# 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 45 DCC before receiving a Formative Evaluation

#### **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**

10 hours of Direct Observation of counselling sessions are required by an MACP-approved supervisor. It is recommended that five observations be conducted during each practicum term.

Clinical work can be directly observed via direct observation of sessions, review of recorded audio or video sessions, co-counselling or co-facilitating.

In the case of reviewing a recorded session, a 15–20-minute clip followed by supervision on that clip for the remainder of the hour constitutes one direct observation hour.

SONIA Log: The student will record the entry as either Direct Individual Counselling or Direct-Other, with a sub-activity of Direct Observation, based on the specific type of counselling activity observed.

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

Direct Client Contact (DCC) counselling may be conducted through the following **venues and/or platforms**, 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 Client 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>not</u> be counted as Indirect Client Contact Hours.

# Clinical Supervision (Minimum of 30 hours)

- \*Individual and/or dyadic supervision meetings with MACPapproved 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.