

Clinical Psychology Practicum

Psychology 594

Spring 2014

Time: Monday 10:00 – 11:50

Place: TL 2018

Instructor: Richard Ogle, Ph.D., TL 2004D

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Course Description

The Clinical Psychology Practicum consists of three components: a seminar, supervision, and a clinical placement. The objective of the practicum placement is to expose you to clinical practice while the seminar and supervision provide content, oversight and support.

You will be required to be on site at your placements for 10 hours/week. Most of your time there will be spent observing and shadowing clinicians. Once you have adjusted to the placement, you will become involved in elementary clinical work (intakes, testing, etc.). In some circumstances, you will be able to begin working with clients in a more involved manner. This can only be done with “intense on-site supervision.”

The seminar portion of this course is designed to deliver additional content in evidenced-based treatments. Specifically, we will cover the theory and practice of Motivational Interviewing and Acceptance and Commitment Therapy. The content will be delivered through discussion, video and role-play.

The supervision component is designed to provide support and oversight to your placement. You will meet approximately an hour a week with a supervisor who will help you integrate your practicum experience with what you have learned up until now.

Grades

Your grade in this course will be based on participation, a paper and a final exam. Participation simply requires you to engage in the active parts of this course. The paper will require you to take a client with whom you have worked over the course of the semester and write a conceptualization and treatment plan from an ACT perspective. The final exam will consist of a 75-question multiple choice test covering all of the content covered during the semester. If you read and participate, you will do well.

Texts

Miller, W.R., & Rollnick, S. (2013). *Motivational interviewing: Helping people change, 3rd Edition*. New York: Guilford Press.

Hayes, S.C., Strosahl, K.D., & Wilson, K.G. (2012). *Acceptance and commitment therapy: The process and practice of mindful change*. New York: Gilford.

Luoma, J.B., Hayes, S.C., & Walser, R.D. (2007). *Learning ACT: An acceptance and commitment therapy skills-training manual for therapists*. Oakland, CA: New Harbinger Publishers, INC.

Schedule

January

13 Introduction: Administration and Logistics

20 **MLK Day: No Class**

27 MI – What is MI? (MI Part I)

February

3 MI - Engagement (MI Part II)

10 MI – Focusing & Evoking (MI Part III and Part IV)

17 MI – Evoking & Planning (MI Part V & Chapter 26)

24 Acceptance and Commitment Therapy (ACT Part I/WB Chapter 1)

March

3 **Spring Break: No Class**

10 ACT - Approach to Intervention (ACT Part II)

17 ACT - Undermining Cognitive Fusion & Contacting the Present Moment (ACT 7 & 9/WB 3&4)

24 ACT -Developing Willingness and Acceptance (ACT 10/WB 2)

31 ACT - Developing Willingness and Acceptance (Cont'd)

April

7 ACT -Conceptualized Self vs. Self as Context (ACT 8/WB 5)

14 ACT -Defining Valued Directions (ACT 11/WB 6)

21 ACT -Patterns of Committed Action (ACT 12/WB 7)

28 ACT -Putting it All Together (WB 10)

May

2 Final Exam (8:00- 11:00). Paper due at 5:00pm.