Practicum Total Hours 400 Hours

Minimum

Completed over two (2) full 15-week trimesters (minimum of 13.5 hrs/weekly)

200 Direct Client Contact Hours (DCC)

Student must complete 60 DCC by last day of PSYC 7113 (Trimester one)

Direct Client Contact Hours: Modalities

Individual Counselling: 120 hours (minimum) of DCC will be mental health counselling hours in the form of individual counselling.

For the **balance of 80 hours**, the following modalities are allowed:

Family or Couples Counselling: May be included at the discretion of the supervisor, depending in site's service offerings and experience of student.

<u>Group Counselling</u>: Recommended, but not required by some professional associations.

- * MACP student is <u>not allowed</u> to facilitate any counselling groups <u>on their own</u>
- *MACP student should have opportunity to be lead facilitator for at least 1/2 of any and all group counselling hours.
- *Mental health group counselling is based on theory, techniques, research, and treatment approaches that support effective therapeutic outcomes.

Direct Observation

MACP-approved supervisor must observe student a minimum of three (3), 50-minute client sessions, with at least one (1) observed session in each trimester of Practicum.

If the observation was not "live", then a recorded client session must be presented to the supervisor, and supervisor's observation can be entered as Direct Observation.

SONIA Log: Student will log the entry as Direct Observation. Time spent reviewing the recording with supervisor will be logged as Supervision.

<u>Direct Client Contact Hours: Venues</u> <u>and/or Platforms</u>

Direct Client Contact (DCC) counselling may be conducted through the following <u>venues and/or platforms</u>, with appropriate considerations taken by the counsellor to protect privacy and confidentiality:

- * Face-to-face, in person.
- * Face-to-face, using telephone, Zoom, Teams, or other encrypted video platforms.

Direct Client Contact Hours: Activities

- * Interviewing for intake that is clinical in nature and the intake is used to determine the client's focus and course of the therapy.
- * Conducting the administration, scoring and interpretation of the results of a psychometric assessment as part of a clinical interaction with the client.
- * Facilitating or actively cofacilitating/co-counseling (at least 50% of the session and not simply observing) therapeutic counselling sessions.
- * Engaging in case conferences with the client present.
- * Conducting 50% of the student's counselling sessions (e.g., individual, family or couples, and group counselling) with clients in English.

200 Indirect Contact Hours

Indirect Contact Hours: Activities

- *Observing counselling without actively participating and not providing follow-up to the client immediately after the observed session.
- * Engaging in record-keeping.
- *Conducting preparation activities in relation to direct client work.
- * Writing counselling session progress notes.
- * Writing and updating client treatment plans.
- * Writing client discharge summaries.
- *Conducting a psychometric assessment that primarily involves administering, scoring, and report-writing, with little to no clinical interaction with the client.
- * Engaging in individual clinical supervision as a Supervisee
- * Observing or co-facilitating psychoeducational groups targeted more to universal vs designated client populations
- * Participating in case conferences or staff meetings, without client present.
- * Engaging in consultation with professionals at the practicum site.
- * Attending and completing in-service trainings, if offered by the practicum site.
 - **Academic course work may <u>no</u>t be counted as Indirect Contact Hours.

Clinical Supervision

(Minimum of 30 hours)

- *Individual and/or dyadic supervision meetings with MACP-approved supervisor, mandatory.
- ---Individual supervision is defined as the supervisor and only practicum student.
- ---Dyadic supervision is defined as the supervisor and only two practicum students.
- * Minimum of one hour each week, mandatory.
- **Group Supervision will not count towards the Individual Supervision requirement.

