

**FRAN 6090-III PRACTICUM IN COUPLE & FAMILY THERAPY**

**COURSE OUTLINE  
FALL 2013**

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**Course Description**

This course is the third semester in a four semester series of clinical training practica in the Couple & Family Therapy program. Practicum III features the study of, and training in, Narrative Therapy, currently one of the major approaches in the collaborative, post-modern therapies prominent in the CFT field. This introduction of the Narrative Therapy approach will include:

- a) a study of work by primary foundational philosophical, socio-political, anthropological, and developmental thinkers who influenced Michael White and other developers of Narrative approaches,
- b) exploration and critical study of major assumptions underpinning the Narrative perspective,
- c) implications for the positioning of the therapist and client(s) in the clinical relationship,
- d) practicing primary therapeutic skills associated with this therapeutic model, and
- e) attending to embedded issues of power, privilege, and marginalization related to intersecting social locations as these permeate the systems and relationships in which we and our clients live.

Students (therapist-interns) will incorporate Narrative practices into their on-going work with couple, family, and individual clients at the Couple & Family Therapy Centre. Systemic thinking and practice will be highlighted, consistent with the training commitments of the CFT program.

This practicum course requires active participation in a range of academic, experiential and clinical activities designed for professional development. Registration and participation in this course is limited to graduate students registered in the CFT Program.

**Course Objectives**

[In addition to the specific objectives outlined below, refer to the CFT Student Orientation Guide, Section 2, pages 2-5 for details/text regarding the associated Expected Student Learning Outcomes (ESLOs) associated with the CFT Program. See *Appendix A* for Model-based Expected Learning Outcomes (MELOs) and associated AAMFT Core Competencies; as well as *Appendix D* for chart outlining specific ESLO to be assessed.]

1. **Conceptual.** To develop an understanding of the conceptual aspects of Narrative Therapy as a leading-edge approach within the field of Couple & Family Therapy, including the underlying assumptions, the historical-

contextual development of this perspective, major concepts, distinctions from other approaches, and its overall strengths and limitations.

2. **Therapeutic Interviewing and Team Skills.** To learn to apply common Narrative practices in on-going clinical work with a wide variety of clients across the life-span with widely diverse presenting concerns and lived experiences. **ESLO 5a, 5d.**
3. **Assessment, Hypothesizing and Documentation Skills.** To engage in Narrative practices of: (a) “co-assessment” with clients regarding the resources and constraints they are experiencing, (b) co-development with clients of initial goals for the therapy work, (c) writing Narrative oriented clinical documents, (d) on-going co-evaluation with clients of their progress and the helpfulness of the therapy process. To engage in systemic hypothesizing and apply this in on-going clinical work. **ESLO 3d, 5a, 5c, 5d.**
4. **Ethics, Accountability and Professional Identity Development.** To consistently apply ethical principles, codes of ethical conduct, and “best practices” in clinical work. To re-view personal ethics, extend development of preferred professional identity, and learn Narrative practices for maintaining a therapeutic positioning that embraces complexity, engenders hope, and reflects personal and professional accountability. **ESLO 3c, 3d.**
5. **Diversity.** To increase awareness of differences and use this awareness to engage respectfully and compassionately in therapeutic conversations, collegial interactions, and supervision/consultation. **ESLO 4c, 4d, 5b.**
6. **Power Relations and Reflexivity.** To extend personal and professional understanding related to the intersections of social locations and how these influence people’s lives. To extend skills in critical analysis of the power dimensions inherent in all relationships, including especially the therapeutic relationship. To practice reflexivity with respect to analyzing one’s own participation in complex power relations and the construction of “knowledge” that may be oppressive or liberating for self and others. **ESLO 4a, 4b, 4d, 5b.**

## Course Organization

**Pedagogical Approach.** As course instructor and a clinical supervisor, my intention is to create and promote a context for generative learning and exchange of ideas among all participants. I prefer to think of the classroom and supervision contexts as unique spaces where a *generative learning community* can meet and co-evolve toward rich understandings of the complex material featured in the course. In the generative learning community of this practicum, differences in power, influence, and experience inevitably exist. As instructor/clinical supervisor, I intend to promote clarity with regard to power relations and the different responsibilities of the various people on the Program’s Practicum Team (instructor, clinical supervisors, Client Services Coordinator) and interns/students.

Members of the generative learning community for Practicum III will come to each class or supervision opportunity with different experiences and understandings of the material and the associated implications for practice and professional identity. For the generative learning community to be most effective, a commitment to participate actively is required of each member; belonging to the community involves demonstrating mutual respect, engaging in exchanges that support diversity of viewpoints, and constructive commentary. It is important for each member to extend encouragement, acknowledgement, and appreciation to the others with respect to their struggles and successes in learning and professional development. The learning experience for all involved will be enriched as each member comes with an assumption of shared responsibility for developing a cooperative and non-competitive environment (both in seminars/workshops and supervision meetings). Practicum participants (interns and the practicum team members) are expected to make suggestions, on an on-going basis, as to how to create and maintain this kind of community.

**Seminar / Training Workshops (Full Group Meetings / Group Supervision).** Students will meet with the course instructor, Ruth Neustifter, on 12 consecutive Wednesday evenings beginning September 11th, from 4:30 pm – 8:20 pm. with a break of approximately 30 minutes. The group will (usually) meet in the CFT Centre, Room F (upstairs).

During the seminar/workshop meetings all members of the generative learning group will engage in critical discussion/analysis of the required readings, activities to strengthen interviewing skills and promote professional development, and review video-recorded therapy sessions. The intention is to link concepts from the Narrative perspective with narrative practice and skill development of each intern.

On occasion (scheduled in advance) the group will split into two groups to experience Narrative team-work with a client. These experiences will be organized around the “outsider witness” structure and process developed by Michael White. Katherine Tomkinson (Clinical Supervisor) will join Ruth Neustifter in supervising the team-work. **See Appendix B. Schedule of Topics, Readings, and Teamwork.**

**Course Projects and Activities.** Practicum participants are expected to complete several projects and activities. Each is specifically designed to increase the intern's competence in applying a Narrative perspective to his or her clinical work and in development of general professional knowledge and skills. **See Appendix D. Course Projects and Activities.**

**Participation and Absences.** This Practicum course is distinctive from academic courses in that the content relates specifically to clinical training and providing "best practice" services to clients. Engaged, in-person participation (not just reading the assigned texts and completing various written assignments) is essential to the learning and professional development of participants.

In the event that a course participant is unable to attend any scheduled course activity, or knows in advance that she/he will be late due to illness or for compassionate reasons, she/he is expected to contact the instructor or relevant clinical supervisor by leaving a voice-mail message on that person's office phone, in advance of the scheduled activity. If a student has to leave a meeting or clinical supervision session activity before it is completed, she/he is expected to advise the instructor/clinical supervisor in advance. In either of these situations, the student is expected to "catch up" or "make up" what she/he missed. In some instances (exceptional) it may be possible for the seminar/workshop, in part or in full, to be video-recorded.

**Supervision Contract.** Please review the Supervision Contract for the CFT Program (signed at the beginning of clinical training – Practicum-I) at the beginning of the semester and be up-to-date on all commitments outlined throughout the semester. Each student is required to meet **all** agreements and commitments set out in the **Supervision Contract for the CFT Program.**

**Supervision / Consultation Meetings (Individual, Dyadic, or Group Supervision).** In addition to the weekly seminar/training workshop meetings (outlined above), each student/therapist-intern will meet regularly for clinical supervision with each of the two clinical supervisors (Ruth Neustifter and Katherine Tomkinson) for supervision of their clinical work with Centre clients for whom Ruth or Katherine has supervisory responsibility.

Interns will meet with Ruth Neustifter weekly and with Katherine Tomkinson bi-weekly (**see Appendix C. Supervision, Outsider Witness Teams, and Supervisor On-Call Schedule**). Typically, clinical supervision will be provided to two interns (dyadic supervision) in a given meeting, with each intern expected to present clinical work for half of the available time, and participate actively in the consultation conversation when their supervision partner/colleague is presenting her/his clinical work. At least twice during the semester, each intern will participate alone in supervision with each clinical supervisor, usually at the beginning of the semester, at the mid-term, and at the end of the semester. On occasion (scheduled in advance) larger groups of interns will meet with Ruth for group supervision opportunities.

Individual/dyadic clinical supervision is required during each week interns are actively meeting with clients. The supervision schedule (**Appendix C**) includes supervision times beginning the week of September 2<sup>nd</sup>, 2013 and concluding the week of December 9<sup>th</sup>, 2013 (a total of 15 weeks of clinical supervision). Dyadic supervision meetings will usually last 1.5 - 2 hours.

Interns are required to prepare for supervision in advance. **See Guidelines for Supervision** (handout) and the required **Supervision Preparation** form (handout).

