**Advanced Practicum in Clinical Psychology (PSYC 881)**

**Spring 2020 Syllabus**

**Class Meetings:**

(Child) Mondays, 1:15pm – 2:30pm, Dr. Robyn Mehlenbeck, CPS Room 202G

(Adult) Wednesdays 10am-11:15pm, Dr. Kevin Young, CPS Room 203A

(Child) Individual Supervision – Times TBA, in Dr. Mehlenbeck’s office – GMU CPS

(Adult) Individual Supervision – Times TBA, in Room 202B– GMU CPS

**Professors:** Robyn Mehlenbeck, Ph.D. & Kevin Young, Ph.D.

**Office Hours:** Mondays 1:15 – 2:30pm (Mehlenbeck); Wednesdays 10-11am (Young)

**Phone/Email:** Dr. Mehlenbeck - 703-993-1371, rmehlenb@gmu.edu; Dr. Young - 301-661-1874, kyoung16@gmu.edu.

The advanced practicum consists of group and individual supervision of clinical work in the Center for Psychological Services. The main goals of this course are to (a) help students increase their ability to provide evidence-based clinical services, (b) ensure that students work with their clients in a competent and ethical manner, and (c) help students develop their ability to provide constructive feedback on the professional work of their peers. There is no required textbook, but the instructors (and students) will provide relevant readings for discussion throughout the course. References for several required articles are listed at the end of the syllabus. These readings are available on Blackboard. No mental health evaluations will be required. There are no written exams, but there are written documents to be completed from client contacts.

**Learning Outcomes:**

1. Application of Psychological Skills - Evidence Based Practice and Intervention

You will demonstrate the development of successful working alliances with clients, apply clinical theory and research in case conceptualization and treatment for each client, identify and implement evidence based treatments based on your case conceptualization and evaluate treatment progress, demonstrating the ability to modify your treatment plan as appropriate. You will also demonstrate utilization of routine outcome monitoring to help track treatment progress (OWL Outcomes). You will also demonstrate an awareness and application of cultural diversity skills as defined as both self-awareness and awareness of cultural, social and ethnic factors that affect your clients and their treatment.

2. Supervision and Interpersonal Skills

You will demonstrate active participation in supervision sessions, a receptiveness to feedback, incorporation of feedback in clinical work, and ability to give feedback to others in a supportive and professional manner.

3. Professionalism and Ethical Standards

You will demonstrate integrity, ethical conduct and professionalism, including writing progress notes and therapy reports skillfully and in a timely fashion (defined as within 48 hours of the session), adhering to ethical practices, and dealing with staff and colleagues in a respectful and professional manner.

These Learning Outcomes will be evaluated through the listed requirements and assignments below.

**Requirements and Assignments:**

1. Participation in Group Supervision. There are two 75-minute group supervision sessions per week (Mondays: child cases, Wednesdays: adult cases) during which there will be discussions of client cases, including conceptualization as well as therapy techniques. Each student is required to attend all group supervision meetings, arrive to the meetings on-time, and is required to participate and contribute to those meetings. If you are unable to attend a group meeting, please email the instructor \*before\* the meeting. Each student will be required to provide a select number of case presentations throughout the semester. These presentations will include a case presentation (including a case conceptualization) and discussion as well as video of the student’s clinical work. Each student will have an opportunity to lead the group supervision after completing a set of supervision readings

In addition to presentations, readings will be provided on case conceptualization, evidence based therapy techniques, supervision, and other topics. Practice providing supervision will be part of the group supervision meetings starting with the Spring semester, with students expected to rotate leading the group supervisions and receive feedback on leading group supervision.

2. Participation in Individual Supervision. Students will meet with Dr. Mehlenbeck and Dr. Young individually for 45-60 minutes per week in the Spring semester. Dr. Mehlenbeck will supervise child cases as well as some groups, and Dr. Young will supervise the adult cases and the DBT groups. Each student is required to attend all individual supervision meetings, arrive to the meetings on-time, and is required to participate and contribute to those meetings. If you are unable to attend an individual supervision meeting, please email the instructor \*before\* the meeting. Please attend individual supervision prepared with relevant material, such as clinical notes, case conceptualizations, consideration of therapy techniques, assessment results, and relevant empirically-based research findings on treatment effectiveness to discuss at each meeting. Each student needs to upload videos of all therapy sessions to the Advanced Prac folder as these will be reviewed during individual supervision time.

3. Completion of Clinical Assignments. Students will conduct psychotherapy with a caseload of clients totaling at least six contact hours per week at the Center. This includes co-leading one group therapy session per semester (counting for 2 contact hours per week), and working with a combination of individual clients. Each student is expected to carry at least one child case (under 18 years of age) and one adult case (age 18 and older). The remainder of cases will be assigned based on training needs and training interests.

Please video record every session with your clients so these recordings can be reviewed in supervision. Intake summaries, progress notes, and termination summaries need to be completed in a timely manner for each client. Please prepare progress notes by Friday afternoon each week.

