

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

<b>Course</b>	PSYC 5804 A: Introduction to Clinical Skills and the Helping Professions
<b>Instructor</b>	Dr. Kim Lassiter
<b>Term</b>	Fall 2021
<b>Course Delivery</b>	Online Blended
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<b>Office Location</b>	TBA
<b>Office Hours</b>	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 demystifies clinical activities and provides students with a realistic overview of the training and responsibilities involved in the discipline of professional clinical psychology. Mini lectures and readings are delivered in an asynchronous format. During synchronous meetings, students are provided with opportunities to practice clinical skills through role-play and group activities with classmates. In addition to honing interpersonal skills that will benefit students regardless of their career path, this course provides experience and data to inform career decisions. In addition to role-plays of clinical cases, students write Thoughts Papers on clinical topics to develop reflectivity as well as reports to practice case conceptualization and treatment planning skills. Course topics include models of professional training, ethics and codes of professional conduct, self-awareness, introductory clinical skills, case conceptualization, and treatment planning. The course is designed to be highly interactive and participatory; active involvement is required. This course is not designed to provide participants with individual therapy.

### EVALUATION

- Thought Papers (5) 15%
- Report: Evidence-Based Practice 25%
- Clinical case study: assessment 25%
- Clinical case study: intervention 25%
- Class engagement (including role-play, group activities, and self-assessment) 10%

## TEXT

Hill, Clara (2020). *Helping Skills: Facilitating Exploration, Insight, and Action*, 5<sup>th</sup> edition. United States: American Psychological Association. ISBN: 978-1-4338-3137-9

**OR** Hill, Clara (2014). *Helping Skills: Facilitating Exploration, Insight, and Action*, 4<sup>th</sup> edition. United States: American Psychological Association. ISBN: 978-1-4338-1678-9