

PRACTICUM (CNS 738) BASIC OVERVIEW

The Practicum is a pre-internship experience designed to help students further develop their individual counseling and group work skills under careful supervision. The Practicum includes a minimum of 150 hours of clinical experience in a clinical mental health or school setting plus 35 hours of individual/pair and group supervision by university faculty.

The hours break down as follows:

150 Hours (at practicum site) of work in a school or clinical mental health setting over a period of one full semester (approximately 11-12 hours per week) and should include a minimum of 100 hours of indirect time; **50 hours of direct client contact**, and 7 hours of supervision by the site supervisor (approximately 30 minutes per week; these 7 hours are included in the indirect hours at the site).

14 Hours (not on site) of individual or paired supervision by a university supervisor.

21 Hours (not on site) of group supervision (1.5 hours per week) by practicum instructor with other students.

185 Total Hours (Minimum)

Direct/Indirect Hours

Direct hours. CACREP's definition of direct service is the "interaction with clients that includes the application of counseling, consultation, or human development skills" (CACREP, 2009). This includes activities such as individual counseling, group counseling, couples/family counseling, co-counseling/co-facilitating and intakes. If you are unsure if an activity is considered by the Department to be a direct hour please consult with your University Supervisor.

Indirect hours. Indirect hours are all other activities that are done on site that are not direct service hours with clients. This includes activities such as observation of other counselors/therapists' work with clients, paperwork, administrative tasks, case notes, treatment team meetings, staffing of cases, site supervision and consultation.

Supervision

Site Supervisor. A site supervisor must have a minimum of a master's degree in Counseling or a closely related field with equivalent qualifications (e.g., social work, psychology, marriage and family therapy), including appropriate certifications and/or licenses (e.g., LPC, LCSW, MFT, Licensed Psychologist, Licensed/Certified School Counselor), and have a minimum of two years of pertinent professional experience (e.g., clinical mental health, school counseling) post-master's degree.

Site supervisors may contact the Department for resources regarding the clinical supervision process. It is the student's responsibility to check with their state's regulatory agency to determine if additional state requirements for site supervisors of practicum experiences are met. Site Supervisors meet with their practicum students for a minimum of 30 minutes each week to review audio or video recordings and/or to discuss clinical experiences for a minimum of 7 hours per semester. Site supervisors and practicum students are expected to have knowledge of the program's expectations, requirements, and evaluation

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procedures for students. Site supervisors are also available for consultation on an as-needed basis outside of formal supervision meetings. During the first week on site, the student and his or her Site Supervisor will complete the Learning Agreement Form which includes a time schedule and brief plan of activities. A copy is submitted to the course instructor for approval.

Session Recordings

Session Recordings. Students are required to submit audio (no video) recordings of work with clients at various points across the semester in order to receive feedback and evaluation of their skills from their university supervisor. We believe students get better feedback and direction in developing their skills when supervisors can actually see their work as opposed to student self report of what occurred in a session. We understand there are a few sites where recording of session is not possible. If a site will not allow the student to record (with signed consent from clients) and submit recordings to their University Supervisor for evaluation the site supervisor must be willing to live observe the student's work and complete an observation form for the student to turn into the university supervisor at various points in the semester. (This typically occurs three times a semester.)

More detailed information can be found in the Department of Counseling Student Clinical Experience Manual at <http://college.wfu.edu/counseling/forms/forms-for-current-students/>

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