4. Participation in Evaluation. At the end of the semester, students will receive written feedback on their clinical performance. These will be a narrative description of strengths and weaknesses and a quantitative rating of specific skills on the Competency Evaluation Form (described in the Clinical Psychology Doctoral Program Handbook).

Grading: Students’ final grades depend on the completion and quality of your clinical work, consistent recording of sessions and the timely completion of reports and progress notes. Administrative responsibility will factor into your grade.

**Grading Scale:**

A Uniformly excellent work and completion of all requirements.

A- Very good work on each dimension and completion of all requirements.

B+ Above average work on each dimension and completion of all requirements.

B Average work on one dimension and completion of all requirements.

C Substandard work on more than one dimension and completion of all requirements.

F Failure to complete all requirements.

**Honor Code:** The Honor Code of George Mason University deals specifically with cheating and attempted cheating, plagiarism, lying, and stealing. You need to follow the code and policies, set out at http://catalog.gmu.edu. The course will be conducted in accordance with these policies.

**Accommodation of Disabilities:** If you are a student with a disability and you need academic accommodations, please see the course instructor and contact the Office of Disability Services (ODS) at 703-993-2474. You need to arrange all academic accommodations through that office.

**Communications and Technology:** We understand that many students use electronic devices to take notes. At the same time, electronic devices often lead to distraction during class. We therefore request that, ***if you use electronic devices during class, you disable all forms of communication, specifically including email and social media****.* If you anticipate needing access to such communication during class, please inform the instructors ahead of time.

 **GMU E-mail:** Mason uses electronic mail to provide official information to students. Examples include communications from course instructors, notices from the library, notices about academic standing, financial aid information, class materials, assignments, questions, and instructor feedback. Students are responsible for the content of university communication sent to their Mason e-mail account, and are required to activate that account and check it regularly.

**Class Cancellation Policy:** If we need to cancel a class (or if GMU closes that day), we will inform you that the class is cancelled via email the morning of class. If we need to make up a day, we will shift the classes forward.

**Add/Drop Deadlines:**

Last Day to Add Classes- Tuesday January 28, 2020

Final Drop Deadline- (No tuition penalty) – Wednesday February 5, 2020

Web Withdrawal Period (100% liability)- Wed Feb 12- Wed Feb 24, 2020

**Course Meeting Dates, Topics, and Readings for Child Practicum – Spring 2020**

January 27 – Group Discussion & set goals for semester

February 3 - Supervision – How to be an effective supervisor

February 10 - Case Presentation & Supervision Practice #1

February 17 - Case Presentation & Supervision Practice #2

February 24 - Case Presentation & Supervision Practice #3

March 2 – Case Presentation & Supervision Practice #4

March 9 – SPRING BREAK – NO GROUP SUPERVISION

March 16 - Children & Teens & Social Media

March 23 - Family Systems – In the medical settings

March 30 - Health Conditions and Children

April 6 – Group practice of supervision styles

April 13 – Case Presentations (#5 & #6) w/supervision practice

April 20 – Case Presentations (#7 & #8) w/supervision practice

April 27 – Wrap Up – topic TBA

May 4th – Class Party!

 **Course Meeting Dates and Topics for Adult Practicum – Spring 2020**
January 22: Course Overview and Scheduling

January 29: Case Review, Extended Discussion

February 5: Case Presentation 1a: Student Presenter 1; Student Supervisor 1

February 12: Case Presentation 1b: Student Presenter 2; Student Supervisor 2

February 19: Case Presentation 1c: Student Presenter 3; Student Supervisor 3

February 26: Case Presentation 1d: Student Presenter 4; Student Supervisor 4

March 4: Group Didactic – Assessment, Diagnosis, and Treatment of SMI

March 12: SPRING BREAK – NO GROUP SUPERVISION

March 18: Case Presentation 2a: Student Presenter 1; Student Supervisor 1

March 25: Case Presentation 2b: Student Presenter 2; Student Supervisor 2

April 1: Case Presentation 2c: Student Presenter 3; Student Supervisor 3

April 8: Case Presentation 2d: Student Presenter 4; Student Supervisor 4

April 15: Group Didactic – The Roles of a Psychologist within a Medical Setting

April 22: Case Review, Extended Discussion

April 29: End of Semester Party

**Readings for Spring 2020:**

Overholser, J.C. (2004).  The Four Pillars of Psychotherapy Supervision.  *The Clinical Supervisor, 23,*

APA Board of Educational Affairs (2014).  Guidelines for Clinical Supervision in Health Service Psychology; Approved by APA Council of Representatives, Washington, D.C.

Barnett, J.E., Cornish, J.A.E., Goodyear, R.K., & Lichtenberg, J.W. (2007). Commentaries on the Ethical and Effective Practice of Clinical Supervision. *Professional Psychology: Research and Practice*, *38,* 268–275.

Tracey, T.J.G., Bludworth, J. & Glidden-Tracey, C.E. (2012).  Are There Parallel Processes in Psychotherapy Supervision?  An Empirical Examination. *Psychotherapy, 49,* 330–343.

**OTHERS TBA**