



## **Psychology 6/7820 Clinical Practicum II**

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

**PSY 6/7820  
Fall, 2020  
Class Time: Friday 2:30-4:30**

### **Contact Information**

Instructor: Peter Mezo, PhD  
Email: peter.mezo@utoledo.edu  
Office location: Remote  
Office hours: Tuesdays and Thursdays: 12-2:30. Also by appointment.

### **SPECIAL COURSE EXPECTATIONS DURING COVID-19**

It's important to note that based on the unpredictability of the COVID-19 virus things can change at any time so please be patient and understanding as we move through the semester. I also ask that you keep me informed of concerns you may have about class, completing course work/assignments and/or health concerns related to COVID.

### **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 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., & Kleffaras, 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 (including video presentations), particularly those that demonstrate integration of practicum material, in both group and individual supervision

This practicum will be graded on a pass/fail basis. Outright failure in either modality (1) or (2) will result in a failing grade. Performance expectations will be higher for students enrolled at the 7000 versus 6000 level.

### **Academic Policies**

<http://www.utoledo.edu/policies/academic/graduate/>



## University Policies

### **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](#).

Students can find this policy along with other university policies listed by audience on the [University Policy webpage](#)

(<http://www.utoledo.edu/policies/audience.html/#students>).

### **Academic Accommodations**

The University of Toledo embraces the inclusion of students with disabilities. We are committed to ensuring equal opportunity and seamless access for full participation in all courses. For students who have an accommodations memo from Student Disability Services, I invite you to correspond with me as soon as possible so that we can communicate confidentially about implementing accommodations in this course. For students who have not established affiliation with Student Disability Services and are experiencing disability access barriers or are interested in a referral to healthcare resources for a potential disability or would like information regarding eligibility for academic accommodations, please contact the [Student Disability Services Office](#) (<http://www.utoledo.edu/offices/student-disability-services/>) by calling 419.530.4981 or sending an email to [StudentDisability@utoledo.edu](mailto:StudentDisability@utoledo.edu).

### **Academic and Support Services**

Please follow this link to view a comprehensive list of [Student Academic and Support Services](#) (<http://www.utoledo.edu/studentaffairs/departments.html>) available to you as a student.

### **Safety and Health Services for UT Students**

Please use the following link to view a comprehensive list [Campus Health and Safety Services](#) available to you as a student.