

PSYX 534 – Applied Clinical Methods (Practicum) Spring 2020

Course Information

Group supervision Tuesdays 2:00 – 3:50pm,
50 minutes individual supervision to be arranged
Office Hours: by appointment

Instructor Information

Instructor: Donna Ryngala, Ph.D.
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Course Description

This course is designed to develop and enhance your skills as therapists-in-training. As an ongoing course, the second semester of this school year will further refine your skills as a practicing clinician. This course is designed to introduce the students to effective therapeutic methods that work across populations and psychological struggles. We will continue to discuss and practice Acceptance and Commitment Therapy's approach to treating clients from childhood through adulthood. Additionally, as some clients may not fit with these types of interventions, additional therapeutic techniques will also be integrated. Finally, therapeutic interpersonal skills that facilitate more in depth ways of "being with" clients will be introduced and discussed.

An important component of becoming a psychologist is to learn how to present and discuss cases in a professional and helpful manner. Each trainee will have ample time to discuss their cases and engage in peer consultation. We will continue to learn specific techniques that can be used with clients and will review and observe tapes. In individual sessions, we will tailor the supervision to your specific needs/growth areas.

Objectives

Your objectives in this practicum depend on where you are in your training. It is my hope that there is an ongoing dialogue about what the training needs are throughout the semester. In general, the objective of this course is to train thoughtful, intellectually curious, and compassionate clinicians who use sound treatment to assist those in need. We will define the goals of each student in individual supervision.

Grading Evaluation

The grading system for this course is credit/no credit (CR/N). I will encourage you to evaluate your own work in our individual meetings, and I will provide you with feedback to improve your clinical skills. In order to receive credit for the course, you must follow all of the policies and procedures outlined in the CPC handbook. At the end of the

semester, you will receive a detailed evaluation of your progress, which we will discuss in individual supervision.

Attendance

You are expected to attend all group and individual supervision sessions, as well as in-service trainings and CPC staff meetings. Exceptions should be arranged with me in advance, if at all possible.

Course Materials

We can tailor the readings to your individual needs/questions as we move through the semester. Although our education will largely come from experiential learning in the therapy room and in direct supervision, we can also learn technique from reading relevant material. The content of our discussions may deviate from the book and how it is presented, however, it is the hope that you will finish this year of practicum with a solid understanding of ACT philosophy and techniques. The required book for this course can be found on Amazon or the New Harbinger website. We will continue to read the book started in the fall semester. Below is an outline of our reading from the primary text. However, it is not exhaustive and is largely meant as a guideline.

Harris, R. (2019). *ACT Made Simple, 2nd Edition*. Oakland: New Harbinger.

January 21

Chapter 14: Barriers to Defusion

January 28

Chapter 15: Leaves, Streams, Clouds, and Sky

February 4

Chapter 16: "Technique Overload" and Other Perils

February 11

Chapter 17: Being Present

Chapter 18: Hold Yourself Kindly

February 18

Chapter 19: Know What Matters

Chapter 20: What if Nothing Matters

February 25

Chapter 21: Do What It Takes

March 3

Chapter 22: Fifty Shades of Acceptance

March 10

Chapter 23: Emotions as Allies

March 24	Chapter 24: What's Stopping You?
March 31	Chapter 25: The Noticing Self
April 7	Chapter 26: Flexible Exposure Chapter 27: Cognitive Flexibility
April 14	Chapter 28: Shame, Anger, and Other "Problem" Emotions
April 21	Chapter 29: Flexible Relationships
April 28	Chapter 30: I and Thou

As a supplement, for adolescent focused work, we may include additional readings geared toward adolescents:

Hayes, L. & Ciarrochi, J. V. (2015) *Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals and Build Connection* Oakland: New Harbinger

Turell, S. L. & Bell, M. *ACT for Adolescents: Treating Teens and Adolescents in Individuals and Group Therapy*. Oakland: New Harbinger.

Expectations and Requirements

Our primary goal in this practicum is to learn how to become competent student therapists. However, in addition to this goal, we are working toward being well rounded professionals. Therefore participate in reading discussions and peer consultation is an important component to the practicum experience.

All students seeing patients at the CPC are required to have current malpractice insurance. Please give a copy of your notice of insurance to the CPC assistant prior to seeing any clients.

Students are expected to be familiar with the current APA Ethics Code, the CPC Policy and Procedures Manual, and the Psychology Department Policies and Procedures. All clinical and didactic work in this practicum is to be conducted in accordance with

these documents. In the event of uncertainty about ethical and professional issues, it is your responsibility to seek consultation with me or the CPC Director.

Students are expected to practice cell phone and computer etiquette in group and individual meetings. Make sure cell phones are turned off or set to vibrate, and please do not engage in texting or online activity during meetings.

You are expected to:

1. carry a clinical caseload of 3-4 clients at a time.
2. keep timely notes and additional documentation (e.g., phone contact, parental consultation, etc.). The instructor will review intake documents, progress notes and termination notes. We will also consult about evaluation reports while in progress. If client documentation is not complete by the end of exam week of Fall Semester, 2019, a grade of "N" will be assigned.
3. provide a case presentation using a theoretical orientation that works for that specific client (these will occur toward the end of the semester).
4. attend all CPC staff meetings, which occur on a monthly basis.
5. be cognizant of your clients' balances with the clinic and address outstanding balances with the clients as needed.
6. adhere to the University of Montana Student Conduct Code with regard to academic integrity. Academic misconduct in this course will result in an academic penalty commensurate with the offense as well as possible disciplinary action by the university.

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students. If you think you may have a disability adversely affecting your academic performance, and you have not already registered with Disability Services, please contact Disability Services in Lommasson Center 154 or call (406) 243-2243. I will work with you and Disability Services to provide an appropriate modification.