PSY 611 APPLICATION OF COMMUNICATION AND FUNDAMENTAL THERAPY SKILLS

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DESCRIPTION

This course provides an opportunity for therapy/communication skill development through increased application of those skills presented in PSY 509 Helping Relationships: The Process and Foundational Skills of Counseling. Students will practice using such skills with peers in a more extended behavioral rehearsal fashion not previously employed in strictly classroom settings.

Behavioral rehearsal meetings will be convened, recorded and reviewed in consultation meetings with second-year or advanced clinic students in the Center for Marriage and Family.

PURPOSE

This course serves four primary purposes. It is a course designed (1) to provide continued practical training and experience in the therapeutic use of the skills presented in PSY 509 (2) to provide students with an orientation to the AAMFT Code of Ethics, and issues regarding malpractice for the M.Div. students, (3) to provide MFT students with an orientation to the operating procedures of the Center for Marriage and Family Therapy as their future clinical training site and (4) to provide MFT faculty an opportunity to assess students readiness to enter the actual clinical sequence and begin seeing clients under supervision.

PROCEDURE and REQUIREMENTS

1. Students will practice the pertinent therapy skills in behavioral-rehearsal (BR) meetings with one another.

Each student will practice skills in the therapist role for ten BR meetings and each student will operate in the client role for ten BR meetings. (Dyads will be reconstituted after five meetings dictating that each student occupy a therapist role for two five-meeting cycles and a client role for two five-meeting cycles.)

In addition, for the ten weeks that each student is in the therapist role s/he will receive skill-evaluation consultation (eight in all) from a second-year or advanced clinic student serving at the center. The last BR meeting in each cycle will be an opportunity for feedback between the person in the client role and the person in the therapist role.

All BR meetings are to be recorded. BR is operationally defined as a meeting between a student in a client role and a student (or students) in a therapist role which lasts a maximum of four meetings with the fifth meeting serving as a feedback time for the person in the helper role. The number of meetings, four, has
specifically been chosen to introduce more extended and life-like skill practice and demonstration. This number has also been designated in hopes of avoiding overly in-depth behavioral rehearsal and actual therapy between students. Students in the client role are specifically instructed to use previous, on-going, or artificial concerns of sufficient depth to last five meetings. Also, they are instructed to use a concern of light to moderate emotional significance as the purpose of this course is skill development of the student in the therapist role, not the therapeutic growth of the student in the client role. Students are instructed to remember that all BR cycles will cease at a maximum of five meetings and that resolution of presented concerns is not the primary course objective and will not be pursued.

2. Students will receive center orientation by completing BR requirements (obtaining room reservations, operating video equipment, etc). In addition, students will meet with the course instructor(s) for seven one-hour meetings. They will also be required to obtain a 95% correct score on a final examination covering the Handbook for the Center for Marriage and Family Therapy.*

3. Mastery of specified skills must be demonstrated for successful course completion and subsequent entry into the clinical course sequence. This mastery is operationally defined as receiving a score of S (satisfactory) on the Counseling Skills Rating Scale. The mastery score is obtained by averaging recording ratings from 2 clinical faculty members. The student may choose any 10 minute recording from their Behavioral Rehearsals for review. FINAL RECORDINGS ARE DUE ON APRIL 15.

4. All students are required to read the AAMFT Code of Ethics and so signify by the end of the sixth week of the term. They will also be required to obtain a score of at least 95% correct on this code.**

5. Additional readings and skill-practice assignments will be given.

GRADING

Course grading is on an A or F basis. A score of S on the Counseling Skills Rating Scale and a score of 95% or above on the final exam along with completing all behavioral rehearsals and consultations constitute the criteria for a grade of A. Score below these cut-offs will earn a grade F. The final exam may be taken up to 3 times, anytime after the ninth week of the term.

TEXTS

The Handbook for the Center for Marriage and Family Therapy

AAMFT Code of Ethics

* This exam requirement pertains to MFT students only.
** This exam requirement pertains to non-MFT students only
CLASS SCHEDULE

The class will convene with the instructor every other week for a total of seven meetings. The meeting dates are listed below. Meeting time is always 1 P.M on Wednesday.

1. 1-27-15
2. 2-10-15
3. 2-24-15
4. 3-16-15 - This class will be a combined first and second year class.
5. 3-30-15
6. 4-13-15
7. 4-27-15

M.Div. Counseling students may miss classes 3, 4, and 5 since these 3 classes will focus on the logistics of the clinic. We will meet separately in my office on the following dates instead of on the dates listed for classes 3, 4 and 5 for the MFT students.

1. 3-2-15
2. 3-23-15
3. 4-6-15

March 18 - send Barb an email with the details of where to find a five minute clip of your Behavioral Rehearsal. In this email include your name and the time and date of the 5 minutes of recording you want Barb to watch.