**Ad hoc and Crisis Supervision / Consultation Meetings.** Ruth and Katherine will each be available for ad hoc supervision/consultation during regularly scheduled times each week. There will always be a clinical supervisor available for consultation with respect to crisis situations. **See Appendix C. Supervision, Outsider Witness Teams, and Supervisor On-Call Schedule.**

### **Evaluation.**

Course Instructor / Clinical Supervisors' Evaluation of the Student – Grading in FRAN 6090-III is on a "satisfactory / unsatisfactory" basis. At mid-term the clinical supervisors will each provide feedback to each intern regarding their progress in the clinical training and work with clients. If the instructor/clinical supervisor, in consultation with the other clinical supervisor, deems the intern's progress to date to be "unsatisfactory" in any way, action steps will be developed and documented with a copy to the intern. If the intern does not demonstrate adequate application of the principles and practices of Narrative Therapy in selected work with clients by the end of the semester, she/he will receive an "unsatisfactory" grade in the course and not be advanced to Practicum IV.

Review of the relevant Expected Student Learning Outcomes (ESLOs), Model-specific Expected Learning Outcomes (MELOs) and designated AAMFT Core Competencies will be part of the mid-term feedback and final evaluation process. Students will demonstrate their progress toward these competencies and outcomes through their clinical work, in supervision conversations, in projects and other course activities, and participation in practicum seminars. In

addition to the clinical work, all other course requirements, including projects and activities, must be completed and achieve an acceptable standard of work in order to obtain a “satisfactory” grade in the course (**see Appendix A. Model-specific Expected Learning Outcomes (Narrative) and AAMFT Core Competencies and Appendix D. Course Projects and Activities**).

Student/Intern Self-evaluation. Each intern is required to develop a written evaluation of his or her progress in the practicum. Self-evaluation includes filling out check-lists related to the Expected Student Learning Outcomes (ESLOs), Model-specific Expected Learning Outcomes (MELOs), and the AAMFT Core Competencies that are designated for this practicum. (**see Appendix A. Model-specific Expected Learning Outcomes (Narrative) and AAMFT Core Competencies**).

Student/Intern Evaluations of Course Instructor and Clinical Supervisors. At the end of the term, each intern will be asked to provide evaluations of the course, including achievement of the specified ESLOs, and MELOs, and the effectiveness of the practicum instructor and each of the clinical supervisors in facilitating student/intern learning.

### **Academic Misconduct**

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection. Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Students are responsible for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

The Academic Misconduct Policy is detailed in the Graduate Calendar: [http://www.uoguelph.ca/registrar/calendars/graduate/current/genreg/sec\\_d0e1609.shtml](http://www.uoguelph.ca/registrar/calendars/graduate/current/genreg/sec_d0e1609.shtml)

The investigation of cases of academic misconduct cases and the cases that are heard at the Admissions and Progress Committee indicate that many graduate students, especially those new to Canada, are not aware of University regulations reflected in the attached statements. In particular, issues related to academic consideration, dropping courses, and lack of awareness of behaviour that constitutes academic misconduct may all lead to disruption or delay of a student's academic studies and require considerable time and effort from faculty and administrative staff to resolve resulting problems.

In the case of the graduate academic misconduct policy, the Graduate Calendar states:

"It should not be possible for a student to claim that he/she was not warned about the University's academic misconduct regulations, what constitutes academic misconduct and the potential consequences of transgressing."

### **Required Reading.**

#### Text:

White, Michael (2007). *Maps of narrative practice*. New York: W. W. Norton.

#### Other:

Ruthie will often divide up the readings among students for a given week. Further details about this will be discussed in class.

Various articles and chapters. See **Appendix B. Schedule of Topics, Teamwork and Readings**.

### **Appendices:**

- A.** Model-specific Expected Student Learning Outcomes, Practicum-III AAMFT Core Competencies. [pages 6–12]
- B.** Schedule of Topics, Readings and Outsider-Witness Teamwork. [pages 13–15]
- C.** Supervision, On-Call, Outsider-Witness Team-work Schedules. [pages 16–21]
- D.** Course Projects, Activities, and Due Dates. [pages 22–26]
- E.** Narrative Therapy Perspective – Unique Training Contradictions and Implications. [pages 27–28]

**Note:** This course outline, including the various Appendices, reflects the substantial course development work done by Dr. Jean Turner in 2009, and the revisions by Dr. Anna Dienhart in 2010 and Sally Ludwig in 2012. While the content

contained herein has been somewhat revised from these prior courses, it remains, nonetheless, the sole responsibility of Ruth Neustifter.

COURSE OUTLINE

**Appendix A**  
**Model-specific Expected Learning Outcomes (Narrative)**  
**and AAMFT Core Competencies**

Note: The Expected Student Learning Outcomes (ESLOs) that are linked to each Model-specific Expected Learning Outcome (MELO) are indicated by number; detailed text/description of each ESLO is available in the Couple & Family Therapy Student orientation Guide (Section 2, pages 2 - 5).

Narrative Therapy Perspective - MELO	Method of Achievement
<p><b>1. Therapist Stance &amp; Power Relations</b> (ESLO 4a, 4d, 5b) – Understand the power relation implications of a “<u>de-centered and influential</u>” stance. Begin to practice a “de-centered and influential” therapist positioning; notice when this stance has been disrupted (and why) and take steps to return to it. Understand and be able to analyze the on-going power relations in therapy conversations and use this information to return to Narrative stance.</p>	<p>Assigned course readings. In-class experiential exercises. On-going client work &amp; critical self-reflection. Video Project</p>
<p><b>2. Systemic Conceptualization</b> (ESLO 5c) – Engage clients in <u>remembering conversations</u> to co-explore the connections with others in their life that support preferred stories of self. Co-explore, with clients, connections with others in their life that have not been supportive; facilitate conversations to help the client <u>discern</u> the portioning of <u>responsibility and accountability</u>.</p>	<p>Assigned course readings. In-class experiential exercises. Identity Interview. On-going client work. Video Project Clinical Consultation / Supervision</p>
<p><b>3. "Assessment" and Hypothesizing Skills</b> (ESLO 5a-c) – Develop (tentative) hypotheses about the “<u>absent but implicit</u>”; co-explore these hypotheses and their implications for creating <u>transformative stories of self</u>, connections with others, and <u>links to relevant communities</u>.</p>	<p>Assigned course readings. In-class experiential exercises. Identity Interview. On-going client work. Video Project</p>
<p><b>4. Disrupting the Problem Story</b> (ESLO 5 a – c) – Begin to utilize <u>externalizing / naming the problem</u>, recognizing <u>unique outcomes</u>, <u>mapping the problem influence</u>, expanding exploration to <u>thicken subordinate stories</u>, and <u>deconstructing dominant personal and cultural discourses that are constraining</u> to disrupt the grip of the problem story in the client’s life.</p>	<p>Assigned course readings. In-class experiential exercises. On-going client work &amp; critical self-reflection. Video Project</p>
<p><b>5. Engaging in Clients in Preferred Stories (Change)</b> (ESLO 5 a – c) – Engage in interviewing practices to ascertain <u>client intentions, dreams and desires</u> and what they <u>accord value</u> to in their life; use this information to co-define goals for therapy; begin to utilize landscape of identity and landscape of action conversations to co-create transformative potentials with clients.</p>	<p>Assigned course readings. In-class experiential exercises. Identity Interview. On-going client work &amp; critical self-reflection. Video Project</p>
<p><b>6a. Diversity and Social Justice Practices</b> (ESLO 4a – d) – Critically examine Narrative Therapy assumptions and the implications for working in a culturally sensitive and appropriate way with clients from all walks of life and all cultural backgrounds. Use the model flexibly to take into account cultural and other differences.</p>	<p>Class discussion and constructive critique. On-going work with clients. Video Project Supervision/consultation.</p>
<p><b>6b. Diversity and Social Justice Practices</b> (ESLO 4a – d) – Recognize the effect on people lives of various <u>intersections of social location</u> (gender, class, race, religion/spirituality, indigenous and national identity, age, ability, physical and mental well-being, sexual orientation, etc.) that relate to <u>dominant discourses and structural inequalities</u>. Engage in conversations to explore the potential of <u>deconstructing dominant discourses</u> that are constraining in the client’s life. Begin to engage in <u>response-based (small acts of resistance)</u> interviewing, especially with clients who have experienced abuse, neglect, or prejudice/discrimination.</p>	<p>Assigned course readings. Class discussion and constructive critique. On-going work with clients. Supervision/consultation. Video Project</p>

