

FRAN 6095 - Externship in Couple & Family Therapy

COURSE OUTLINE Spring 2016

Course Instructor: Kevin VanDerZwet Stafford, MSc. RP, RMFT
Email: Kevin.Stafford@uoguelph.ca
RM 251 CFTC
x 53423 / cell: 519.767.6581

Course Description

This is an advanced clinical practicum in Couple & Family Therapy. Students are placed in a community agency where they spend the equivalent of 3 days per week for 15 to 18 weeks and accumulate 8 - 15 hours per week of direct client contact time. All clinical work is supervised by an on-site clinical supervisor who is **both** a Registered Psychotherapist or member of five other Regulated Colleges (Physicians, Nurses, Occupational Therapists, Psychologists or Social Workers) **and** an AAMFT Approved Supervisor or Supervisor Candidate.

Course Learning Objectives

This is a capstone course in clinical training for the Couple and Family Therapy Program. The course objectives and related Educational Goals (EGs) with Expected Student Learning Outcomes (ESLOs) and AAMFT Core Competencies (CCs) are as follows:

1. To provide an expanded, community-based, professional development opportunity. Graduate students (therapist-externs) will provide therapy services to a diverse group of clients; address issues regarding ethical decision-making, accountability, and general professional conduct; and build collegial relationships across professional disciplines
EG-4 Social Context and Power Relations, especially ESLOs 4c and 4d
EG-5 Clinical Application, including ESLOs 5a-5f
2. To continue to develop therapist-extern's clinical skills and clinical knowledge acquired from the previous four practica (FRAN 6090 I-IV)
EG-5 Clinical Application, including ESLOs 5a-5e
3. To develop the therapist-extern's ability to articulate the theoretical basis and practice implications of their preferred approach to couple and family therapy, including their ability to examine the congruency of the underlying values and assumptions of their approach with their preferred professional positioning.
EG-1 Theoretical Foundations, especially ESLO 1c
4. To extend the student's perspectives for critical analysis of therapeutic intervention

strategies.

EG-3 Professionalism, Ethical Conduct and Accountability, especially 3d.

5. To refine the therapist-extern’s understanding of how oppression and marginalization, related to the intersecting dimensions of gender, race, age, ability, class, ethnicity, religion/spirituality, sexual identity, etc., may constrain individuals, couples, and families, as well as therapists. **EG-4 Social Context and Power Relations, including ESLOs 4a-4d**
6. To broaden the therapist-extern’s experience of clinical supervision through being supervised by a professional outside the CFT Program faculty/supervisors.

EG-5 Clinical Application, especially ESLO 5f

To complete client contact hours required for a COAMFTE accredited Master’s degree program. (COAMFTE stipulates a minimum of 500 total direct contact hours, with at least 50% working with couples and/or families, over the course of the student’s time in the CFT Program).

EG-5 Clinical Application, especially ESLO 5e

7. To complete the client contact hours required for entry to practice with the CRPO. The CRPO requires a minimum of 450 hours of direct client contact and 100 hours of supervision for the duration of the Program. There are no requirements with regard to relational hours. And to begin to prepare students for the transition to being a Regulated Health Professional in the province of Ontario.

CRPO: 3.0 Professional Responsibilities.

EXPECTED STUDENT LEARNING OUTCOMES	Method of assessment
THEORETICAL FOUNDATIONS	
Educational Goal 1: Students will gain a broad understanding of the range of epistemological assumptions and core theoretical frameworks within the field of couple & family therapy, including an historical and critical analysis of significant theoretical issues and developments.	
ESLO 1c. Students will articulate the theoretical basis and practice implications of their preferred approach to couple and family therapy, including an examination of the congruency between the underlying values and assumptions of the approach and their preferred professional positioning.	Capstone Project; Supervisor and self-assessment (ESLO & AAMFT CC checklists)
PROFESSIONALISM, ETHICAL CONDUCT AND ACCOUNTABILITY	
Educational Goal 3: Students will develop a professional identity as a couple & family therapist who consistently applies the principal of ethical practice in their work with clients, maintains high standards of conduct - including following “best practices” regarding the delivery of therapy services, and engages in critical, reflexive self-evaluation.	

