WCU Counseling Program Virtual Advisory Council Meeting Minutes
May 1, 2020

<u>Minutes</u>: The 2019-2020 WCU Counseling Program Advisory Council meeting was held via Zoom on May 1, 2020, from 11:00 a.m. – 12:00 p.m. Twenty-one participants were in attendance. All of the Counseling program faculty (8), and 13 participants who represented roles as site supervisors, alumni, and employers of our students/graduates, and represented both clinical mental health agencies, college counseling centers, intermediate and elementary schools, and those in private practice (which corresponds to our specialty tracks of clinical mental health and professional school counseling.

Overall, participants reported positive experiences working with our program and identified strengths of our counseling students/interns. Ongoing discussion will continue regarding the agenda topics. Council will meet, annually to review current/relevant program operations. A survey was sent to participants and a one-hour CEU was offered to attendees. Listed below are the name of attendees, agenda topics, and notes from the discussion.

<u>Attendees (13)</u>: All are site supervisors for the program's practicum/internship students; notations for alumni and employers of graduates of our program:

Jay Manalo ("alum"/WCU-CAPS), Paula Demonet (alum/WCU-CAPS),
Dee Dasburg (alum/Brevard College), Dan Yearick (Four seasons),
Kim Jones (Access Family Services), Victoria Reichard (employer/Access Family Services)
Jay Ruebel (employer/Meridian), Amy Mittan (alum/employer/RHA)
Jody Montrie (Enka Intermediate), Jennifer Laite (Edneyville Elementary),
Rebecca Withrow (Our Voice), Lisa Neff (alum/CBT center),
Marie Graven (alum/VA hosp/priv pract)

<u>Faculty present (8)</u>: Melodie Frick, Phyllis Robertson, Elizabeth Graves, Heather Thompson, Merry Leigh Dameron, Lisen Roberts, Russ Curtis, Elizabeth Likis-Werle

<u>Meeting Agenda</u>:
Welcome and Introductions
Review Counseling program data
Meeting tasks: Feedback from attendees on these topics:
Interest and pros/cons of 20-hour practicum vs. current 8hr/1 day per week practicum
Interest/availability for Summer practicum/internship interns
Suggestions for maintaining relationship between program and sites
Discussion on supervision examples/tips via telehealth/telesupervision tips

<u>Notes</u>:
<u>Topic-20-hour practicum</u>
PROS
- Smoother transition from practicum to internship (16-20 hours → 40 hours rather than 8 hours → 40 hours) – better for learning and psychological effect

- Gives more hours to clients (e.g., agencies in which prac/interns offer free counseling services)
- Continuity of care with clients (larger case load prac to intern)

CONS
- Student ability/need to balance 3-4 course plus employment plus practicum hours
- Space (with more hours, agencies would need to have space available)
- Equitable issue in that not all sites (therefore students) would have same access to 20 hours
- Equitable issue in varied practicum hours/requirements for student (i.e., how can some students do 8-10 hours and others 20?)

Topic-Summer practicum/internship
PROS
- Continuity of care with clients
- Flexibility for students
- Option for academic year split-internship with WCU CAPS (if preceding summer prac elsewhere)

CONS
- Some agencies have fewer clients in summer
- Equitable issue in that not all sites (therefore students) would have same access to summer option

NOTE
- The following agencies present in meeting said Yes: Our Voice; RHA; Access; Meridian (adult only; not child/adolescent); Four Seasons Hospice

Topic-Tele-Supervision
- We are doing counseling and supervision via tele as we learn it
- Supervisees may be more knowledgeable or experienced in the related technology than supervisors
- Recording counseling session in Zoom is less intrusive than live, so that makes for more authentic viewing in supervision
- Need for increased self-care conversations (are supervisees okay in this pandemic?)
- Can make for more purposeful or productive supervision time (less chatting)
- Can be fun to integrate varied backgrounds (balloons for celebration)
- Tips and resources specifically for confidentiality
    o HIPAA-compliant platforms = Zoom Pro or Skype for Business
    o Use headphones/earphones so no one else in live vicinity (including Bluetooth and similar technologies) can hear
    o Use hard-wire log-in with password (not wifi)
    o Begin by showing one another the empty room and sit with only door to room visible on screen
    o Free and low-cost resources and training at personcenteredtech.com