<p><b>7a. Accountability Practices</b> (ESLO 3c, 3d) – Begin to engage in the deconstruction of dominant discourses that constrain the intern’s own preferred way of being as a therapist and of meeting the standards of professional competence. Further develop skills in the “best practice” delivery of clinical service by consistently maintaining timely, complete, and accurate documentation in client files.</p>	<p>Supervision/consultation conversations/exercises. Course projects. Self-assessment/evaluations</p>
<p><b>7b. Accountability Practices</b> (ESLO 3c, 3d) – Routinely invite <u>clients to provide feedback/reflections</u> on the process and progress of on-going therapy conversations/sessions. <u>Plan for responsive changes</u> to enhance the narrative work with clients and <u>implement agreed upon changes</u>.</p>	<p>On-going work with clients. Supervision/consultation. Video Project</p>
<p><b>8. Narrative Documentation Skills</b> (ESLO 5a) – Engage in <u>documentation practices which utilize a Narrative perspective</u> (Therapy Session Notes, Initial therapy Agreements, Final Report, etc.). Incorporate <u>Narrative Letters</u> to clients, as appropriate (and with the prior approval of the clinical supervisor).</p>	<p>Identity Interview. On-going client work. File “audits” with CSC. Supervisor feedback on “notes” and “reports.”</p>
<p><b>9. Supervision/Consultation Skills</b> (ESLO 5a, 5c, 5d) – Utilize a <u>narrative framework to prepare</u> for supervision and selecting pertinent video-segments for reflection, highlight <u>“unique outcomes” in professional development</u>, engage in <u>“outsider witness” teamwork</u> in supervision meetings, make <u>links between the conceptual and practice implications</u> associated with the model, offer <u>constructive critique</u> based on awareness developed when applying the approach with a variety of clients. Critically examine the contributions and limits of a Narrative therapeutic approach.</p>	<p>Supervisor feedback. Supervision partner feedback. Self-assessment (MELOs) check-lists.</p>
<p><b>10. Outsider Witness Team-work</b> (ESLO 5a) – <u>Engage clients</u> in exploring the therapeutic usefulness of inviting “outsider witnesses” to contribute to the therapy process; as therapist, <u>interview clients and outsider witnesses</u> from a narrative perspective; participate as an outsider witness on a team. <u>Critically reflect</u> on outsider witness experience, especially considering <u>power relations</u> and potential <u>therapeutic utility of this practice</u>.</p>	<p>On-going clinical team-work. Supervisor feedback. O-W Project</p>

**FRAN 6090–III: Student’s Rating Scale Fall 2013**

**Model-based Expected Outcomes + CFT Program ESLO’s + AAMFT Core Competencies (Selected)**

Taking into consideration the various activities of Practicum III, please rate each expected outcome and competency according to how much that aspect of your learning was enhanced by being involved in the Practicum. In making your judgment, take into account all the activities including: feedback on documentation, supervision meetings (partner and individual), Group Seminar meetings (and associated activities), assigned readings and discussion of them in Group Seminar, O–W Teams, and work/feedback on projects.

**Rating Scale:**

**1 = very little, 2 = somewhat, 3 = an adequate amount, 4 = a lot, 5 = a great deal**

RATING 1 ..... 5	MODEL-BASED EXPECTED LEARNING OUTCOMES NARRATIVE THERAPY MODEL
<b>I – THERAPIST STANCE (ESLO 4a, 5b)</b>	
	1. Understand the power implications of a de-centered and influential stance for the therapist.
	2. Begin to practice a de-centered and influential stance; notice when this stance has been disrupted (and why) and take steps to return to it.
<b>II – SYSTEMIC CONCEPTUALIZATION (ESLO 5c)</b>	
	1. Understand the purposes and practices of “re-membering” conversations.
	2. Begin to engage clients in re-membering conversations that co-explore with clients the connections with others that support preferred stories of self.
	3. Co-explore with clients the connections with others in life that have not been supportive and facilitate conversations to help the client discern a portioning of responsibility and accountability.
<b>III – ASSESSMENT and HYPOTHESIZING SKILLS (ESLO 5a – c)</b>	
	1. Understand the narrative therapy concept of “absent but implicit”.
	2. Develop (tentative) hypotheses about the “absent but implicit”.
	3. Co-explore, with clients, the “absent but implicit” in their stories and co-identify the implications for creating transformative stories of ‘self’, connections with others, and links to relevant communities.
<b>IV – DISRUPTING THE PROBLEM STORY (ESLO 5 a – c)</b>	
	1. Understand the practices of “naming the problem”, “externalizing the problem”, and “mapping the influence of the problem”.
	2. Begin to use the practices of “naming the problem” and “externalizing the problem” and “mapping the influence of the problem” with clients.
	3. Listen for and recognize “unique outcomes”; use unique outcome conversations to thicken subordinate stories.
	4. Begin to engage in conversations that facilitate a deconstruction of dominant (personal) discourses and their influence in the client’s life.



<b>V – ENGAGING CLIENTS IN PREFERRED STORIES (CHANGE) (ESLO 5 A – C)</b>	
	1. Understand the concepts of landscape of action and landscape of identity.
	2. Begin to engage clients in landscape of action and landscape of identity conversations.
	3. Engage in interviewing practices to invite client intentions, dreams, and desires and what they accord value to in their life.
	4. Engage in conversations to link the client’s intentions, dreams, desires and values to preferred identities and preferred stories.
<b>VI – DIVERSITY AND SOCIAL JUSTICE PRACTICES (ESLO 4 a – d)</b>	
	1. Understand and critically examine the Narrative Therapy Model’s assumptions and the implications for working in a culturally sensitive and appropriate way with clients from all walks of life and cultural backgrounds.
	2. Recognize the effect on people’s lives of various intersections of social location (gender, class, race, religion/spirituality, indigenous and national identity, age, ability, physical and mental well-being, sexual orientation, etc.) that relate to dominant cultural discourses and potential structural inequalities.
	3. Begin to use the narrative therapy practices to explore (flexibly) the influence of dominant cultural discourses and their influence in client’s lives.
	4. Understand the purpose and structure of “response based interviewing” (small acts of resistance).
	5. Begin to engage clients in “small acts of resistance” conversations, especially with clients who have experienced abuse, neglect, or prejudice/discrimination.
<b>VII – ACCOUNTABILITY PRACTICES (ESLO 3a, 3d)</b>	
	1. Begin to explore and de-construct the dominant discourses that constrain the intern’s own preferred way of being as a therapist and of meeting standards of professional competence.
	2. Further develop skills in the “best practice” delivery of clinical service by consistently maintaining timely, complete, and accurate documentation in client files.
	3. Routinely invite clients to provide feedback/reflections on the process and progress of on-going therapy conversations/sessions.
	4. Plan for responsive changes in the in-session therapy talk to enhance the narrative work with clients; implement agreed upon changes.
<b>VIII – NARRATIVE DOCUMENTATION SKILLS</b>	
	1. Engage in the writing of a narrative letter (to a colleague).
	2. Begin to use narrative style and language in session notes, initial therapy agreements, and final reports.
<b>IX – SUPERVISION/CONSULTATION SKILLS (ESLO 1a, 5a, 5c, 5d)</b>	
	1. Utilize a narrative framework (supervision form) to prepare for supervision and the selection of pertinent video-segments for enhancing narrative work with clients.
	2. Highlight unique outcomes in your work with clients and professional development as a therapist.
	3. Utilize supervision to make links between the conceptual and the practice of narrative therapy.
	4. Develop a constructive and critical understanding of the narrative therapy model based on applying the ideas and practices with clients.

**X - OUTSIDER-WITNESS TEAMWORK (ESLO 5a)**

	1. Engage clients in exploring the (potential) usefulness of working with an “outsider-witness team”.
	2. Interview outsider-witnesses and the participating client from a narrative perspective, utilizing the four areas of inquiry outlines for the Narrative Model.
	3. Participate as an “outsider-witness” on a team.
	4. Critically reflect on outsider-witness practices, especially considering power-relations and potential therapeutic utility of this practice.

