month, summarize the hours using the monthly summary form. Turn in forms at the end of each month, after they have been signed by your site supervisor.

### **C. Counseling Skills**

1. Taping:  
Submit a minimum of three audio and/or videotapes of client counseling sessions for review.
  - Taping should comply with the host site's policies.
  - Students should ensure that clients have signed proper release forms, which include the notification that such tapes may be used for educational purposes.
  - Tapes should be of intentional counseling processes (individual, group, or family).
  - Tapes should represent the spectrum of possible situations within the counseling relationship (i.e., initial sessions, continuing or multi-session work, a sample of your "best" and "less than best" work, group sessions, termination sessions).
  - Tapes must be audible. Full size audio tapes or digital recordings are preferred to miniature cassettes.
  - **Listen to your tape prior to turning it in. Please cue it to a segment for particular focus. Complete the written form for tape evaluation, and turn it in with the tape.**
  - Please submit at least 2 days in advance.
2. Case presentations will take a slightly different format this semester. The format will be determined by our group. Each of you will present one formal case study.

### **D. Projects**

1. Find a way to "give something back" to your site. We'll brainstorm ideas during supervision. This is a continuation from the first semester. (Joe has already completed this assignment.)
2. Refine your professional disclosure statement and turn it in to me for review.

### **E. Reading and Growth**

1. Challenge yourself to select helpful materials from the library or elsewhere to help you in treatment planning. I encourage you to select at least one book outside of assigned readings to help you grow in the areas in which you plan to focus.

2. Be mindful of your strengths and opportunities for growth. Ask for help as needed and be open to feedback. If something needs attention, please address it sooner rather than later.
3. Adhere to the ACA ethical guidelines and site guidelines.
4. Contact your site supervisor and your university supervisor **immediately** if you have concerns that someone may be at risk of harm to self or others.

#### **F. Evaluation**

1. Complete evaluation forms of your site by the end of the semester.
2. Your site supervisor will complete an evaluation form during the middle and end of each semester. The forms should be given to him/her at the beginning of the semester.
3. The internship provides you with an experience to develop professional skills and competencies. My evaluation will be based on (a) successful completion of all activities, (b) active participation and contribution to group and individual supervision, and (c) demonstration of a commitment to professional growth. At the middle and end of the semester, I will consult with your site supervisor to discuss your internship experiences. Your letter grade will be based on the supervisor's evaluation (40%) and my evaluation (60%).

**Tape Review Format**

**Intern:** \_\_\_\_\_

**Tape #:** 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_      **Client Initials:** \_\_\_\_\_

**Date of Counseling Session:** \_\_\_\_\_

**Session number with this client:** \_\_\_\_\_

**1. Background Information** (client description, demographics, presenting issue or concern):  
If you have already completed this information once, you do not need to repeat it.

**2. Your focus in this session** (What was your goal for the session? How were you attempting to accomplish this goal?)

**3. What do you think went well this session? What would you do differently?**

**4. What counseling skills did you demonstrate during the session?**

**5. What are your plans for next session?**

**Supervision Needs** (What questions do you have for your supervisor? What were the strengths/needs for improvement for the session? What would you like to learn/accomplish/focus on during the supervision meeting?)