

Psychology 6/7820 Clinical Practicum II

**The University of Toledo
College of Arts and Letters
Department of Psychology**

**PSY 6/7820
Spring, 2018
University Hall 1610
Class Time: Friday 1-3**

Contact Information

Instructor: Peter Mezo, PhD
Email: peter.mezo@utoledo.edu
Office location: UH 1880A
Office hours: Monday: 1:30 pm – 2:30 pm, 4 pm – 5 pm; Wednesday: 12:30 pm – 2:30 pm; Friday: 2:30 pm – 4 pm. Also by appointment.

Course Catalog Description

This second-year practicum course includes participation, as a beginning student therapist, in a practicum team providing supervision of clinical services provided to children, adolescents, and/or adults seen through the University of Toledo Clinic.

Practicum Overview

The purpose of this practicum is to build upon students' knowledge of theory and principles underlying empirically supported treatments. As a second-year student in this practicum course, your role will be to apply the principles underlying empirically supported interventions in the delivery of effective therapeutic services for clients. This goal will be achieved through the reading of empirical literature on a number of topics relevant to the delivery of empirically supported treatments, class discussions and case presentations, the review of audio-visual materials, skills building exercises, and the practical application of gained knowledge through your clinical work. A major emphasis of this practicum will be the use of empiricism to guide clinical decision making. Students will also become familiar with empirically-supported principles and mechanisms that underlie clinical disorders and effective interventions for these disorders.

The touchstone of this practicum will be the use of empiricism to guide how we approach and work with clients. Each meeting will include ample time for clinical trainees to discuss clients and to problem-solve clinical challenges in a group or individual supervision format. This practicum also intends to serve as a supportive environment to express your views and questions regarding psychotherapy, supervision, and consultation, as well as to take time to commit to your professional

development as a psychologist.

Practicum Structure, Requirements and Expectations

Practicum meetings and content have been designed to conform to requirements and recommendations set out by the State of Ohio Psychology Board Administrative Code, as well as the American Psychological Association Guidelines and Principles for Accreditation of Programs in Professional Psychology. Students must attend practicum meetings. If a student is unable to make a practicum meeting, s/he will schedule a meeting with the instructor to complete weekly supervision as per APA guidelines (I will do the same for any meeting I am unable to attend). For the 2 currently enrolled students, weekly supervision will consist of a minimum 1.5-hour group supervision (a 2-hour block is scheduled), as well as 30 minutes of scheduled individual supervision. In addition, students are invited to meet with me during my office hours or to schedule additional times to meet. On a weekly basis, students should provide me with any clinic documentation (e.g., client notes, reports) in the context of individual or group supervision. On at least one occasion during the semester, direct observation (e.g., video observation) of clinical interaction with a client must occur for each student. Moreover, students are encouraged to present additional video content as a way to receive constructive supervision and feedback on clinical behavior. Finally, it is important for students to be active agents in their learning, as well as the learning of their classmates, in all supervision and clinical settings.

Students must spend a minimum of 1 hour per week further developing their knowledge and application of cognitive-behavioral principles and techniques. Readings and other pedagogical strategies will be selected in conjunction with the instructor to coincide with the training needs of a student and the assessment and treatment needs for current clients.

Prerequisite

Psychology 6390 (Clinical Laboratory)

Required readings

Please note that this is not an exhaustive list of readings for this course. Additional readings may be assigned depending on clinical issues that arise with clients, questions about specific topics, or student interest in gaining additional knowledge on specific cognitive-behavioral treatments. Electronic or hard copies will be provided to students.

Ethics and Diversity

Asnaani, A., & Hofmann, S. G. (2012). Collaboration in multicultural therapy: Establishing a strong therapeutic alliance across cultural lines. *Journal of clinical psychology, 68*(2), 187-197.

Bernal, G., Jiménez-Chafey, M. I., & Domenech Rodríguez, M. M. (2009). Cultural adaptation of treatments: A resource for considering culture in evidence-based practice. *Professional Psychology: Research and Practice*, 40, 361-368.

Blume, A. W., & Lovato, L. V. (2010). Empowering the disempowered: Harm reduction with racial/ethnic minority clients. *Journal of clinical psychology*, 66(2), 189-200.

Giota, K. G., & Kleftras, G. (2014). Mental health apps: innovations, risks and ethical considerations. *E-Health Telecommunication Systems and Networks*, 3, 19-23.

Olatunji, B. O., Deacon, B. J., & Abramowitz, J. S. (2009). The cruelest cure? Ethical issues in the implementation of exposure-based treatments. *Cognitive and Behavioral Practice*, 16(2), 172-180.

Treatment Approaches and Techniques

Crowe, A., & Parmenter, A. S. (2012). Creative approaches to motivational interviewing: Addressing the principles. *Journal of Creativity in Mental Health*, 7(2), 124-140.

