Mission Statement

The mission of Counseling and Psychological Services (CPSC) is to provide culturally competent services to support SF State students to reach their emotional and educational objectives, career, and life aspirations through a variety of means including: time limited individual and group counseling, crisis intervention, referrals, preventative educational programs, workshops, outreach, consultation, advocacy and intern training. CPSC is committed to providing counseling, prevention education and graduate intern training within a multicultural framework, that integrates respect for diversity, and which includes attention to issues of social justice.

Planning Goals

Goal #1: Train and supervise graduate student trainees to integrate their learning of cultural diversity to provide culturally competent counseling for the diverse SF State student body by the end of their academic year of training.

Goal #2: Starting in Fall 2011 offer a variety of therapy groups and establish a baseline of student participation.

Goal #1: Student Learning Outcome

CPSC Peggy Smith graduate counseling intern-training program will increase the knowledge of 6 interns of cultural competency counseling skills by 5% at the end of their academic training year. This will be the second cohort of 6 graduate counseling trainees that will participate in the pre and post assessment.

Rationale

SF State has a diverse multicultural/multiethnic student body and it is essential that the trainees learn to provide culturally competent clinical counseling to this population. This increased cultural competency training is consistent with CPSC and SF State’s mission.

Measures

Graduate student trainees will take the California Brief Multicultural Competency Scale (CBMCS-2004) and the Multicultural Counseling Self-Efficacy Scale-Racial Diversity Form (MCSE-RD-2004) at the beginning of the academic year. It is hypothesized interns will demonstrate a 5% increase in knowledge about culturally competent therapeutic skills when retested by these scales at the end of the academic year.

Results

In AY 2011-12 three of the four graduate student trainees showed significant increases of 8% to 20% in their perceived level of competency on the CBMCS-2004 scales measuring multicultural knowledge, awareness of cultural barriers, sensitivity and responsiveness to consumers, and knowledge of socio-cultural diversities. The fourth graduate student trainee showed an overall decrease of 1% in his perceived level of competency in these areas.

On the MCSE-RD-2004 scales measuring multicultural assessment and intervention skills as well as multicultural counseling session management four of the four graduate student trainees in AY 2011-12 showed significant increases of 10% to 23% in their perceived level of competency.
Conclusion
For the third year in a row the graduate student trainees in the Peggy H. Smith Counseling Clinic show significant increase in their knowledge of culturally competent mental health services as well as in their perception of their level of competency in multicultural counseling. Graduate student trainee comments indicated that having the opportunity to work with a diversity of clients in weekly therapy and having supervisors who consistently commented on multicultural issues in supervision were the two major factors in their increase in competency and comfort when working with clients from differing cultural backgrounds.

Goal #2: Student Learning Outcome & Program Objective

Student Learning Outcome
Enhance and promote student psychological well-being, academic success and retention by providing therapy in structured groups at Counseling and Psychological Services (CPSC)

Program Objective
CPSC will increase use of group therapy to diversify clinical services and meet student need for group support. When dealing with mental health concerns group therapy can assist students in learning coping strategies and developing communication skills in a supportive peer environment. In Fall 2011 CPSC plans to offer 4 therapy groups: Anger Management; Courage to Heal: A trauma focused recovery group; Stress Management for International Students; Leading your life to Harmony. Student attendance will be recorded throughout the semester and establish a baseline measurement for group participation at CPSC.

Rationale
SF State has a diverse multicultural/multiethnic student body and it is essential that CPSC provide services that meet the wide range of student needs. Students have requested group therapy as an option to focus on their health and wellness.

Measures
The Center will document the number of student participants in group therapy on a weekly basis throughout academic year 2011-12. The center will collect basic demographic information from this population.

Results
In the academic year 2011/2012, 4% of the students seen in CPSC attended a group. A total of 40 students attended the four groups offered in CPSC during this period. The majority of the students (3 to 6) attended the “Leading your life to Harmony” four sessions each semester. The “Stress Management for International Students” was cancelled for lack of attendance and not offered in the spring 2012 semester. The “Courage to Heal” group was a closed group of four people in the Fall 2011 semester. The “Anger Management” averaged 0 to 4 people weekly both semesters.

Conclusion
Historically, groups in the CSPC have not flourished. The established baseline of 4% participation of the student who received services at the CPSC is cause for exploration as to why groups do not resonate with students as a treatment option. It is speculated that scheduling and student workload are the predominate reasons for lack of student participation in groups.