

Counselling Psychology Practicum

The Counselling Psychology 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 ten (10) 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 up to 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 Practicum program is the foundational training component in preparation for professional practice as a Registered Clinical Counsellor in British Columbia. The practicum program's overarching goal is to prepare students in counselling psychology competencies as socially responsible practitioners that will satisfy or exceed all requirements of the British Columbia Association of Clinical Counsellors (BCACC) Code of Ethical Conduct and Practice Standards through applied clinical counselling training.

Training Model

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 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	
Direct Client Contact (see below for details)	Minimum 200 hours
Indirect Services (interprofessional team meetings, psychoeducation programming, consultation, charting, etc.)	300-600 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 200 hours)
 - Individual, couple, and family counselling is the majority of direct client contact hours.
 - Other direct client contact (groups, psychoeducation, intakes, etc.) may not exceed 40-80 hours of the 200-hour total.
- Practice Environments – Averaging 17-21 hours per week (2-3 days) in the field, including on-site and telehealth psychological service options with ACHS partner organizations. *MCP/MACP students will typically need one full day in-person at a site either Tues, Wed, or Thurs and one full day of telehealth sessions on Friday.*
- Didactic Programming and Group Supervision – Minimum of 2 hours per week of programming in didactics or group supervision.
- 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 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 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. 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 supervisor of a case is the legal and ethical owner of the case.