Rating 1 ..... 5	<b>CFT PROGRAM</b> <b>EXPECTED STUDENT LEARNING OUTCOMES (ESLO's)</b>
<b>EG-1 THEORETICAL FOUNDATIONS</b>	
<b>ESLO 1a.</b> Students will critique and compare selected CFT approaches and their applications.	
<b>EG-3 PROFESSIONALISM, ETHICAL CONDUCT, AND ACCOUNTABILITY</b>	
<b>Educational Goal.</b> Students will develop a professional identity as a couple & family therapist who consistently applies the principles of ethical practice in their work with clients, maintains high standards of conduct - including following "best practices" regarding the delivery of therapy services, and engage in critical, reflexive self-evaluation.	
<b>ESLO 3c.</b> Students will consistently demonstrate "best practices" professional skills as outlined in the CFT Centre Operations and Procedures Manual.	
<b>ESLO 3d.</b> Students will demonstrate an ability to maintain professional accountability practices, including consistently working in the "best interests of clients", engaging clients in on-going informal review of the progress and fit of the therapeutic work, regular review of personal/professional learning goals, and self-evaluation of professional development.	
<b>EG-4 SOCIAL CONTEXT AND POWER RELATIONS</b>	
<b>Educational Goal.</b> Students will integrate a sophisticated sensitivity to diversity into their professional identity as a couple and family therapist, privileging attention to social location/socio-cultural context and including an understanding of social justice issues and awareness of how direct and systemic marginalization, discrimination, and abuse may impact people's everyday lives.	
<b>ESLO 4a.</b> Students will critically analyze how their social location, values, and beliefs shape their professional identity.	
<b>ESLO 4b.</b> Students will develop abilities to critically and reflexively analyze power relations of a given situation and/or embedded in the construction of knowledge, including attention to one's own participation in these processes.	
<b>ESLO 4c.</b> Students will demonstrate awareness of and sensitivity to multi-dimensional aspects of diversity in the everyday lives of clients, including an ability to explore and articulate with clients the pertinence of potential social location issues on their experience of current concerns for therapy	
<b>ESLO 4d.</b> Students will learn strategies to explore and address issues of diversity, marginalization, discrimination, and abuse in therapy with clients.	
<b>EG-5 CLINICAL APPLICATION</b>	
<b>Educational Goal.</b> Students will integrate theory, research, and practice skills in on-going clinical work with clients seeking therapy.	
<b>ESLO 5a.</b> Students will develop beginning to intermediate level practice skills associated with the featured post-modern couple and family therapy approaches, including engaging clients, "assessing" presenting concerns, setting therapeutic goals, and collaborating with clients to create desired changes.	
<b>ESLO 5b.</b> Students will integrate analysis of social context and power relations into clinical conceptualizations and will respond sensitively to the differential needs and circumstances of each client system.	
<b>ESLO 5c.</b> Students will demonstrate abilities to articulate "systemic" hypotheses and to translate their conceptualization into therapeutic conversations that are consistent with the selected practice model.	
<b>ESLO 5d.</b> Students will be introduced to the AAMFT Core Competencies and will be able to connect their clinical practice to the Core Competencies featured in the CFT Program for specific training and practice skill evaluation.	
<b>ESLO 5 e.</b> Ability to work directly with clients to accumulate 500 direct contact ours, with at least 250 direct contact hours with couples and families (relational hours). Opportunity to engage in regular weekly supervision to accumulate at least 100 hours of clinical supervision.	
<b>ESLO 5f.</b> Develop, in consultation with your supervisor, specific individualized learning goals for your on-going development in clinical practice; review and evaluate your goals.	

Rating 1 ..... 5	AAMFT Competency Number	Sub-domain	AAMFT CORE COMPETENCY
<b>Admission to Treatment</b>			
	1.2.1	Perceptual	Recognize contextual and systemic dynamics (e.g., gender, age, socioeconomic status, culture/race/ethnicity, sexual orientation, spirituality, religion, larger systems, social context).
	1.2.2	Perceptual	Consider health status, mental status, other therapy, and other systems involved in the clients' lives (e.g., courts, social services)
	1.2.3	Perceptual	Recognize issues that might suggest referral for specialized evaluation, assessment, or care.
	1.3.2	Executive	Determine who should attend therapy and in what configurations (e.g., individual, couple, family, extra-familial resources).
	1.4.1	Evaluative	Evaluate case for appropriateness for treatment within professional scope of practice and competence.
<b>Clinical Assessment &amp; Diagnosis</b>			
	2.2.2	Perceptual	Systematically integrate client reports, observations of client behaviours, client relationship patterns, reports from other professionals, results from testing procedures, and interactions with client to guide the assessment process.
	2.2.3*	Perceptual	Develop hypotheses regarding relationship patterns, their bearing on the presenting problem, and the influence of extra-therapeutic factors on client systems.
	2.2.4*	Perceptual	Consider the influence of treatment on extra-therapeutic relationships.
	2.2.5*	Perceptual	Consider physical/organic problems that can cause or exacerbate emotional/interpersonal symptoms.
	2.3.1*	Executive	Diagnose and assess client behavioural and relational health problems systemically and contextually.
	2.3.3*	Executive	Apply effective and systemic interviewing techniques and strategies.
	2.3.5*	Executive	Screen and develop adequate safety plans for substance abuse, child and elder management, domestic violence, physical violence, suicide potential, and dangerousness to self and others.
	2.3.6*	Executive	Assess family history and dynamics using a genogram or other assessments instruments.
	2.5.1*	Professional	Utilize consultation and supervision effectively.
<b>Treatment Planning and Case Management</b>			
	3.3.4	Executive	Structure treatment to meet clients' needs and to facilitate systemic change.
	3.3.7	Executive	Work collaboratively with other stakeholders, including family members, other significant persons, and professionals not present.
	3.4.3*	Evaluative	Evaluate level of risks, management of risks, crises, and emergencies.
	3.4.4*	Evaluative	Assess session process for compliance with policies and procedures of practice setting.

	3.4.5	Professional	Monitor personal reactions to clients and treatment process, especially in terms of therapeutic behaviour, relationship with clients, process for explaining procedures, and outcomes.
	3.5.3*	Professional	Write plans and complete other case documentation in accordance with practice setting policies, professional standards, and state/provincial laws.
	3.5.4*	Professional	Utilize time management skills in therapy sessions and other professional meetings.
<b>Therapeutic Interventions</b>			
	4.2.1*	Perceptual	Recognize how different techniques may impact the treatment process.
	4.2.2	Perceptual	Distinguish differences between content and process issues, their role in therapy, and their potential impact on therapeutic outcomes.
	4.3.3	Executive	Reframe problems and recursive interaction patterns.
	4.3.4	Executive	Generate relational questions and reflexive comments in the therapy room.
	4.3.7	Executive	Defuse intense and chaotic situations to enhance the safety of all participants.
	4.3.8*	Executive	Empower clients and their relational systems to establish effective relationships with each other and larger systems.
	4.3.10*	Executive	Modify interventions that are not working to better fit treatment goals.
	4.3.11*	Executive	Move to constructive termination when treatment goals have been accomplished.
	4.3.12*	Executive	Integrate supervisor/team communication into treatment.
	4.4.1*	Evaluative	Evaluate interventions for consistency, congruency with model of therapy and theory of change, cultural and contextual relevance, and goals of the treatment plan.
	4.4.2*	Evaluative	Evaluate ability to deliver interventions effectively.
	4.4.3	Evaluative	Evaluate treatment outcomes as treatment progresses.
	4.4.6	Evaluative	Evaluate reactions to the treatment process (e.g., transference, family of origin, current stress level, current life situation, cultural context) and their impact on effective intervention and clinical outcomes.
	4.5.1*	Professional	Respect multiple perspectives (e.g. clients, team, supervisor, practitioners from other disciplines who are involved in the case).
	4.5.2*	Professional	Set appropriate boundaries, manage issues of triangulation, and develop collaborative working relationships.
	4.5.3*	Professional	Articulate rationales for interventions related to treatment goals, and plan, assessment information, and systemic understanding of clients' context and dynamics.
<b>Legal Issues, Ethics, and Standards</b>			
	5.1.3*	Conceptual	Know policies and procedures of the practice setting.
	5.3.1*	Executive	Monitor issues related to ethics, laws, regulations, and professional standards.
	5.3.5*	Executive	Take appropriate action when ethical and legal dilemmas emerge.
	5.3.6*	Executive	Report information to appropriate authorities as required by law.
	5.3.7*	Executive	Practice within defined scope of practice and competence.

	5.5.1*	Professional	Maintain client records with timely and accurate notes.
	5.5.2*	Professional	Consult with peers and/or supervisors if personal issues, attitudes, or beliefs threaten to adversely impact clinical work.
<b>Research and Program Evaluation</b>			
	6.1.1	Conceptual	Know the extant MFT literature, research, and evidence based practice.
	6.3.1	Executive	Read current MFT and other professional literature.
	6.3.3	Executive	Critique professional research and assess the quality of research studies and program evaluation in the literature.
	6.3.4	Executive	Determine the effectiveness of clinical practice and techniques.
	6.4.1	Evaluative	Evaluate knowledge of current clinical literature and its application.

\* Intentionally included in all four practica

## Appendix B Schedule of Topics, Readings, and Teamwork

NOTE: The readings include carefully selected book chapters and articles as well as substantial portions of the course text: White, Michael (2007). *Maps of narrative practice*. New York: W. W. Norton. All readings are required. Copies of articles and book chapters that are additional to the text are available on electronic reserve at the University of Guelph library. There is an average of 50 pages per week over 12 weeks of the term, with a heavier reading load at the beginning of the course in order to become familiar with the background and assumptions of Narrative Therapy.

Readings scheduled for the meetings when there are OUTSIDER WITNESS TEAMS scheduled, October 16<sup>th</sup>, Nov. 13<sup>th</sup>, Nov. 20<sup>th</sup>, and Nov. 27<sup>th</sup>, will be discussed in the full-group meeting prior to the teamwork. Teams will usually be scheduled for 6:15 pm or after the break. If, for any reason, the outsider witness team session does not take place, the supervisor and team members will review and discuss a video of Narrative Therapy practice or engage in another learning activity during the 6:15 – 8:20 pm period.

