

University of Maryland, Baltimore County (UMBC)
University Counseling Services
Practicum Program
www.umbc.edu/counseling/training

Objectives

The practicum program is designed for doctoral students in the **psychology graduate programs at UMBC** who are interested in developing their clinical skills and building upon their theoretical knowledge. The emphasis within the training program is on providing assessment and treatment for university students within a brief psychotherapy model. In addition, opportunities for Outreach programming will be available. Supervisors utilize a number of theoretical orientations, including psychodynamic, cognitive-behavioral, and integrative.

Setting

University Counseling Services (UCS) serves undergraduate and graduate students at UMBC. As such, practicum students can expect to gain experience with a late adolescent and adult population. UCS is an ideal setting for practicum students to learn to work with a wide variety of presenting concerns and a broad range of diagnoses. Additionally, the diverse student population offers the opportunity to work with clients from a wide variety of cultural and ethnic backgrounds. The center is open 8:30-5:00 Monday through Friday. Occasional evening hours may be required for outreach programs.

Schedule of Weekly Activities

The practicum is scheduled to begin one week before the start of the Fall semester for orientation. Practicum students are expected to remain in this practicum through the last week of classes in the Spring semester. Practicum students have the option to work during winter break to accumulate additional clinical hours. There may be an option to extend the practicum into the summer months. The practicum requires 16-20 hours per week, dependent on the practicum students' interests and the requirements of their program; this includes clinical, didactic, and administrative responsibilities. Thus practicum students can expect to accumulate between 500 and 600 hours during their year of training. Practicum students are **required** to be in the center on Wednesdays from 8:30am to 1:30pm. Practicum students may choose to work two days per week or three shorter days. Days available for practicum include Monday, Wednesday, Thursday, and Friday due to space constraints.

The following is an outline of weekly activities:

1. Assessment (1-2 hours per week). Learning to assess a client and the client's situation so as to help them make the most of their counseling is essential to the work at UCS. In order to obtain training and supervised experience in this area, practicum students will participate in intake sessions in a developmental manner. First practicum students will observe intakes conducted by staff. Then practicum students will conduct intake sessions along with a staff member, taking on a larger role over time. Once they reach a level of proficiency, practicum students will conduct their own intakes independently. Practicum students will have two to four intakes per week in the month of September and early October (when client loads are building) and one to two intakes per week later in the academic year. However, this will vary depending on caseloads.
2. Individual Therapy (5-8 hours per week). Clients are generally seen once a week or once every two weeks; there is a session limit of 12 sessions per academic year, so individual therapy is short-term in nature. All sessions are held at University Counseling Services and are recorded by a Digital Voice Recorder (DVR), which will be provided. Practicum students' caseloads will be smaller at the beginning of the semester and build as the semester progresses, with a weekly goal

of five to eight sessions per week. If practicum students elect to co-lead a group, the caseload for individual counseling will be lower. Practicum students have the option to schedule intake and therapy appointments over winter break.

3. Supervision on Individual Therapy Cases (2 hours per week). Each practicum student will have two supervisors who will each provide one hour of supervision each week. One supervisor will be a licensed staff psychologist; the other supervisor will be a pre-doctoral psychology intern at UCS.
4. Intake Disposition Meeting (1 hour per week). (**Wednesdays, 9:00a.m.-10:00a.m.**). Practicum students are **required** to attend. During this meeting, all clinical staff meet to review new clients and determine appropriate disposition. Practicum students will be expected to present their own intakes during these meetings.
5. Case Conference (1 hour per week). (**Wednesdays 10a.m. - 11:00a.m.**). Practicum students are **required** to attend. Cases are presented by all staff members, including interns, for consultative purposes. Practicum students are expected to participate in these discussions and will present one case each semester. The presentation will focus on conceptualization of the client and progress in treatment. Discussion will address particular problems or issues related to the work with this client.
6. Group Therapy (1-2 hours per week). Practicum students may elect the option to participate in group therapy. During the first semester, it is likely that the practicum student will process-observe the group and participate in group supervision with the co-leaders. During the second semester, the practicum student may take on the role of co-leader. If this option is chosen, the practicum student would receive weekly supervision from the co-leader of the group.
7. Outreach (1-2 hours per week). Each practicum student will co-present the Skills for Success program, workshops that are scheduled on Wednesdays from 12 noon to 1 p.m. each semester. Additionally, each practicum student will be involved in one to two other Outreach programs within the University community, possibly during evening hours. Depending on scheduling, the practicum student may have the option to participate in Depression Screening Day.
8. Case Management/Administrative (1-2 hours per week). Administrative time will be built into the schedule to write case notes, attend administrative meetings, attend division-wide programs, read scholarly literature, and attend to other administrative responsibilities. Practicum students are expected to keep their case notes up to date; they are also required to have all notes completed in order to successfully complete the practicum.
9. Evaluation and Feedback. Feedback on progress will be provided informally in individual supervision throughout the year as well as more formally twice a year. Formal evaluations are completed in December and May of the training year. Practicum students are evaluated based on their ability to establish rapport with clients, integrate theory and practice, conceptualization of clients, and to use this understanding to help clients.

Self-Disclosure Policy

Training staff at the UMBC University Counseling Services value the power and complexity of the therapeutic relationship. Consequently, in our intervention, supervision, and training activities, there is a focus on the “person-of-the-therapist” and how this may impact the quality and effectiveness of work with clients and consultees. Trainees may be asked to reflect upon and share the ways that their own personal qualities, experiences, and reactions influence and are impacted by their clinical work in

supervision and other training settings. Such exploration and disclosure is not intended to serve as psychotherapy for the trainee but is focused on enhancing self-awareness and professional development as related to the trainee's clinical practice during the internship. Supervisors and other training staff are expected to explore relevant information with the trainee in a respectful, non-coercive manner, within the context of a safe and supportive professional relationship. In accordance with APA code of Ethics, section 7.5, it is important for trainees to be aware that the Due Process procedures for our training programs indicate that the staff may require trainees to obtain psychotherapy in those cases in which a trainee is deemed problematic.

Application and Selection Procedures

Practicum students must be enrolled in an accredited doctoral program in psychology at UMBC. Ideally students will have had some counseling experience prior to the start of the practicum. Application includes a letter of interest, completed application form, completed Director of Clinical Training Consent form, copy of graduate school transcript(s), and two letters of recommendation. Application materials **must** be submitted all together in **one** envelope. Letters of recommendation should be signed across the seal. Application materials are located online at www.umbc.edu/counseling/training.

Applicants are encouraged to submit applications from mid-January through mid-February. Upon review of applications, the Training Director will arrange interviews with those applicants under consideration on a rolling basis. Applications must be **received by February 15th**. Final notification about acceptance to the practicum will be given during the first week of March. Questions are to be directed to Dr. Wick via email at drwick@umbc.edu or by phone 410-455-2472.

Submit application packet to:

Patricia L. Wick, Ph.D.
Training Director
University Counseling Services
118 Student Development and Success Center
University of Maryland, Baltimore County
1000 Hilltop Circle
Baltimore, MD 21250.