

## **Counseling Internship: COU784**

**(2009 Fall)**

Robert Lehman Ph.D., LPC.  
E-mail: Robert\_Lehman@Cornerstone.edu  
Office/ Voice mail: (616) 222-1552  
Scheduling appointments: (616) 222-1422

Internship is an extended, supervised "professional" experience that allows the counseling student opportunities to practice activities that the counselor would be expected to perform. It is intended to give the student sufficient opportunities to develop needed therapeutic expertise. Counseling opportunities with individuals and groups, along with supportive administrative tasks will be included.

### **A. Objectives:** Personal development in the following areas

1. **Issues of Competence.** Skills. Technique. Mastery of ability to take appropriate action.
2. **Issues of Emotional Awareness.** Knowing oneself. Differentiation of feelings. Ability to use own reactions/ emotions diagnostically.
3. **Issues of Autonomy.** Sense of one's own choices/decisions. Independence and self-directedness to appropriate degree. Sense of self.
4. **Issues of Identity.** Theoretical consistency. Conceptual integration. Sense of self as therapist/counselor.
5. **Issues of Respect for Individual Differences.** Deep and basic respect. Active effort to understand. Appreciation of differences.
6. **Issues of Purpose and Direction.** Formulation of treatment plan and appropriate long- and short-term goals. Cognitive map of progress.
7. **Issues of Personal Motivation.** Personal drives and meaning. Complex and evolving nature of motivation.
8. **Issues of Professional Ethics.** Legal issues. Values. Professional standards. Integration of these into ongoing practice.

### **B. Textbook:** Pope, K. S. and Vasquez, M. J. T. (2005) *How To Survive And Thrive As A Therapist: Information, Ideas, And Resources For Psychologists In Practice.* APA Books

### **C. Grading factors:**

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| 1. Necessary hours: <i>180 site hours and 120 client hours.</i>       | Required for credit |
| 2. On site supervision: <i>8 to 10 sessions with completed forms</i>  | Required for credit |
| 3. Class meetings: <i>5 as scheduled</i>                              | 30%                 |
| 4. Faculty supervision: <i>3 by appointment</i>                       | 30%                 |
| 5. Notebook & Textbook: <i>as described in the information packet</i> | 20%                 |
| 6. Personal assessment: <i>use provided form</i>                      | 10%                 |
| 7. Site supervisor assessment: <i>use provided form</i>               | 10%                 |

#### D. Class meeting dates:

1. September 15, 2009 (Tuesday) from 12:00 – 1:00 p.m. in Room 106
2. October 6, 2009 (Tuesday) from 12:00 – 1:00 p.m. in Room 106
3. October 27, 2009 (Tuesday) from 12:00 – 1:00 p.m. in Room 106
4. November 17, 2009 (Tuesday) from 12:00 – 1:00 p.m. in Room 106
5. December 8, 2009 (Tuesday) from 12:00 – 1:00 p.m. in Room 106

#### E. Class Information

1. Students must conduct their Internships according to the Grand Rapids Theological Seminary Student Handbook, the ACA Code of Ethics, and the APA Code of Ethics.
2. Site proposals, information sheets for faculty files, and your contract with the counseling site must be turned in to the professor and approved **before an internship may begin**.
3. Attendance and promptness is mandatory at all scheduled class meetings and Faculty Supervisions. Failure to attend Faculty Supervisions and class meetings, late arrivals to Faculty Supervisions and class meetings, or the frequent cancellations of scheduled supervisions will also result in grade reduction. All ‘Faculty Supervisions’ are to be fulfilled ‘face-to-face’ at GRTS.
4. It is the student’s responsibility to know all of the course requirements as defined by the Internship packet. Failure to meet stated course requires will lead to a course grade reduction.
5. Additional course information and guidelines are available through the GRTS website.
6. COU784 and COU785 may use small groups as a regular part of classroom and student counseling supervision.
7. This course requires academic integrity in all aspects of student work.
8. This course uses Odyssey, available through the Cornerstone University webpage, well as CU e-mail to communicate with Internship students.
9. Student class notebooks must be complete before they are turned in. Incomplete Internship notebooks will result in grade reduction.
10. Disability Accommodation: *The University will make reasonable accommodations for students with disabilities in compliance with section 504 of the Rehabilitation Act of 1973 and with the Americans with Disabilities Act 1990. See the University/Seminary catalog for further explanation*
11. Students are responsible to pick-up course notebooks in a timely manner from the Seminary office after the end of the semester. Unclaimed course materials will be disposed of by the start of the following semester.
12. All course documents submitted for COU784 and COU785 must be typed and formatted according to APA (2005) guidelines.
13. COU784 and COU785 students are required to purchase their own ‘counseling student malpractice insurance’.
14. Cell phone alarms must be turned off during class sessions.