Week & Date	Potential Topics	Required Readings*	Discussion Leader
Week 1 Sept 11	Locating Narrative Therapy  *Practicum Outline *Preparing for supervision *Clinical documentation practices *Creation of <i>generative learning community</i>	<u>In Class:</u> Monk, Gerald & Gehart, Diane (2003). Sociopolitical activist or conversational partner? Distinguishing the position of the therapist in Narrative and Collaborative Therapies. <i>Family Process</i> , 42(1), 19-30 [11]	Ruthie
Week 2 Sept 18	Traditional and Modern power Normalizing judgment/gaze Resistance & foundations of refusal Alternative identity projects Deconstruction of dominant discourses Moral agency & ethics Scaffolding	Foucault (1979). <i>Discipline and punish: The birth of the prison</i> . New York: Vintage Books. (Read pp. 170-209) [39]  White, Michael. (2004). <i>Narrative practice and exotic lives: Resurrecting diversity in everyday life</i> . Adelaide, AU: Dulwich Centre. Read pp.152-186 [34]	Oriana
Week 3 Sept 25	Externalizing Negative identity conclusions Hazards of totalizing Therapist's position: de-centred and influential Statement of position Map 1	<del>White, Michael (2004). <i>Narrative practice and exotic lives</i> ... Read pp. 187-220. [33]</del>  White, Michael (2007). <i>Maps ... (TEXT)</i> Ch. 1. Externalizing conversations. Pp. 22-59. [37]  Penwarden, Sarah (2006). Turning depression on its head: Employing creativity to map out and externalize depression in conversations with young women. <i>International Journal of Narrative Therapy and Community work</i> , 1, 65-70. [6]  Bruner, Jerome (1986). <i>Actual minds, possible worlds</i> . Cambridge, MA: Harvard University Press. Read pp. 70-78 [8]	Ruthie

<p><u>Week 4</u> Oct 2</p>	<p>Absent but implicit (based on Derrida) Double listening and multi-storied conversations Pain as testimony</p> <p><b>Prepare to visit 6090 for 1year OW scheduling</b></p>	<p>Carey, M., Walther, S., &amp; Russell, S. (2009). Absent but implicit: A map to support therapeutic enquiry. <i>Family Process</i>, 48, 319-331. [12]</p> <p>White, Michael (2000). Reflections on narrative practice. Adelaide, AU: Dulwich Publications. Read Pp. 35 – 58 [23]</p> <p><u>In Class:</u> White, Michael (2005). Children, trauma and subordinate storyline development. <i>The International Journal of Narrative Therapy and Community work</i>, 3/4, 10-21. [11]</p>	<p>Jenn Sue</p>
<p><u>Week 5</u> Oct 9</p>	<p>Outsider witness teams Definitional ceremonies Audience engagement Self-reflexive consciousness Categories of inquiry</p>	<p>Myerhoff, Barbara (1986). "Life not death in Venice": Its second life. Pp. 261-286 in Victor W. Turner &amp; Edward M. Bruner (eds.), <i>The anthropology of experience</i>. Chicago: University of Illinois Press. [25]</p> <p>White (2007). <i>Maps ...</i> Ch. 4. Definitional ceremonies. Pp. 201-218. [17]</p> <p><u>In Class:</u> Carey, M. &amp; Russell, S. (2003). Outsider witness practices: Some answers to commonly asked questions. In Shona Russell &amp; Maggie Carey, <i>Narrative therapy: Responding to your questions</i>, Chapter 4, pp.63 - 90. [13]</p>	<p>Kat</p>
<p><u>Week 6</u> Oct 16</p>	<p>Unique outcome interviewing Thickening the subordinate story Statement of position map 2</p>	<p>White (2007). <i>Maps ...</i> Ch. 5 Conversations that highlight unique outcomes. Pp. 218-261. [57]</p>	<p>Hanna</p>
<p><u>Week 7</u> Oct 23</p>	<p>Re-membering conversations Life as a "membered club" Identity as an "association of life" Mutual contributions: two sets of inquiry</p> <p><b>OUTSIDER WITNESS TEAM #1</b></p>	<p>Myeroff, Barbara (1982). Life history among the elderly: Performance, visibility, and re-membering. In J. Ruby (ed.), <i>A crack in the mirror: Reflexive perspectives in anthropology</i>. (pp. 99-117). Pittsburgh, PA: University of Pennsylvania Press. [18]</p> <p>White (2007). <i>Maps ...</i> Ch. 3. Re-membering conversations. Pp. 136-164. [28]</p> <p><u>In Class:</u> White, Michael (1988). Saying hullo again: The incorporation of the lost relationship in the resolution of grief. <i>Dulwich Centre Newsletter</i>, Spring, 7-11. [5]</p>	<p>x</p>
<p><u>Week 8</u> Oct 30</p>	<p>Landscapes of action and identity Counterplots (subordinate story lines) Intentional vs internal states Precious themes in life</p>	<p>White (2007). <i>Maps ...</i> Ch. 2 Re-Authoring conversations. Pp. 61-128. [67]</p>	<p>Andrea</p>



Week 9 Nov 6	Zone of proximal development Scaffolding Distance Map (Map of Maps for charting gaps and leaps)	<u>In-Class:</u> Vygotsky, Lev (1978). <i>Mind in society</i> . Cambridge: MA: Harvard University Press. (Read pp. 84-91) [7]  White, M. (2007). <i>Maps ...</i> Chapter 6, pp. 263 – 290. [27]  Ramey, Heather, Young, K. & Tarulli, D. (2010). Scaffolding and Concept Formation in Narrative Therapy: A qualitative research report. <i>Journal of Systemic Therapies</i> , 29(4). Read pp. 74 - 91. [16]	Erica
Week 10 Nov 13	Acts of resistance Response-based practice  <b>OUTSIDER WITNESS TEAM #2</b>	Wade, Allan (1997). Small acts of living: Everyday resistance to violence and other forms of oppression. <i>Contemporary Family Therapy</i> , 19(1), 23-39. [15]  Yuen, Angel (2007). Discovering children’s responses to trauma: A response-based narrative practice. <i>International Journal of Narrative Therapy and Community Work</i> , 4, 3-18. [15]	Danielle
Week 11 Nov 20	Couple work – selected Narrative possibilities  <b>OUTSIDER WITNESS TEAM #3</b>	Emmerson-Whyte, B. (2010). Learning the craft: An internalized other interview with a couple. <i>International Journal of Narrative Therapy and Community Work</i> , 2, 3-21. [18]  <u>In Class:</u> Gershoni, Y., Cramer, S. & Gogol-Ostrowsky, T. (2008) Addressing sex in narrative therapy: Talking with heterosexual couples about sex, bodies, and relationships. <i>International Journal of Narrative Therapy and Community Work</i> , 3, 3-11. [8]  White (2004). <i>Narrative practice and exotic lives...</i> Read pp. 3-41 re: couple therapy [38]	x
Week 12 Nov 27	EVALUATIONS: INSTRUCTOR, COURSE, SUPERVISION  Strengths and limitations of Narrative Therapy  <b>OUTSIDER WITNESS TEAM #4</b>	<u>In Class:</u> Hayward, Mark (2006). Using a scaffolding distance map with a young man and his family. <i>International Journal of Narrative Therapy and Community Work</i> , 1, 39-50. [11]	x
Week 13 Dec 2-6	No Full-Group Meeting  <b>Outsider Witness Team - Make-up (if necessary)</b>		X
Week 14 Dec 9-13  Dec 12	No Full-Group Meeting  <b>End of Term Evaluation Dialogues – Ruth &amp; Katherine</b>  <i>File Day</i>		X

\*Number of pages to be read is indicated with square brackets.

