COURSE DESCRIPTION:
The purpose of this course is to learn counseling knowledge and skills through supervised practice. This is a continuation of the counseling skills and theories learned in Rehabilitation Counseling Theory Course. In addition, this course will allow students to explore issues and topics currently important in rehabilitation counseling, substance abuse counseling, and the counseling field in general. Prerequisite is REHB 6301 and 6310 or permission of instructor.

COURSE PLAN:
Student demonstrations, discussion, taped counseling sessions, and feedback from instructor and students. Three hours of weekly seminar plus 8 hours of counseling and rehabilitation services in the field per week are required.

COURSE OBJECTIVES:
Students will:
1. Demonstrate competency in the use of counseling theories, techniques and basic counseling skills through supervised counseling experiences.
   Building on the basic counseling skills learned in the Counseling Prepracticum course (REHB 6310) students will learn additional counseling strategies.
3. Learn to analyze and evaluate one’s own personal strengths and weaknesses.
4. Be able to recognize and work within professional and personal limitations.
5. Learn to recognize where the use of referral resources may be necessary and appropriate.
6. Become more proficient with the information in the DSM IV.
7. Learn to conduct and write counseling assessment summaries, treatment and discharge/termination summaries.
8. Learn to develop a client case file, including case notes.
9. Learn counseling strategies for commonly encountered concerns and issues.

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10. Develop an understanding of ethical standards of appropriate professional organizations.
11. Gain an understanding of multicultural differences and issues with individuals and families.
12. Gain broader perspectives on many of the issues and topics that may be encountered when practicing in the field.

STUDENT RESPONSIBILITIES:
1. Students will be responsible for keeping confidential information and case files on clients.
2. Students will need to attend the weekly class meetings for counseling skill training, practice sessions, and to learn from the critiqued tapes.
3. Students are responsible for field placements, securing clients, and scheduling counseling session appointments.

COURSE REQUIREMENTS:
Each student:
1. Will complete approximately 8 hours per week at the Practicum site and tape a minimum of 15 individual counseling sessions which are clearly audible for review with class and instructor. Efforts should be made to maintain a counseling relationship with at least two or three clients over a number of sessions.
2. Will attend class to give feedback to fellow students and benefit from discussions. Student can miss no more than one class without penalty in evaluation.
3. Will write a reaction paper (1-2 pp) for each chapter in the Cormier & Hackney text. Give your personal reactions vs a summary of the chapter. Turn in at least one chapter each class meeting.
4. Will
   • read one book (follow the “Guidelines for a Book Review” handout in your supplemental reading packet) or
   • receive personal counseling including a minimum of five personal counseling sessions at the ECU Counseling Center or with another professional counselor, including a summary reaction paper, may substitute for the required book.
   • 10 journal articles. Provide an abstract of each one. Each abstract should include your reactions and if you thought it was of value to your training as a professional counselor (approximately one page each).
5. Should maintain a client file folder for information on all counseling sessions including a self-review sheet and a client feedback sheet on a minimum of 15 counseling sessions. Each client’s file folder will include:
   - Case notes.
   - Consent for release of information.
   - Client feedback and self-review forms for each counseling session.
   - Assessment summary.
   - Multimodal Life History Questionnaire and the Addiction Severity Index (ASI) with at least one client.
-  **Cognitive Self-Assessment Inventory (CSAI)** with at least one client.
- Psychological tests/inventories (if used).
- Treatment/rehabilitation plan.
- Termination report or Discharge summary (for each client that was seen more than once).
- Psychological and/or medical evaluations (if available).
- Copies of handouts used for bibliotherapy.

6. Will complete a **summary report (2-3 pages)** of his or her practicum experience.
7. Will be prepared to present a tape of a counseling session and the accompanying file folder (with a minimum of case notes and an assessment summary) during class when it is time to review student tapes of counseling sessions.
8. Will be prepared to discuss in class the assigned readings.

**EVALUATION/GRADING:**
1. Attendance and participation in class:
   - One absence = no penalty in grade
   - 2 absences = 3 additional journal article abstracts required
   - 3 absences = F or need to come back when student can take course
2. Reading abstracts and other assigned readings.
3. In-class practice and demonstration sessions of counseling skill/intervention.
4. Tapes of counseling sessions played in class.
5. Four taped counseling sessions.
6. Case recording (e.g. assessment summaries, treatment/rehab. plans, and termination reports).
7. Ability to establish a working relationship with the client.
8. Ability to choose appropriate technique, materials, and instruments.
9. Ability to work in harmony with the field and faculty supervisors and fellow students.
10. Ability to accept and act on constructive criticism.
11. Ability to evaluate his or her effectiveness.
12. There are no incompletes given for this course unless under unusually dire straits.
13. The majority of the grade is based on counselor skill level and development

**TEXTS:**
**Required:**

**Highly Recommended:**
Canada: Trafford Publishing. (Bibliotherapy/workbook on Button Therapy for clients)
6. Supplemental Reading Packet on reserve in Rehab Dept.
7. National Clearinghouse on Alcohol & Drug Information (800) 729-6686.

Recommended Readings:


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