

# **DRAFT**

## **Introduction to Counseling Practicum**

January 2017 intensive

T, W, Th, F January 17—January 20, 2017

9:00AM – 1:00PM

1.5 credits

Dr. Nancy Arvold (brief bio included at end of course description).

Assisted by Rev. Dr. Devorah Greenstein

(relates directly to MFC Competency 2: Provides Pastoral Care and Presence)

This course has the prerequisite of satisfactory completion of the fall semester CEPS 8410 – Introduction to Counseling Theory. Because of the experiential nature of this class there is a maximum of 12 students. If you are interested in this intensive practicum class, please contact [dgreenstein@sksm.edu](mailto:dgreenstein@sksm.edu) as soon as possible.

This intensive course will include brief lectures, but most time will be spent in experiential learning activities including “enactments” and “role-plays” of situations often encountered in pastoral settings. Students will learn and practice skills in a safe, confidential, and supportive environment.

As in the theory part of the course, we will continue to foster multicultural awareness, and we will work with students in culturally responsive counseling practices.

Required textbook:

Bring your copy of Cochran, J.L. & Cochran, N.H. (2006). *The Heart of Counseling: A guide to developing therapeutic relationships*. Belmont, CA. Thomson Brooks/Cole. There is no other reading prerequisite. We assume you have read the Sue and Sue textbook.

\*\*\*\*Bring a copy of your genogram that you worked on in CEPS 8410.

### **In our four half-days together:**

We will begin with a review of, and expansion of, some of the basic tools learned in CEPS 8410. We will spend initial time talking about “unfinished business” from online class with the intention of coming back to unresolved topics.

We will work on basic counseling skills such as those covered in *The Heart of Counseling* chapters 1 – 6 including using approaches from other counseling theories. We will also bring in some of the more advanced topics covered in the second half of the book.

We will use supervised “enactments” and “role plays” to review and build on students’ basic skills with situations drawn from those you will encounter in your future pastoral counseling work.

We will explore specific issues commonly encountered in pastoral counseling, including issues such as addiction, couples/relationships, parents/children, aging/dementia, and other issues that come up in class.

We will use the tools we learned online—Rogerian (client-centered) therapy and family systems theory to guide our work together, but we will also examine other approaches, including some briefer, less common therapeutic modalities.

We will talk about suicide hotlines, self-harm, accountability, professional boundaries, confidentiality, child and adult protective services, and any other professional topics that come up during our time together.

**Bio - Nancy Arvold, PhD, MFT**

Nancy Arvold is a licensed Marriage and Family Therapist who worked for many years with public and private mental health organizations. In retirement, she maintains a small private international practice. Dr. Arvold has been the founder, co-facilitator, and senior teacher of organizations dedicated to creating awareness and sensitivity to racial and white privilege issues and continues her life work of addressing issues of treatment disparities and cultural competence in the fields of social work and psychology.

Professor Arvold teaches cross cultural counseling and other psychology courses to graduate students from the standpoint of cultural awareness and humility, recognizing the enormous impact unconscious white privilege, white supremacist social institutions, and intersections with other “isms”: gender, class, sexual orientation, etc. have on the mental health profession. She serves on the faculty of CIIS and Alliant.

Professor Arvold is also a presenter and trainer in the field of white studies, anti-racism, and allyship across dimensions of oppression and privilege. As part of her professional service, Dr. Arvold is a steering committee member for Psychologists for Social Responsibility, a national professional organization dedicated to social change in issues relevant to psychologists. Her focus in that organization is to challenge the white dominant culture and raise the level of cultural humility and racial awareness in the field of psychology. She also works for total reconstruction of the criminal (in) justice system, in particular for the abolition of solitary confinement