REQUEST FOR NEW COURSE

1. General Information.
   a. Submitted by the College of: EDP
   b. Department/Division: EDP
   c. Contact person name: Sharon Rostosky
   d. Requested Effective Date: ☒ Semester following approval or ☐ Specific Term/Year:
   c. Email: s.rostosky@uky.edu
   d. Phone: 257-7880

   Today’s Date: 11/21/09

2. Designation and Description of Proposed Course.
   a. Prefix and Number: EDP 662
   b. Full Title: Doctoral pre-practicum Seminar
   c. Transcript Title (if full title is more than 40 characters):
   d. To be Cross-Listed\(^2\) with (Prefix and Number):
   e. Courses must be described by at least one of the meeting patterns below. Include number of actual contact hours\(^3\)
      for each meeting pattern type.
      1. Lecture 25 Laboratory\(^1\)  Recitation  Discussion  Independ. Study
         Clinical  Colloquium  Practicum  Research  Residency
         Seminar  Studio  Other – Please explain:
   f. Identify a grading system: ☒ Letter (A, B, C, etc.) ☐ Pass/Fail
   g. Number of credits: 1
   h. Is this course repeatable for additional credit? \(\square\) YES \(\square\) NO
   i. If YES: Maximum number of credit hours:
   j. Is this course to be offered during the same semester? \(\square\) YES \(\square\) NO

   Preparation for UK Counseling Center Doctoral Level practicum will include starting to develop an integrative understanding of theory, assessment, ethics, and practice as it relates to effective work with university students. The course introduces the application of traditional individual and group psychotherapy and the provision of effective outreach and consultation on a university campus. Lecture, 1 hour, 15 minutes.
   k. Course Description for Bulletin:

   l. Prerequisites, if any: Approval for doctoral-level practicum at the UK Counseling & Testing Center
   m. Will this course also be offered through Distance Learning? \(\square\) YES \(\square\) NO
   n. Supplementary teaching component, if any: ☐ Community-Based Experience ☐ Service Learning ☐ Both

\(^1\) Courses are typically made effective for the semester following approval. No course will be made effective until all approvals are received.

\(^2\) The chair of the cross-listing department must sign off on the Signature Routing Log.

\(^3\) In general, undergraduate courses are developed on the principle that one semester hour of credit represents one hour of classroom meeting per week for a semester, exclusive of any laboratory meeting. Laboratory meeting, generally, represents at least two hours per week for a semester for one credit hour. (from SR 5.2.1)

\(^4\) You must also submit the Distance Learning Form in order for the proposed course to be considered for DL delivery.

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3. Will this course be taught off campus? YES ☐ NO ☒

4. Frequency of Course Offering.
   a. Course will be offered (check all that apply): ☒ Fall ☐ Spring ☐ Summer
   b. Will the course be offered every year? YES ☒ NO ☐
      If NO, explain: 

5. Are facilities and personnel necessary for the proposed new course available? YES ☒ NO ☐
   If NO, explain: 

6. What enrollment (per section per semester) may reasonably be expected? 8-12

7. Anticipated Student Demand.
   a. Will this course serve students primarily within the degree program? YES ☒ NO ☐
   b. Will it be of interest to a significant number of students outside the degree prog? YES ☐ NO ☒
      If YES, explain: 

8. Check the category most applicable to this course:
   ☒ Traditional – Offered in Corresponding Departments at Universities Elsewhere
   ☐ Relatively New – Now Being Widely Established
   ☐ Not Yet Found in Many (or Any) Other Universities

9. Course Relationship to Program(s).
   a. Is this course part of a proposed new program? YES ☐ NO ☒
      If YES, name the proposed new program: 
   b. Will this course be a new requirement\(^5\) for ANY program? YES ☐ NO ☒
      If YES\(^5\), list affected programs: 

10. Information to be Placed on Syllabus.
    a. Is the course 400G or 500? YES ☐ NO ☒
       If YES, the differentiation for undergraduate and graduate students must be included in the information required in 10.b. You must include: (i) identification of additional assignments by the graduate students; and/or (ii) establishment of different grading criteria in the course for graduate students. (See SR 3.1.4.)
    b. ☒ The syllabus, including course description, student learning outcomes, and grading policies (and 400G-/500-level grading differentiation if applicable, from 10.a above) are attached.