**Appendix C.**  
**Supervision, On-Call Schedule, and Outsider-Witness Teams**

**A. Supervision Schedule**

<b>Week and Date</b>	<b>Supervisor</b>	<b>Day/Time</b>	<b>Intern</b>	<b>Topic</b>
Week 0 Sept. 3-6	Both by appointment			
Week 1 Sept. 9-13	Kathy	Tuesday, 9:30-11:00	Erica and Jenn	
	Kathy	Tuesday, 11:30-1:00	Oriana and Kat	
	Kathy	Wednesday, 9:30-11:00	Danielle and Andrea	
	Kathy	Wednesday, 11:30-1:00	Sue and Hanna	
Week 2 Sept. 17-21	Ruthie	Tuesday, 9:30-11:00	Sue and Hanna	
	Ruthie	Tuesday, 11:30-1:00	Danielle and Andrea	
	Ruthie	Wednesday, 9:30-11:00	Oriana and Kat	
	Ruthie	Wednesday, 11:30-1:00	Erica and Jenn	
Week 3 Sept. 23-27	Kathy	Tuesday, 1:30-3:00	Erica and Jenn	
	Kathy	Tuesday, 11:30-1:00	Oriana and Kat	
	Kathy	Wednesday, 9:30-11:00	Danielle and Andrea	
	Kathy	Wednesday, 11:30-1:00	Sue and Hanna	
Week 4 Sept. 30-Oct. 4	Ruthie	Tuesday, 9:30-11:00	Sue and Hanna	
	Ruthie	Tuesday, 11:30-1:00	Danielle and Andrea	

Week and Date	Supervisor	Day/Time	Intern	Topic
	Ruthie	Wednesday, 9:30-11:00	Oriana and Kat	
	Ruthie	Wednesday, 11:30-1:00	Erica and Jenn	
Week 5 Oct. 8-12	Kathy	Tuesday, 9:30-11:00	Erica and Jenn	
	Kathy	Tuesday, 11:30-1:00	Oriana and Kat	
	Kathy	Wednesday, 9:30-11:00	Danielle and Andrea	
	Kathy	Wednesday, 11:30-1:00	Sue and Hanna	
Week 6 Oct 14-18	Kathy _____	Tuesday, 9:00-9:45	Erica _____	
Mid-Term Dialogues and ad hoc	Ruthie		Hanna	
	Kathy _____	Tuesday, 9:45-10:30	Jenn _____	
	Ruthie		Sue	
	Kathy _____	Tuesday, 11:00-11:45	Oriana _____	
	Ruthie		Andrea	
	Kathy _____	Tuesday, 11:45-12:30	Kat _____	
	Ruthie		Danielle	
Wed. Oct. 16	Kathy _____	Wednesday, 9:00-9:45	Danielle _____	
	Ruthie		Kat	
	Kathy _____	Wednesday, 9:45-10:30	Andrea _____	
	Ruthie		Oriana	

<b>Week and Date</b>	<b>Supervisor</b>	<b>Day/Time</b>	<b>Intern</b>	<b>Topic</b>
	Kathy _____	Wednesday, 11:00-11:45	Sue _____	
	Ruthie		Jenn	
	Kathy _____	Wednesday, 11:45-12:30	Hanna _____	
	Ruthie		Erica	
Week 7 Oct 21-25	Kathy	Tuesday, 9:30-11:00	Erica and Jenn	
	Kathy	Tuesday, 11:30-1:00	Oriana and Kat	
	Kathy	Wednesday, 9:30-11:00	Danielle and Andrea	
	Kathy	Wednesday, 11:30-1:00	Sue and Hanna	
Week 8 Oct 28-Nov 1	Ruthie	Tuesday, 9:30-11:00	Sue and Hanna	
	Ruthie	Tuesday, 11:30-1:00	Danielle and Andrea	
	Ruthie	Wednesday, 9:30-11:00	Oriana and Kat	
	Ruthie	Wednesday, 11:30-1:00	Erica and Jenn	
Week 9 Nov 4-8	Kathy	Tuesday, 9:30-11:00	Erica and Jenn	
	Kathy	Tuesday, 11:30-1:00	Oriana and Kat	
	Kathy	Wednesday, 9:30-11:00	Danielle and Andrea	
	Kathy	Wednesday, 11:30-1:00	Sue and Hanna	
Week 10 Nov 11-15	Ruthie	Tuesday, 9:30-11:00	Sue and Hanna	

Week and Date	Supervisor	Day/Time	Intern	Topic
	Ruthie	Tuesday, 11:30-1:00	Danielle and Andrea	
	Ruthie	Wednesday, 9:30-11:00	Oriana and Kat	
	Ruthie	Wednesday, 11:30-1:00	Erica and Jenn	
Week 11 Nov 18-22	Kathy	Tuesday, 9:30-11:00	Erica and Jenn	
	Kathy	Tuesday, 11:30-1:00	Oriana and Kat	
	Kathy	Wednesday, 9:30-11:00	Danielle and Andrea	
	Kathy	Wednesday, 11:30-1:00	Sue and Hanna	
Week 12 Nov 25-29 Ad hoc *last class	Ruthie	Tuesday, 9:30-11:00	Sue and Hanna	
	Ruthie	Tuesday, 11:30-1:00	Danielle and Andrea	
	Ruthie	Wednesday, 9:30-11:00	Oriana and Kat	
	Ruthie	Wednesday, 11:30-1:00	Erica and Jenn	
Week 13 Dec 2-6	Kathy _____	Tuesday, 9:00-9:45	Erica _____	
Final Dialogues And ad hoc	Ruthie		Hanna	
	Kathy _____	Tuesday, 9:45-10:30	Jenn _____	
	Ruthie		Sue	
	Kathy _____	Tuesday, 11:00-11:45	Oriana _____	
	Ruthie		Andrea	

<b>Week and Date</b>	<b>Supervisor</b>	<b>Day/Time</b>	<b>Intern</b>	<b>Topic</b>
	Kathy _____	Tuesday, 11:45-12:30	Kat _____	
	Ruthie		Danielle	
	Kathy _____	Wednesday, 9:00-9:45	Danielle _____	
	Ruthie		Kat	
	Kathy _____	Wednesday, 9:45-10:30	Andrea _____	
	Ruthie		Oriana	
	Kathy _____	Wednesday, 11:00-11:45	Sue _____	
	Ruthie		Jenn	
	Kathy _____	Wednesday, 11:45-12:30	Hanna _____	
	Ruthie		Erica	
Week 14 Dec 9-13	Ruthie (Kathy is away this week)	Schedule by email	All	

**File Day: Thursday, December 18th**

**Last day to see clients: Thursday, December 19th**

## **B. Supervisor On Call Schedule**

### **B-1. First Response On-Site Supervisor (Monday – Thursday: 8:30 a.m. – 4:30 p.m.)**

This semester Katherine Tomkinson will be available consistently to respond to “crisis” and/or “emergency” clinical situations during the day-time when the CFT Centre is open. She will work with therapist-interns who require consultation regardless of whether she or Ruthie is the “supervisor of record” for the specific client in question.

The process for contacting Katherine is:

1. Check her office first. Knock on the door even if the “in session” sign is on it.
2. If Katherine has left a message noting where to reach her, go there to find her at the location indicated.
2. Call her cell phone number.
3. Call Katherine at her home number.

If you do not reach Katherine, contact Ruth using the same steps as above.

### **B-2. On-Call Evening Hours Schedule (Monday – Thursday: 4:30 p.m. – 9:00 p.m.)**

On-Call is to be reserved for situations that require supervision and/or consultation “immediately” given the crisis/emergency nature of the clinical situation and/or the potential that the therapist-intern has been provided with information that may require reporting to Family and Children’s Services or other authorities.

The supervisor (noted below) will be available to respond to calls. Please call the supervisor’s cell phone first and then her home phone number. If you do not reach the on-call supervisor, call the back-up supervisor.

	<b>ON-CALL SUPERVISOR</b>	<b>BACK-UP SUPERVISOR</b>
September	Katherine Tomkinson	Ruth Neustifter
October	Katherine Tomkinson	Ruth Neustifter
November	Ruth Neustifter	Katherine Tomkinson
December	Ruth Neustifter	Katherine Tomkinson

**C. Outsider-Witness Teamwork: Wednesday, October 23<sup>th</sup>, 6:15-8:20 pm** (after discussion of readings); **Other times TBA.**

DATE	THERAPIST	TEAM MEMBERS
October 23 <sup>th</sup>	Team A – TBA, with Katherine  Team B – TBA, with Ruth	
Nov. 13 <sup>th</sup>	Team A – with Ruth  Team B – with Katherine	
Nov. 20 <sup>th</sup>	Team A – with Katherine  Team B – with Ruth	
Nov. 27 <sup>th</sup>	Team A – with Ruth  Team B – with Katherine	

**Team A =**

**Team B =**



## COURSE OUTLINE

### Appendix D. Course Projects and Activities

**The following activities must be completed to an appropriate standard for graduate studies in order to receive a "Satisfactory" grade in the Practicum.** If you cannot for health or compassionate reasons complete a project on time you are expected to notify the course instructor immediately. You are invited to contact Ruth at any point during the term for further discussion of the guidelines and due dates.

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**1. Therapy with Centre Clients.** Each therapist intern will continue work as a therapist or, at times, co-therapist with individuals, couples and families seeking therapy at the CFT Centre, accumulating 115-125 hours during Practicum III, for an overall total of 280-310 hours by the end of the practicum. Half of these should be "relational" hours with couples or families. Continue to develop reflective clinical practice by reviewing and discussing the therapy work, reflecting on aspects of content, therapist process, systemic / contextual and any other factors that may influence the work.