<p>ESLO 3d. 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.</p>	<p>Capstone Project; Supervisor and self-assessment (ESLO & AAMFT CC checklists)</p>
<p>SOCIAL CONTEXT AND POWER RELATIONS LEARNING OUTCOMES</p>	
<p>Educational Goal 4: 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.</p>	
<p>ESLO 4a. Students will critically analyze how their social location, values and beliefs shape their professional identity.</p>	<p>Supervisor and self-assessment (ESLO & AAMFT CC checklists); Capstone Project</p>
<p>ESLO 4b. 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 their own participation in these processes.</p>	<p>Supervisor and self-assessment (ESLO & AAMFT CC checklists);</p>
<p>ESLO 4c. 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.</p>	<p>Supervisor and self-assessment (ESLO & AAMFT CC checklists) Capstone Project</p>
<p>ESLO 4d. Students will learn strategies to explore and address issues of diversity, marginalization, discrimination, and abuse in therapy with clients.</p>	<p>Supervisor and self-assessment (ESLO & AAMFT CC checklists)</p>
<p>CLINICAL APPLICATION</p>	
<p>Educational Goal 5: Students will integrate theory, research, practice skills in on-going clinical work with clients seeking therapy.</p>	
<p>ESLO 5a. Students will develop beginning to intermediate level practice skills associated with featured post-modern couple and therapy approaches, including engaging clients, “assessing” presenting concerns, setting therapeutic goals, and collaborating with clients to create desired changes.</p>	<p>Supervisor and self-assessment (ESLO & AAMFT CC checklists)</p>
<p>ESLO 5b. 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 in the client system.</p>	<p>Supervisor and self-assessment (ESLO & AAMFT CC checklists); Capstone Project</p>
<p>ESLO 5c. Students will demonstrate ability to articulate “systemic” hypotheses and to translate their conceptualization into therapeutic conversations that are consistent with the selected practice model.</p>	<p>Supervisor and self-assessment (ESLO & AAMFT CC checklists); Capstone Project</p>

ESLO 5d. Students will be introduced to 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.	Supervisor and self-assessment (ESLO & AAMFT CC checklists)
ESLO 5e. Student has accumulated 500 direct contact hours, with at least 250 direct contact hours with couples and families (relational hours), and has engaged in regular weekly supervision to accumulate at least 100 hours of clinical supervision.	Supervisor and self-assessment (ESLO & AAMFT CC checklists)
ESLO 5f. Students will develop, in consultation with the supervisor, specific individualized learning goals for their ongoing development in clinical practice; review and evaluate their goals.	Supervisor and self-assessment (ESLO & AAMFT CC checklists)

RATING 1.....3	AAMFT CORE COMPETENCIES		
	AAMFT CC #	Sub-domain	Competency
THERAPEUTIC INTERVENTIONS			
	1.2.3	Perceptual	Recognize issues that might suggest referral for specialized evaluation, assessment, or care.
	4.3.1	Executive	Match treatment modalities and techniques to clients' needs, goals, and values
	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.
LEGAL ISSUES, ETHICS, AND STANDARDS			
	5.1.2	Conceptual	Know professional ethics and standards of practice that apply to the practice of marriage and family therapy.

	5.1.3	Conceptual	Know policies and procedures of the practice setting.
	5.1.4	Conceptual	Understand the process of making an ethical decision.
	5.2.1	Perceptual	Recognize situations in which ethics, laws, professional liability, and standards of practice apply.
	5.2.2	Perceptual	Recognize ethical dilemmas in practice setting.
	5.2.3	Perceptual	Recognize when a legal consultation is necessary.
	5.2.4	Perceptual	Recognize when clinical supervision or consultation is necessary.
	5.3.1	Executive	Monitor issues related to ethics, laws, regulations and professional standards.
	5.3.2	Executive	Develop and assess policies, procedures, and forms for consistency with standards of practice to protect client confidentiality and to comply with relevant laws and regulations.
	5.3.3	Executive	Inform clients and legal guardian of limitations to confidentiality and parameters of mandatory reporting.
	5.3.4	Executive	Develop safety plans for clients who present with potential self-harm, suicide, abuse, or violence.
	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.
	5.3.8	Executive	Obtain knowledge of advances and theory regarding effective clinical practice.

	5.3.10	Executive	Implement a personal program to maintain professional competence.
	5.4.1	Evaluative	Evaluate activities related to ethics, legal issues, and practice standards.
	5.4.2	Evaluative	Monitor attitudes, personal well begin, personal issues, and personal problems to insure they do not impact the therapy process adversely or create vulnerability for misconduct.
	5.5.1	Professional	Maintain Clients 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.
	5.5.3	Professional	Pursue professional development through self-supervision, collegial consultation, professional reading, and continuing educational activities.
	5.5.4	Professional	Bill clients and third party payers in accordance with professional ethics, relevant laws and policies, and seek reimbursement only for covered services.
RESEARCH AND PROGRAM EVALUATION			
	6.1.1	Conceptual	Know the extant MFT literature, research, and evidence-based practice.
	6.2.1	Perceptual	Recognize opportunities for therapists and clients to participate in clinical research.
	6.3.1	Executive	Read current MFT and other professional literature.
	6.3.2	Executive	Use current MFT and other research to inform clinical practice.