\(^5\) In order to change a program, a program change form must also be submitted.
REQUEST FOR NEW COURSE

Signature Routing Log

**General Information:**

Course Prefix and Number: EDP 667
Proposal Contact Person Name: Sharon Rostosky  
Phone: 7-7880  
Email: s.rostosky@uky.edu

**INSTRUCTIONS:**
Identify the groups or individuals reviewing the proposal; note the date of approval; offer a contact person for each entry; and obtain signature of person authorized to report approval.

**Internal College Approvals and Course Cross-listing Approvals:**

<table>
<thead>
<tr>
<th>Reviewing Group</th>
<th>Date Approved</th>
<th>Contact Person (name/phone/email)</th>
<th>Signature</th>
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<tbody>
<tr>
<td>EDP</td>
<td>11/24</td>
<td>Fred Dannew 7-7879</td>
<td></td>
</tr>
<tr>
<td>Courses + Curricula</td>
<td>12/3/09</td>
<td>Jeff Reese 7-4409 <a href="mailto:Jeff.reese@uky.edu">Jeff.reese@uky.edu</a></td>
<td></td>
</tr>
<tr>
<td>College of Education</td>
<td>10/8/09</td>
<td>Deborah Slaton 7-9775 <a href="mailto:dslaton@uky.edu">dslaton@uky.edu</a></td>
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**External-to-College Approvals:**

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<tr>
<th>Council</th>
<th>Date Approved</th>
<th>Signature</th>
<th>Approval of Revision6</th>
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<tr>
<td>Undergraduate Council</td>
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<td>Graduate Council</td>
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<td>Senate Council Approval</td>
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<td>University Senate Approval</td>
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Comments:

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6 Councils use this space to indicate approval of revisions made subsequent to that council’s approval, if deemed necessary by the revising council.

Rev 8/09
EDP 662 Doctoral Pre-Practicum Course Syllabus – Fall 2009

Course info:
Thursdays
9:30 to 10:45 a.m.
203 Frazee Hall
Counseling & Testing Center, 257-8701
Instructors: Dr. Di Sobel (dsobe00@uky.edu) & Dr. Linda Hellmich (lkhell2@uky.edu)

Course Description: (from University Bulletin)
Preparation for UK Counseling Center Doctoral Level practicum will include starting to develop
an integrative understanding of theory, assessment, ethics, and practice as it relates to effective
work with university students. The course introduces the application of traditional individual and
group psychotherapy and the provision of effective outreach and consultation on a university
campus. Lecture, 1 hour, 15 minutes.

Student Learning Outcomes

1. Students will be able to describe the developmental issues pertinent to the psychosocial
   health of late adolescent and emerging adult clients in a university setting.
2. Students will be able to specify how important ethical practices regarding confidentiality,
   informed consent, etc are enacted through the specific protocols and procedures of the
   UKCTC.
3. Students will be able to articulate the major assumptions of Interpersonal Process
   Therapy and its utility in addressing the relational concerns of university students.
4. Students will demonstrate knowledge of the UKCTC intake, assessment, and referral
   procedures.
5. Students will be able to develop an outreach presentation and will understand the role of
   counseling center psychologists in providing outreach and consultation to campus groups
   and other professionals.

Required text:
Interpersonal Process in Therapy: An Integrative Model by Edward Teyber
5th Ed. 2006

Assignments:
This text is to be read by the October 22 class period. A short reflective paper (5 pages) on how
this has influenced your theoretical orientation is due December 10.

An intake is to be written up after the September 17 class and is to be emailed to the instructors
by Tuesday, September 24.

