

PSYC 5804 A – INTRODUCTION TO CLINICAL SKILLS AND THE HELPING PROFESSIONS

Course	PSYC 5804 A: Introduction to Clinical Skills and the Helping Professions
Instructor	Kim Lassiter
Term	Fall 2020
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Office Location	
Office Hours	TBA

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This course is designed to provide senior undergraduates and beginning graduate students considering careers as clinical psychologists or counsellors with an introduction to the acquisition and application of clinical skills. Delivered via both asynchronous and synchronous online components, this experience will demystify clinical activities and provide students with a realistic overview of the training and responsibilities involved in the discipline of professional clinical psychology. In addition to honing interpersonal skills that will benefit students regardless of their career path, this course will provide experience and data to inform career decisions. Given our current reality of physical distancing, emphasis will be placed on the skills and issues associated with tele-mental health service delivery. The course is designed to be highly interactive and participatory; active involvement is required and students will have the opportunity to engage in role-plays and scenarios of clinical cases at selected points in the course to facilitate the initial development of basic clinical and counselling skills. This course is not designed to provide participants with individual therapy.

EVALUATION

- Thought Papers 15%
- Clinical case study: assessment 15%
- Clinical case study: intervention 15%
- Literature Review 35%
 - Undergraduate students: 15-plus pages plus references
 - Graduate students: 20-plus pages plus references
- Class engagement (including role-play) 20%

TEXT

Hill, Clara (2014). *Helping Skills*, 4th edition. United States: American Psychological Association.
ISBN: 978-1-4338-1678-9