**2. Readings and Theory/Practice Links.** There is one text for this practicum which will provide a solid base for working from a Narrative perspective (*White, 2007*, available at University of Guelph Bookstore and usually on [www.norton.com](http://www.norton.com), [www.amazon.ca](http://www.amazon.ca), or at Caversham Books in Toronto [www.cavershambooksellers.com](http://www.cavershambooksellers.com)). Michael White's book is not assigned in its entirety, but a full reading is highly recommended. The primary text is supplemented with required reading of journal articles and of chapters from other books in order to provide a broad engagement with the current literature on Narrative Therapy, as well as excerpts from selected foundational works. **See Appendix B. Schedule of Topics, Teamwork and Readings.** Copies of these other readings are available electronically through the University of Guelph library.

Completing all reading is essential for engaging in clinical practice that meets the standards and learning outcomes set for this practicum. You will be expected to link the readings to your own and your colleagues' clinical work on an ongoing basis during weekly group meetings and in supervision. Making these theory/practice links is one of the primary criteria for receiving a "satisfactory" grade in the practicum. Depending on the client situations you encounter, extra reading or reading "ahead" may be expected. Re-reading will be essential. For this reason the average number of pages has been kept to a reasonable limit (50/week); there is more reading at the beginning of the semester than towards the end of the term.

**3. Responding to Readings.** Each student/intern is expected to come to class ready to engage in thoughtful, constructive, applied conversation and analysis of the assigned readings. In addition, each intern will sign up to provide the class with an additional in-class activity designed to spur conversation by extending the narrative perspective beyond the current class materials. You are encouraged to utilize this opportunity to expand our awareness of diversity issues, perhaps as related to a client. Your activity may include a short reading, children's story, music video, news story, performance, game, imagery, or other media and should take 20-30 minutes total, including discussion. Post a description of your activity/media and links, if possible, to the CourseLink boards by 8 pm on Monday (prior to the Wednesday class meeting). At least one paragraph on how you plan to facilitate discussion is expected, which may include questions for the class to consider. The instructor may ask that elements of the activity be adjusted, if necessary, to account for time constraints or other considerations. The intention of this activity is for you (a) to engage with the readings in a way that is personally active and (b) that also connects you with others in the "generative learning community."

**4. Professional Identity Interview.** During full-group seminar time (Week 2, September 18th) you will interview a colleague regarding her/his preferred identity as a therapist, her/his action initiatives related to that identity, and the significant others who are or have been witnesses to their development. That colleague will then interview you regarding the same topics. *Guidelines for the Professional Identity Interview* will be provided. The intentions of this project are: (a) to practice Narrative interviewing and to experience being interviewed; (b) to reflect upon your professional identity, intentions, values and initiatives as a therapist; (c) to practice taking notes during a Narrative-based conversation.

**5. Narrative Letter.** After the Professional Identity Interview you will write a Narrative-based letter of 2-3 pages to your colleague that outlines what you heard in the interview. You will use the descriptive material from *What is Narrative Therapy?*, Morgan (2000) for guidance in structuring your letter. This material is available on CourseLink. You will provide your colleague and Ruthie a copy of the letter. Ask your colleague whether they would prefer E-mail or a

printed copy; the copy for Ruth should be uploaded to the designated area of CourseLink. After you have received the letter your colleague has written to you, based on the in-class interview, you will provide Ruth with some comments on your experience of the letter. Submit these comments through CourseLink; Ruth will not be sharing them with your colleague. In the next full-group meeting, we will discuss the overall experience. The intention of this project is: (a) to practice Narrative letter-writing; (b) to experience hearing back from a witness to your preferences and plans; and (c) to reflect on listening, witnessing and letter-writing (documenting) as transformative practices from a Narrative perspective.

**6. Setting/Revising Individual Learning Goals for Practicum III.** You will create individual learning goals (may be in point form, 2 pages) based on your preferred identity as a therapist and the action initiatives you talked about when your colleague interviewed you and the Narrative Letter you received. You will also include goals that relate to the Expected Student Learning Outcomes and AAMFT Core Competencies specific to this practicum. You will need to include signs that others will notice as you take these initiatives. You will give Ruth a digital copy through CourseLink and Katherine a paper copy of this Individual Learning Goals document and e-mail a copy to the other Practicum III interns. These goals will be reviewed in the mid-term review and at the end of the term. The intention of this project is: (a) to practice developing goals and action initiatives from a Narrative perspective, and (b) to track your own progress in increasing competence over the course of the practicum.

**7. Outsider Witness Teamwork.** You will invite clients with whom you are working to at least one session with an O-W Team comprised of one or two colleagues and either Ruth or Katherine. You will also participate as a team member for at least two of your colleagues. A hand-out on *Preparation by Therapist for O-W Teamwork* will be provided. This teamwork will usually take place during the Wednesday group meeting time. The time after the clients have left will include a de-briefing and feedback process. The intention of this activity is: (a) to practice Narrative teamwork, and (b) to practice providing constructive feedback to colleagues.

**8. Outsider-Witness Project with First Year Colleagues.** You will link up with a pair of first year students who will participate as a very structured outsider-witness team in a therapy session you have arranged with one of the client systems for which you are actively responsible. You will be meeting with your first year colleagues at the beginning of their 6090 course ready with dates for scheduling. This meeting will happen approximately two weeks before the project dates begin. *Guidelines for Project with First Year Colleagues* will be provided. The intention of this project is: (a) to practice collaborating in a transparent way with two colleagues who will be briefly involved as a team in your work with a particular client or clients, (b) to work with an O-W team that does not have training in Narrative therapy, and (c) to receive some process comments from colleagues who have worked with you in helping clients. Ruth will provide written feedback on your commentary. The project dates are October 23-Nov 13.

**9. Analysis of O-W Project with 1<sup>st</sup>-Year Colleagues.** Following the O-W experience, you will create a 4-5 page written commentary on this experience, including analysis of systemic aspects and power relations as you perceived them. *Guidelines for Analysis of O-W Project with 1<sup>st</sup> Year Colleagues* will be provided. The intention is for you to reflect upon and analyze: (a) the systemic/relational dimensions of the O-W Project experience and, (b) the power relations among those involved in the experience, including your own participation in these.

**10. Video-recording Review.** This assignment will be done in individual/dyadic supervision during the second half of the semester. You will be responsible for choosing your presentation date within that structure. You will hand in a video-recording of a segment of a therapy session (approximately 20 minutes in length) where your intention was to incorporate various Narrative practices into the session. Along with the video-recording you will specify in point form: (a) the segments where you attempted the incorporation, (b) comments on how your intentions were linked to specific course readings, (c) a short reflection on your personal responses as therapist to what unfolded in the session and later, and (d) brief comments that reflect upon your success in achieving a “de-centred and influential” position as a therapist with these clients (2-3 pages). Ruth will provide written feedback with respect to the recorded therapy session and your comments/reflections. The intention of this activity is to: (a) specifically link your practice to course readings, (b) reflect on the self of the therapist in therapy process, (c) to reflect on your therapist position working with these particular clients.

**11. Review of Professional Identity Development.** You will write a 1-2 page review of your work in the practicum as a therapist and the specific initiatives that you undertook during the term to move towards your preferred professional identity (mainly as identified in the Individual Learning Goals document) and incorporate Narrative practices. Along with this narrative review, you will fill out three checklists (Expected Student Learning Outcomes, Model-specific Expected Learning Outcomes, AAMFT Core Competencies designated for Practicum III). Your 1-2 page review will be uploaded to the designation section of CourseLink. The remaining documents will be placed in your CFT Program file which is kept in a locked drawer in the CFT Program file cabinet (Client Services Coordinator’s office). A copy will be given to Katherine and to the Instructor/Supervisor for Practicum IV (Dr. Olga Sutherland). The intention of this project is: (a) to engage in a self-reflective review, (b) to acknowledge progress made, and (c) to begin to plan for the next Practicum.

**12. Witnessing of Colleague's Professional Identity Development.** For a supervision meeting near the end of the term you will be asked to prepare brief written notes about developments you have noticed in your partner's therapy work over the term; these could be significant turning points, "sparkling moments," or actions which you thought reflected their preferences in professional identity. In supervision, Ruth will then interview you as a witness to these developments; you may refer to your prepared notes. During this interview you will not critique your partner's work; rather you will be a witness to actions he/she has taken to move toward his or her preferred ways of working as a therapist. The intention of this activity is: (a) to practice noticing unique outcomes and sharing constructive comments from a Narrative perspective, (b) to reflect on the relation of your supervision partner's goals and actions to the development of your own professional identity, and (c) to receive recognition from a witness to your unique outcomes and positive identity conclusions.

### **Specific Required Activities with Due Dates**

**NOTE.** The number of pages for projects is approximate.

The timing of the projects relates closely to the learning objectives for the Practicum. Please let Ruth know as soon as possible if, for health or compassionate reasons, you cannot hand in a project by the due date.

Model-specific Expected Learning Outcomes (MELO) and more general Expected Student Learning Outcomes (ESLO) related to this practicum are noted for each required activity. See *Appendix A. Model-specific and AAMFT Core Competencies Expected Learning Outcomes for Practicum III* for more detail on MELOs. Other MELOs, ESLOs and AAMFT Core Competencies for Practicum III are linked to weekly activities during group, individual and partner supervision.

