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### PSYX 534.01: Applied Clinical Methods

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## Psychology 534 - Clinical Practicum

2018-19

Christine Fiore, Ph.D.

Group Meeting, Tuesdays 2-3:50

Individual Supervision: To be arranged

Contact Information: x2081, 406-214-1698 cell

### Course Objectives

This practicum will be focused psychotherapy skills for adult, child, adolescent, couple and family therapy. Learning to work with clients across the age spectrum is important in addressing the needs of rural America children. Students will get training in evidence-based practices for a wide range of client presenting problems. Use of reference material, progress monitoring, and adjunctive materials such as PRACTICE-wise and the Division 12 EBP materials will be an important part of your training in evidence based practice. Students will also get exposure to the Motivational Interviewing as indicated for their clients, attachment-based approaches to adults, couples and families, and cognitive behavioral and trauma informed approaches. Students will acquire the relationship and treatment skills to be effective therapists with all clients those who are motivated and those who may be struggling with motivation. With available clients will work toward a team based model of Family therapy that can be conducted with a co-therapist and when possible we will utilize the bug-in-the ear system. Because psychological evaluation can be an important component of provision of treatment, with capacity and time, I will encourage students to conduct psychological evaluations with client agreement. We will explore whether a psychological evaluation is indicated and how it could assist you in better understanding and treatment for your client.

### Logistics

We will be utilizing the additional measurements available in the clinic, and there will be readings or references as indicated by client needs. **Practicewise** an evidence-based tool for children, teens and families will be available to us. These materials will be made available to all practica students via email and I am working on a moodle for this course.

Students are expected to attend all group meetings and weekly individual supervision. Absences must be excused and professional management of client caseload is expected (prompt telephone calls and rescheduling). Following CPC policies and procedures is required and any questions not addressed in the CPC manual should be directed to Dr. Fiore as soon as possible. The line of consultation should be Dr. Fiore first, Dr. Birch, second, then on-call faculty or other available faculty. Please text, call or email Dr. Fiore to let her know if you need assistance outside of scheduled meetings. The expected caseload is 3-5 clients but this number is dependent on therapist experience, and difficulty of caseload.

### Paperwork

All paperwork will need to be completed in a timely fashion using Titanium. Intakes go through Dr. Raurie Birch first, and we will review them if you need more assistance. You should make every effort to complete notes prior to your individual supervision time so that we can complete a review together if needed and get my signature. Please bring draft treatment plans, case conceptualizations, and

treatment summaries to these meetings as well. I understand when this work becomes overwhelming, please seek my consult prior too getting far behind. You should be up to date on all paperwork before starting another case.

### **Recommended Texts**

If you are a first year practicum student or would like a good guide to the beginning psychotherapy experience which I would argue that you are all in, I highly recommend: "The Beginning Psychotherapist's Companion", by Jan Willer, PhD. Second Edition.

We will be learning Motivational Interviewing Skills all year. These skills are important to your Tool Box. "Motivational Interviewing: Helping People Change" by William Miller and Steven Rollnick, 3<sup>rd</sup> Edition.

If you plan to work with Children, my recommendation is: " A Comprehensive Guide to Child Psychotherapy and Counseling" 4<sup>th</sup> Edition, Christian Brems and Christina Rasmussen. (On Backorder at Amazon). We also will rely on Practicewise.

If you plan to work with Families: "Essential Skills in Family Therapy: From First Session to Termination" 3<sup>rd</sup> Edition JoElle Patterson and Lee Williams.

If you plan to work with Couples: "Handbook of Couples Therapy" Gurman and Lebow. If this is too much, a less expensive overview option: 10 Principles for Doing Effective Couples Therapy (Norton Series on Interpersonal Neurobiology) 1st Edition by [Julie Schwartz Gottman](#), [John M. Gottman Ph.D.](#)