

PSY 6840/7840
Cognitive-Behavioral Therapy Practicum
Spring Semester 2012

Instructor: Liza Halloran, PhD
Class Hours: Thursdays 1:30-4
Room: UH 1610
Office: University Hall, Rm 1330
Office Hours: Mon and Tue 10-noon Friday 10-11
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Phone: 419-530-2761

Changes from Fall syllabus

We will begin each class by watching one entire session each week. See schedule of class times below. In order to do this I need notes to be up to date each week so that I have an update on each client/patient before class. We will spend less time updating in class. Notes have to be sent to me by Thurs morning at 9 am so I have time to review them before class at 1 pm that day. The remaining time in class will be spent discussing cases. We may need more time outside of class discussing a case, so feel free to schedule additional time.

With regard to assessment cases: Send me drafts of intakes and reports. Make sure you include Behavioral Observation section, scores in Table format, and my name at the end written as Liza Halloran, PhD.
Psychologist OH #5058

Overview

This course is to provide training in cognitive behavioral methods that can augment your armamentarium of therapeutic tools when working with clients. It is expected that all practicum students have already done the course work for cognitive behavioral training and now these ideas will be put into action when clinically indicated and while under supervision.

Expectations

In addition to having already had readings and lectures in CBT, all students will be expected to develop rapport with clients, develop treatment goals with clients, monitor progress in therapy, discuss current therapy cases in class, participate in discussion of cases, complete paperwork in a timely manner, and seek additional supervision when needed. Evaluation of your skills will be based on your knowledge base, written and oral communication skills, ability to seek and take in supervision feedback, relationship skills, assessment skills, diagnostic skills, intervention skills, use of applicable research, crisis management skills, consultation skills, and general professionalism.

The expected caseload (taken from the handbook) is dependent on the psychology trainee's level of training. Thus,

Recommended minimum caseloads for second year practicum students are:

- a) 1 therapy case in the fall semester and 2 therapy cases in the spring semester
- b) 1 assessment case in the fall semester and 1 assessment case in the spring semester for a minimum of 2 assessment cases in their second year.

Recommended minimum caseloads for third and fourth year practicum students are:

- a) 2 face-to-face therapy contact hours per week
- b) 1 assessment case in the fall semester and 1 assessment case in the spring semester for a minimum of 2 assessment cases in each of their third and fourth years.

My Role as the Supervisor

Remember that in the clinic, your legal title is "psychology trainee." Clients must be told that a licensed psychologist is supervising the case.

As the supervisor it is my responsibility to know the case well enough to be able to provide good supervision. If for any reason you do not feel like you are getting enough supervision on your case, please set up a time to meet with me. Legally and ethically these clients are all my clients. At a minimum, I would like to see video recordings of parts of your sessions. I will review and sign all notes and case documentation. If you and your client are willing, I may also be able to sit in a session with you (as an observer not as an intruder). I would also like to meet each client ideally when you do the change of supervisor form, so that they see me and it is clear to them that I am the supervisor on the case. I may also have the client evaluate you via paper and pencil questions in order to get feedback to share with you.

Emergency Situations:

In an emergency you should first try to get in touch with me. I can be contacted at x2761 (UT office), 419-531-4952 (home), 419-720-7272 (private practice office), or my cell phone 419-280-9814. If you are unable to get in touch with me then you should then request supervision from other clinical faculty. In the worst case scenario if you cannot get a hold of any faculty supervisors and if you are seriously worried about a client being an imminent danger to self or others you should call campus police at (419) 530-2600, or call 911, or call Rescue Crisis at (419) 255-9585.

Schedule for class meeting times

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|---------|--|
| 1-12-12 | Ateka's tape to watch |
| 1-19-12 | Gabriella's tape to watch |
| 1-26-12 | Tracey's tape to watch |
| 2-2-12 | Melissa's tape to watch |
| 2-9-12 | No class L Halloran will be out of town.
Assignment to watch your own tape. |
| 2-16-12 | Brittany's tape to watch |
| 2-23-12 | Alisha's tape to watch |
| 3-1-12 | Ateka's tape to watch |
| 3-8-12 | Spring Break |
| 3-15-12 | Gabriella's tape to watch |
| 3-22-12 | Tracey's tape to watch |
| 3-29-12 | Melissa's tape to watch |
| 4-5-12 | Brittany's tape to watch |
| 4-19-12 | Alisha's tape to watch |
| 4-26-12 | Wrap up discussion of cases/ plan for summer. |
| 5-3-12 | Finals week no class. Schedule feedback interviews. |