

PSY-P 632 Introduction to Clinical Interventions  
Spring 2019 Section #

**Instructor:**  
**E-mail:**  
**Office Phone**

**Office Location:**  
**Cell Phone #**  
**Office Hours:**

**Virtual Office Hours:** You can reach me by email or phone almost anytime

**Course type:** Graduate, Lecture & Discussion

**Canvas:** Candidates are required to use Canvas to access instructional material, assignments and messages. Candidates are required to upload assignments to Canvas & post messages for class discussions.

**Course Description:** This course provides a systematic integration of theory, research, technique, and evaluation. Based on the available research literature, time-limited and structured interventions for specific clinical problems are designed, administered, and evaluated.

**Textbooks:** Johnson, S.L. (Therapist's Guide to Clinical Intervention, Second Edition: The 1-2-3's of Treatment Planning (Practical Resources for the Mental Health Professional) ISBN: 978-1478628750

**Student Outcomes & Learning Objectives.** By the of this course, candidates will be able to

1. Design and implement developmentally relevant and evidence-based counseling treatment or intervention plans.
2. Describe tools for outcome measurement, including treatment progress to assess clinically significant change.
3. Identify and apply evidence-based counseling practices that take into account the client's needs and specific situation.
4. Describe evidence-based treatments for common mental health disorders (e.g., anxiety, depression, ADHD, PTSD, etc.).
5. Integrate cultural and ethical factors into evidence-based treatment planning.

**Course Key Assessments**

**Two Exams:** You will have two content exams that cover all material in class and in Canvas. These will contain a variety of questions to assess student learning. **Any information that is taken and quoted directly from the text to serve as a response will result in a grade of zero for that section of the response within essay question responses. 100 points possible for each exam.** There will be no dropped exams this term so you may be allowed to make up an exam for any of the following reasons (e.g., illness, death or serious illness in family, etc.). To do so you must contact me no later than 24 hours after the missed exam to set up a date to retake the exam. You will then have seven days to complete the exam or a grade of zero will be entered for the exam. Makeup exams will be essay questions only.

**Video-based project:** You will be required to submit a series of videos of mock interviews where you show interpersonal and non-verbal interventions, as well as evidence-based therapeutic techniques relevant to a mock case.

**Case Conceptualization:** You will be provided a mock case whereby you will develop a treatment plan based on current evidence and culturally relevant factors. You will also be required to identify potential personal biases and how to ethically handle these within the context of the case.

**Documentation exercises:** You will be given mock cases and will be required to develop relevant treatment goals based on the diagnosis provided. The treatment must be the most appropriate, evidence-based treatment for that specific disorder.

**Outcome Questionnaire 45:** You will administer and score the OQ45 and submit a report that explains the importance of monitoring progress toward treatment goals.

**Participation:** As a graduate student, it is critical that you engage in a professional and critical manner with the course content and instructor. You will be expected to participate in class discussions in each class session.

### **Grading System:**

Exams (2):	400 points (200 points each)	40 percent of grade
Case Conceptualization:	100 points	10 percent of grade
Video-based project:	100 points	10 percent of grade
Documentation Exercises:	200 points	20 percent of grade
OQ45 project:	100 points	10 percent of grade
Class Participation:	100 points	10 percent of grade

### **Succeed at IU**

You're probably used to seeing many policy statements on a syllabus. Faculty include these statements to ensure you understand course expectations so that you can succeed in your courses. At IU, we have placed all university policies on a single website easily accessed from every Canvas course site. Simply look at the left navigation bar and click on Succeed at IU. You can find links to sites with a great deal of useful information including

- How to avoid plagiarism and cheating
- Disability Services
- FLAGS
- Tutoring centers
- Canvas Guides
- Financial Aid
- Sexual Misconduct
- Counseling
- Writing Center and much more!

My expectation is that you review university policies carefully to ensure you understand the policy and possible consequences for violating the policy. Please contact me if you have any questions about any university policy.

**Technology Skills:** The candidate will utilize CANVAS for class materials & submission of some course assignments; candidates will utilize technology for research and class presentations; candidates *may be* required to audio or video-record mock practice counseling sessions; candidates may be required to research credible print and electronic mental health counseling resources; Candidates will be expected to communicate with the instructor through e-mail and CANVAS.

**Content Standards**

The Mental Health Counseling Program of IU Southeast, IU East & IU Kokomo is based on the 2016 CACREP Accreditation Standards and the Indiana Mental Health Counselor licensing requirements as stipulated by the Behavioral Health & Human Service Licensing Board. The standards assessed in this course, are

**Clinical Mental Health Counseling Standards**

Counselor education programs with a specialty area in clinical mental health counseling must document additional MHC standards. The specific MHC standards assessed in this course are:

1. Foundations
  - c. principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning
  - e. Psychological tests and assessments specific to clinical mental health counseling.
  
2. Contextual Dimensions
  - b. etiology, nomenclature, treatment, referral, and prevention of mental and emotional disorders
  - f. impact of crisis and trauma on individuals with mental health diagnoses
  - j. cultural factors relevant to clinical mental health counseling
  - l. legal and ethical considerations specific to clinical mental health counseling
  
3. Practice
  - b. techniques and interventions for prevention and treatment of a broad range of mental health issues.

<b>Course Objective</b>	<b>CACREP Standard</b>	<b>Assessment</b>
Design and implement developmentally relevant and evidence-based counseling treatment or intervention plans	1 c, e, 3b	Case Conceptualization Video-based project
Describe tools for outcome measurement, including treatment progress to assess clinically significant change	1c, 1e, 2b	Exams Case Conceptualization Documentation Exercises

Identify and apply evidence-based counseling practices that take into account the client's needs and specific situation.	2 b, f, j, l	Exams Video-based project
Describe evidence-based treatments for common mental health disorders (e.g., anxiety, depression, ADHD, PTSD, etc.).	1 c, 3b	Exams Case Conceptualization Video-based project Documentation Exercises
Integrate cultural and ethical factors into evidence-based treatment planning.	2 b, f, j, l	Case Conceptualization Reflection Paper/Project

Week		Date	Topic	Required Reading	Assignments/Activities
1		Jan 8			
2		Jan 15			
3		Jan 22			
4		Jan 29			
5		Feb 5			
6		Feb 12			
7		Feb 19			
8		Feb 26			
9		Mar 5			
10		Mar 12	NO MEETING	SPRING BREAK	
11		Mar 19			
12		Mar 26			
13		Apr 2			
14		Apr 9			
15		Apr 16			
16		Apr 23			
Finals		Apr 30			