A 20 minute outreach program is to be outlined and presented in class on either Nov 19 or Dec
3.

Grading Criteria

The grade will be based on completing the assignments and from class participation.
Adequately completing the assignments and participating in class will get you an A grade.
Pre-prac class course outline:

Aug. 27  Intro to class, C&T Services, Late adolescent clients
        Issues for this special population, developmental issues vs. pathology,
        late adolescents as clients

Sept. 3  Intake Sessions at C & T
        Paperwork
        Talking with clients about confidentiality
        Format of the interview
        • Identifying Info
        • Mental Status/Behavioral Observations
        • Lethality
        • Presenting Problem
        • History of Presenting Problem
        • Social History
        • Educational History
        • Vocational History
        • Family History
        • Health/Medical Status
        • Treatment History
        • Client Goals
        • Conceptualization
        • Recommendations/Comments

Special issues to C&T
• Balance between getting information and establishing some kind of
  relationship
• Letting client know that the intake counselor may not be the regular
  counselor
• Making an appropriate referral within the center staff
• Ethics: dual roles, confidentiality, maintaining records, reporting

Sept. 10  Ethics, risk assessment and coding for intake and for ongoing sessions
        Referral out when appropriate and how to make that happen
        Risk assessment (SI/HI)
        • What to look for
        • What to ask
        • Are you thinking about killing yourself? Are you thinking about suicide?
        • What thoughts have you had about killing yourself?
        • Do you have a plan?
        • Do you have access to the means to kill yourself (gun, knife, pills, car,
          etc.)?
        • Have you attempted suicide before?
        • Did you really mean to kill yourself? Do you regret not being successful?
- When did the attempt occur?
- What did you use in your attempt?
- What happened after the attempt (nothing, medical attention, psychiatric hospitalization, etc.)?

Risk level assignment
Safety planning
Emergency services
  - On Duty counselor (OD) and On Call Counselors (OCCs)
  - 911 – orange folder
  - Student Behavioral Health
Other options for staying safe

Sept. 17  Observe C&T staff member conduct intake
Write-up of an observed intake by professional staff, in by Tuesday

Sept. 24  Critique of write-ups
Mock interviewing with each other/role play
Oct. 1 Referral to group from intake or other systems modality, when appropriate and how to make a successful referral
Group therapy and referring to group
Rationale for group
Structure, process of group
Appropriate clients for group
Why not group?

Oct. 8 Multicultural perspective
Special issues with Kentucky regional clients and diversity in general
Appalachia, 1st generation college student, suitcase-college,
Commuter issues, African-American issues, Intl. student issues
Working with clients from diverse backgrounds
Talking about diversity issues with clients
Monitoring your own bias/blind spots

Oct. 15 DVD of a form of Interpersonal Therapy
Hannah Levenson does ongoing therapy with one client

Oct. 22 DVD continued and discussion
Reactions to Interpersonal Therapy as seen on DVD

Oct. 29 Conceptualization for intake and sessions
Interpersonal process perspective: how issues are manifested in the session and in the therapeutic relationship
Dynamic perspective: how past issues have led to negative core beliefs and created bad/dysfunctional patterns
Other theoretical perspectives
Developing a framework for therapy

Nov. 5 Working with other Professionals (on and off campus)
Campus Resources
Community Resources

Nov. 12 Outreach
Planning toward audience, presentation tips and skills
Developing a program
Connecting with your audience
Various techniques (lecture, activities, group discussion)
Plan an outreach on appropriate topic

Nov. 19 Outreach role play/practice

Nov. 26 No Class/ Thanksgiving

Dec. 3 Outreach role play/practice

Dec. 10 Wrap-up and Supervision
Supervision process
Roles and Responsibilities of supervisors/supervisees
What have you gotten out of supervision so far/What are you looking for?
Use of video/how to tape sessions
Record keeping
Keeping supervisor up to date

1/14/09 TCB/DS