Gottlieb, M. C., Younggren, J. N., & Murch, K. B. (2009). Boundary management for cognitive behavioral therapies. *Cognitive and Behavioral Practice*, 16(2), 164-171.

Hayes, S. C. (2004). Acceptance and commitment therapy, relational frame theory, and the third wave of behavioral and cognitive therapies. *Behavior Therapy*, 35, 639-665.

Hoffart, A., & Johnson, S. U. (2017). Psychodynamic and Cognitive-Behavioral Therapies Are More Different Than You Think: Conceptualizations of Mental Problems and Consequences for Studying Mechanisms of Change. *Clinical Psychological Science*, 5, 1070-1086.

Jobes, D. A., Rudd, M. D., Overholser, J. C., & Joiner Jr, T. E. (2008). Ethical and competent care of suicidal patients: Contemporary challenges, new developments, and considerations for clinical practice. *Professional Psychology: Research and Practice*, 39, 405-413.

Moses, E. B., & Barlow, D. H. (2006). A new unified treatment approach for emotional disorders based on emotion science. *Current Directions in Psychological Science*, 15, 146-150.

Course Goals

By the end of the semester, it is expected that you will achieve the following goals:

- An awareness of ethical considerations regarding the practice and content of psychotherapy
- An understanding of the importance of diversity and individual differences when working with clients

- The ability to develop and present thorough case conceptualizations that can guide the development and delivery of effective cognitive-behavioral interventions
- Knowledge of empirically supported principles and mechanisms that underlie clinical disorders and effective interventions for these disorders

Learning Outcomes

Based on these practicum goals, the desired learning outcomes include:

- Explain readings and didactic material in terms of how they inform clinical practice
- Analyze course load and identify areas where learned material may be applied and practiced
- Identify inherent human limitations and recognize opportunities to grow as a clinical psychologist
- Engage in group supervision by making an effort to contribute to the development of your fellow trainee
- Demonstrate a receptiveness to think flexibly and inclusively, and to receive feedback

Grading

The grading of this practicum will be based on the extent to which the learning outcomes have been achieved. The modalities that will be used to achieve an estimate of the learning outcomes will include:

1. Participation, in particular participation in the form of group supervision,
2. Ongoing case presentations, in particular those that demonstrate integration of practicum material, in both group and individual supervision, and
3. A formal case presentation at the end of the semester. This case presentation will provide students with the opportunity to demonstrate their ability to integrate course material, as well as their understanding of empirically supported interventions.

This practicum will be graded on a pass/fail basis. Outright failure in either modality (1) or (2) will result in a failing grade. A letter grade will be assigned to the case presentation; however, a failing grade in (3) will not necessarily result in a failing grade for the course.

Policy Statement on Non-Discrimination on the basis of Disability (ADA)

The University is an equal opportunity educational institution. Please read [The University's Policy Statement on Nondiscrimination on the Basis of Disability Americans with Disability Act Compliance](#).

Academic Accommodations

The University of Toledo is committed to providing equal access to education for all students. If you have a documented disability or you believe you have a disability and

would like information regarding academic accommodations/adjustments in this course please contact the [Student Disability Services Office](#).

Resources Related to Sexual or Gender-based Violence and Harassment

The University of Toledo cares greatly about the health and well-being of our students, staff, and faculty, and takes all sexual or gender-based violence and harassment very seriously. If you have experienced sexual assault, sexual harassment, intimate partner violence, and/or stalking and want a confidential place to obtain support and information, please contact the Center for Student Advocacy and Wellness on the main campus in Health and Human Services Room 3017. You can call 419.530.2497 during regular business hours and 419.530.3431 for 24 hour assistance from a trained advocate. In-person, walk-in appointments are also available Monday-Thursday from 8:30 a.m. to 5 p.m. The Center for Student Advocacy and Wellness provides free and confidential advocacy and counseling services to students, faculty and staff. The YWCA H.O.P.E. Center also can be accessed as an off-campus confidential resource at 419.241.7273. Faculty, teaching assistants, and other university employees are mandated reporters of any incidents of sexual or gender-based violence or harassment. Thus, any disclosures of sexual or gender-based violence or harassment on or off campus made to faculty or teaching assistants, or other university employees must be forwarded to the Title IX Coordinator. The Title IX Office will then contact you regarding your rights, your option to participate in the investigation, interim safety measures and/or academic accommodations, and the need to proceed with an investigation (even if none is requested). Your participation in the process is voluntary. You may call 419.530.3152 to file a complaint or visit the following website for more information and resources: <http://www.utoledo.edu/title-ix/>. Policies relating to Title IX can be found at: <http://www.utoledo.edu/title-ix/policies.html>.