**See chart on following pages.**

<b>Activity # ESLO &amp; MELOs</b>	<b>Description of What to Do</b>	<b>Date Due</b> <b>*These dates may be extended or moved to in-class, but will never be made earlier than listed here.</b>
<b>1. Readings &amp; Theory/ Practice Links</b>  ESLO 5a, 5c MELO 1 - 8	(a) Critically review and be ready to discuss readings for each week.  (b) Apply “knowledge” from readings to your clinical work.	Wednesday group meetings and in supervision  On-going
<b>2. Facilitate diversity discussion in class, tied to readings</b>  ESLO 5a, 5c MELO 1 - 8	Each student will sign up for their week on the first week of class. Students are responsible for rescheduling with each other during the semester, if needed.  Post to the discussion board or email the class with your discussion information/links by Monday night.	Share your discussion information/links by Monday night prior to your discussion week.
<b>3. Therapy with Centre Clients</b>  ESLO 5e MELO 1 - 7, 9	Work as a therapist or co-therapist with individuals, couples and families seeking therapy at the CFT Centre, accumulating 115-125 hours during the practicum. Accumulate an overall total of 280-310 hours of client contact. Half of these hours should be “relational hours.”	On-going
<b>4. Reflections on Clinical Work</b>  ESLO 4a - d, 5b, 5c MELO 1, 6, 7, 9	Continue to develop reflective practice by reviewing and discussing your clinical work, reflecting on aspects of content, therapist process, contextual and any other factors that may influence the work.	In preparation for supervision and in supervision meetings each week
<b>5. Professional Identity Interview</b>  ESLO 3d, 5a MELO 2, 3, 5	In class interview a colleague who will then interview you. See <i>Guidelines for Professional Identity Interview</i> .	September 18 (in class, Week 2)
<b>6. Narrative Letter</b>  ESLO 3d, 5a MELO 6a, 6b, 8, 9	(a) Write a Narrative Letter to a colleague regarding their Preferred Professional Identity based on the in-class interview with them (4-5 pages); send a copy as email attachment to your colleague and to Ruth. See <i>Guidelines for Narrative Letter</i> .  (b) Write reflections on your experience of reading the Narrative Letter created by your colleague about your Preferred Identity; provide digital copy to Ruth.  (c) Discuss your experience of receiving the Narrative Letter.	Sept. 25 <sup>th</sup> before 5 pm (Week 3)  Before noon, Oct. 2nd (Week 4)  Oct 2nd (in class, Week 4)

<p><b>7. Individual Learning Goals</b></p> <p>ESLO 3d, 5a, 5f MELO 6a, 7a, 9</p>	<p>Write your Preferred Professional Identity goals and action initiatives based on the in-class interview and Narrative letter (at most 2-3 pages, point form). Provide a paper copy to Ruth and Katherine. Send as email attachment to Practicum colleagues.</p>	<p>Oct 4th before 5 pm (Week 4)</p>
<p><b>8. Wednesday O-W Teams</b></p> <p>ESLO 5a MELO 9, 10</p>	<p>Invite clients with whom you are working to one Wednesday evening session with a Practicum-III O-W Team; participate as member on two O-W Teams (Oct 23, Nov 13, Nov 20, Nov 27).</p>	<p><b>Confirm dates in class on Sept. 11</b> (Week 1)</p>
<p><b>9. O-W Project with First-Year Colleagues</b></p> <p>ESLO 5a MELO 1, 9, 10</p>	<p>(a) Meet with Lynda Ashbourne and first year students to coordinate on this project.</p> <p>(b) Collaborate with 2 first-year students to carry out one therapy session with them positioned as O-W Team members. See <i>Guidelines for Project with First-Year Colleagues</i>.</p>	<p>Oct 22nd 11:30am – 12:00pm, Room F.</p> <p>Between Oct 23rd &amp; Nov. 13th (by 7:00 pm)</p>
<p><b>10. Analysis of O-W Project</b></p> <p>ESLO 4a, 4b, 4c, 4d, 5a, 5b, 5c MELO 1, 7a, 9</p>	<p>Write an analysis (4-5 pages) that relates to systemic and power relations dimensions of the O-W Project with First-Year Colleagues. See <i>Guidelines for Analysis of O-W Project with 1<sup>st</sup> year Colleagues</i>.</p>	<p>Nov 22nd before 5:00 pm (Week 10)</p>
<p><b>11. Video-recording Review</b></p> <p>ESLO 4a, 4b, 4c, 4d, 5a, 5b MELO 1, 2, 3, 4, 5, 9</p>	<p>Hand in video-recording showing some aspects of Narrative practice along with your reflections (2-3 pages).</p>	<p>Week 8, 9, or 10.</p>
<p><b>12. Prof. Identity Dev. Review</b></p> <p>ESLO 3d, 5d, 5f MELO 7a, 9</p>	<p>Write an evaluative review of your work in practicum that links at least in part to the Preferred Professional Identity document you submitted in October (3-4 pages).</p>	<p>By noon on Dec. 6<sup>th</sup> (Week 13)</p>
<p><b>13. File Day</b></p> <p>ESLO 3c MELO 7a</p>	<p>Mid-term File Day</p> <p>Final File Day (all clinical documents and files must be up-to-date and reviewed by Kara)</p>	<p><b>Thurs., Oct. 24<sup>th</sup></b> (Week 7) <b>Thurs., Dec 12<sup>th</sup></b> (Week 14)</p>

## COURSE OUTLINE

### Appendix E. Narrative Therapy Perspective - Unique Training Contradictions and Implications

FRAN 6090-III is a clinical training/practicum course in the Couple & Family Therapy Program. The course builds on conceptual, assessment, and intervention skills developed in Practica I and II. All participants in the course (supervisors and therapist/interns) will incorporate Narrative ideas and practices into their clinical and supervision work. The process and expectations associated with this course and the practice of therapy in the CFT Centre are specifically outlined in the CFT Program Clinical Training and Supervision Contract. Each intern in Practicum III is required to review this contract and be up-to-date on all commitments and agreements therein.

#### Learning Environment

**1. Building a Generative Learning Community.** In the first Group Meeting students and the Practicum Team (Supervisors and Client Services Coordinator) will review the section of the Course Outline regarding the creation of a *generative learning community*. Revisions may be made based on that review. Then a list of specific practice guidelines for building the learning community and enhancing everyone's professional development will be created. This list will provide guidance and be a touch-stone to refer back to whenever there are signs that the community needs to reflect and transform.

**2. Taking into Account Contradictions and Engaging in Counter-Practices.** There are inherent contradictions between the Narrative Therapy perspective and some aspects of a university-based, accredited professional training program like the CFT curriculum at the University of Guelph. These contradictions relate mainly to assumptions within the Narrative Therapy perspective about the risks of "modern power." Modern power is described as establishing control through a system of normalizing judgment which is exercised by people in the evaluation of their own and each other's lives (White, 1995). The University and the CFT profession (AAMFT, COAMFTE) engage to some extent in techniques of modern power through emphasis on performance that meets specific norms and standards in order to obtain particular "expert" status and ranking which then assures the public that those who provide therapy services are well trained. Specific modern power techniques often include, for example, the (usually random) observation of the work of students/interns, evaluative feedback from supervisors on whether this work meets normative expectations, and the promotion of self-monitoring on the part of therapist-interns regarding whether their work is credible and worthwhile. Taking a Foucauldian position, Narrative therapists argue that there are risks associated with these techniques when they are used in subtle and invisible ways. When this is the case those who are "subjected" to the techniques often unwittingly define their own identities in narrow and circumscribed ways and experience a sense of subordination that constrains both learning and positive conclusions about professional identity.

Counter-practices are employed by Narrative therapists/supervisors in order to render visible the modern power techniques, thereby mitigating the unintended risk of subordination. These counter practices include: making clear the actual power relations between supervisors and students and the different responsibilities associated with these roles/positions; "de-constructing" and questioning dominant discourses in the therapy field; taking an on-going "critical" stance regarding procedures and techniques, including one's own preferred techniques; making transparent the evaluation process and the standards that are to be met and inviting dialogue about these; promoting collegial feedback and team work that balances and expands beyond the dangers of self-surveillance.

In keeping with the objective of practicing from a Narrative Therapy perspective, these counter-practices will be part of the approach taken in this practicum. This said, some of the tensions between the university and professional system politics and those of Narrative Therapy will likely remain, especially given that there are well-established rationales for the hierarchical nature of these systems and associated practices that are designed to benefit students, supervisees and clients. The Instructor will invite interns to bring their comments about the contradictions into course and supervision discussions. Open dialogue will be encouraged. Dialogue will not, however, necessarily lead directly to modifications in course organization, expectations, requirements, and/or practices.