

Counselling Psychology – Art Therapy Practicum

The Counselling Psychology – Art Therapy Practicum is fully affiliated with [Adler University](#) and includes placements in several community-based partnership sites. Through these placement experiences, are expected to approach all aspects of the program with appropriate professional disposition. Examples of appropriate professional dispositions include but are not limited to the following: externs must demonstrate a commitment to personal and professional growth; appropriate self-care; receptivity and application of clinical supervision and feedback; respect, integrity, and honesty in interactions with clients, peers, and supervisors; and adherence to ethical and legal standards of practice and behavior.

Externs offer clinical services at and through community-based partnerships. Externs are assigned to community sites based on their interests, training and educational needs, site needs, and abilities. In addition to providing direct clinical services, externs receive individual supervision, participate in case disposition meetings, become active members of interprofessional teams, and attend didactic workshops.

Services provided in the community within partner sites may include individual, group, family, and couples' psychotherapy; support and therapy groups; consultation; partner site staff training; telehealth; and psycho-educational programs.

The externship program offers one (1) to five (5) positions. For ACHS to be a primary placement, a student must be able to commit to 20 hours per week comprised of two (2) clinical days providing services, and four (4) hours total of didactic programming and supervision.

Generally, the externship begins on September 1st and ends June 30th.

Extern Time-Off Allowances

- Primary Placement – 8 days

Program Goal

ACHS' Counselling Psychology Art Therapy Practicum program is the foundational training component in preparation for professional practice as a Professional Art Therapist in British Columbia. The ACHS 2023-2024 practicum program is designed to meet competencies that will satisfy all requirements of the British Columbia Art Therapy Association (BCATA) Code of Ethics with a focus on applied clinical counselling and art therapy training.

Training Model

Art Therapy has been defined by the BC Art Therapy Association as something that “combines visual art and psychotherapy in a creative process using the created image as a foundation for self-exploration and understanding. Thoughts and feelings often reach expression in images rather than in words. Using art therapy, feelings and inner conflicts can be projected into visual form. In the creative act, conflict is re-experienced, resolved, and integrated.”

Counselling has been defined by the Canadian Counselling and Psychotherapy Association (CCPA) as “a relational process based upon the ethical use of specific professional competencies to facilitate human change. Counselling addresses wellness, relationships, personal growth, career development, mental health, and psychological illness or distress. The counselling process is characterized by the application of recognized cognitive, affective, expressive, somatic, spiritual, developmental, behavioural, learning, and systemic principles.” As ACHS trains students from disciplines other than counselling, the program also teaches and applies interprofessional practice knowledge, skills, and attitudes in all appropriate learning activities.

The practicum program has five (5) goals with attendant objectives and competencies:

Goal One: Entry-level competence in relationships

- Objective One: Entry-level performance in developing and sustaining therapeutic relationships, rapport building, and empathy.

- Objective Two: Entry-level performance in effective listening skills and understanding interpersonal dynamics.
- Objective Three: Entry-level performance in interprofessional collaboration and practice

Goal Two: Entry-level competence in clinical assessment, conceptualization, and intervention

- Objective One: Entry-level performance in clinical counselling and art therapy
- Objective Two: Entry-level performance in the use of assessment tools
- Objective Three: Entry-level performance in theoretical knowledge, case conceptualization, and systematic information gathering.

Goal Three: Entry-level competence in consultation and education

- Objective One: Entry-level performance in utilization of supervision and consultation in professional activities
- Objective Two: Entry-level performance in the provision of ethical consultation to peers, other professionals, and the public.

Goal Four: Entry-level competence in professional ethics and mental health law

- Objective One: Entry-level performance in ethical practices and professional standards.
- Objective Two: Entry-level performance in the application of mental health law in British Columbia.

Goal Five: Appropriate trainee-level competence in professional approach, attitude, and practice; commitment to human dignity and human rights

- Objective One: Entry-level performance in respecting and integrating human dignity and human rights in all professional activities.
- Objective Two: Entry-level performance in oral communication and professional values, attitudes, and behaviours.
- Objective Three: Entry-level performance in the application of provincial human rights and federal Charter of Rights and Freedoms
- Objective Four: Entry-level performance in socially responsible practice

Externship Training Activities

Practicum students provide clinical service, receive individual clinical supervision, participate in didactics, and participate in group supervision throughout the program. Services are provided virtually and/or in-person at community sites that have partnerships with ACHS.

| Service | |
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| Direct Client Contact (see below for details) | Minimum 300-350 hours |
| Indirect Services (interprofessional team meetings, psychoeducation programming, consultation, charting, etc.) | 300-450 hours |
| Didactic Training | |
| Clinical Practice and Ethics | 2 hours every other week |
| Supervision | |
| Individual Supervision – Registered Clinical Counsellor | 1 to 1 ½ hours weekly |
| Group Supervision – Registered Clinical Counsellor(s) | 2 hours every other week |

- Orientation – Introduction to ACHS policies and procedures, documentation, practicum goals and individual training goals and objectives- client populations, competencies/criteria and standards for practicum, supervision, health and safety, ethics and risk management, documentation and electronic health records, site introduction, human rights and dignity, and team building with peers and faculty.
- Direct Client Contact (minimum 300-350 hours) - Individual, couple, and family counselling; art therapy individual and group work; group therapy; psychoeducational activities involving clients; intakes and assessments; milieu management involving clients; treatment and aftercare planning involving patients and/or their caregivers; and other clinical services not listed here involving clients/caregivers at the discretion of primary supervisor.
- Practice Environments – Averaging 17-21 hours per week (2-3 days) in the field, including on-site and telehealth clinical service options with ACHS partner organizations. *Art Therapy Students will need Monday afternoons, all of Wednesday, and all of Friday to potentially fulfill direct hours requirements, based on typical Adler University class schedules.*

- Interprofessional Practice - Consultation, team huddles, case conference, and case management with each assigned site and as included on individual training plan.
- Competency Evaluation of Intern Performance - Three (3) times a year (once per semester) includes a final cumulative performance review.
- Practicum Completion - Minimum of 700 total hours. Practicum does not end upon completing 700 hours. Practicum ends at the practicum contract end date.

Program Outcomes

Upon completion of the practicum, externs are expected to demonstrate the following:

- Entry-level counsellor/art therapist competence in the areas of relationship, assessment and conceptualization, intervention, consultation and education, diversity, ethics and legal, and professional identity and conduct.
- Entry-level counsellor/art therapist competence in socially responsible practice.
- A commitment to the highest standards of professional ethics, lifelong learning, and professional development.

Supervision

Each extern is assigned a supervising registered clinical counsellor and/or registered art therapist. The extern will meet for a minimum of one (1) hour to 90 minutes per week for individual supervision. The extern will meet for a minimum of two (2) hours per week for group supervision. The primary clinical counsellor and/or art therapist supervisor of a case is the legal and ethical owner of the case.