	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	Executive	Evaluate knowledge of current clinical literature and its application.

Course Organization, Process, and Requirements

Each student is placed with an external community agency and will work with assigned agency clients under the direct supervision of an on-site supervisor who is **both** a Registered Psychotherapist or member of five other Regulated Colleges (Physicians, Nurses, Occupational Therapists, Psychologists or Social Workers) **and** an AAMFT Approved Supervisor or Supervisor Candidate. The therapist-extern will be trained in agency documentation practices and will maintain appropriate clinical records. The therapist-extern will work at the agency an equivalent of at least three days per week for a minimum of 15 weeks (even if the extern has completed the required number of contact hours prior to this time).

Each student will engage in whatever “independent study” is necessary to acquire additional knowledge about the specific population(s) served by the community agency (e.g., adolescent addictions, children’s mental health, family violence, adult mental health, etc.).

Each Therapist Extern and Extern Agency Supervisor will identify additional agency activities appropriate for the extern’s involvement (e.g., clinical team meetings, agency professional development workshops/seminars, general staff meetings, “in-service training”, etc.).

Externship Contract and Schedule of Agency Work

Each student will work closely with the clinical supervisor at the Extern Agency to coordinate and monitor client work at the agency. Each therapist-extern will sign the Externship Contract (will be sent to External Supervisor) which stipulates the various roles, responsibilities, and required clinical hours to complete the CFT Program. The Externship Contract is co-signed by the Extern Agency Supervisor and the Director of Clinical Training and Academic Program Director. The Extern Agency Supervisor and the extern will coordinate in deciding the specific weekly hours of work. The student will take full responsibility for returning a copy of the signed Contract and the schedule of weekly work to the course instructor by the dates indicated on these documents.

Tracking Client Contact and Supervision Hours

Externs are required to record their client contact and supervision hours on a CFT Program form. This is an Excel document that will be e-mailed to each extern. Externs will keep the form updated, print it, sign it, and have the Extern Agency Supervisor sign it for verification purposes at the end of each month. Externs must submit the signed form to the CFT Client Services Coordinator at the CFT Centre by the 5th of the next month (e.g., hours for June are submitted by 5th of July)

Student's Learning Goals

Each student will develop, in consultation with the Extern Agency Supervisor, a set of at least three specific learning goals related to the consolidation of a preferred clinical model in CFT. The student will submit a written copy of these goals to the Course instructor and to the Extern Agency Supervisor by **June 15, 2015**.

Externship Cohort/Group Meetings

All the students participating in the Externship will meet monthly, as a group, with the Course instructor at the CFT Centre at the University of Guelph. These meetings will be in Room 245 from 1:30-4:30 on **May 17, June 7, June 28, July 12, and August 2, 2016**. Participation in discussion at these meetings is required in order to obtain a "satisfactory" grade.

Capstone Final Project

Each student will complete a final "Capstone" Project that facilitates an integration and consolidation of theory and practice with the student's current personal approach, style, and theory of change as a clinician (see guidelines attached). This assignment is due no later than August 2, 2016.

Evaluations

Evaluation by Supervisors of Student's Performance

The Course instructor co-ordinates with the Extern Agency Supervisor and the student, ensuring that both the student and Agency supervisor are meeting the course objectives and evaluation criteria.

The final grade is non-numeric (Satisfactory/Unsatisfactory). The Extern Agency Supervisor evaluates the therapist-extern's clinical skill development on the basis of weekly discussion/observation of the therapist-intern's clinical work. The Extern Agency Supervisor submits a written evaluation to the Course instructor at the end of the term using a form provided by the CFT Program ("Externship Agency Supervisor's Evaluation of CFT Extern"). Prior to submitting the written evaluation the Extern Agency Supervisor meets with the extern to provide verbal feedback. A copy of the Extern Agency Supervisor's evaluation is provided to the student. This form is to be submitted by the extern to the Course instructor by **August 15th, 2015**.

The student and the Course instructor will co-evaluate the student's participation in dialogues in the monthly class meetings in terms of their contribution to the generative learning community of all participants. They will collaboratively decide on the grade (Satisfactory/Unsatisfactory) merited by student's participation.

The student's Final Project, evaluated by the Course instructor, must also be complete and deemed to be "satisfactory" (equivalent to at least a B-) in order for the student to pass this course. Students will receive written feedback on the Capstone Final Project from the Course instructor at the end of the semester.

The Course instructor submits a grade at the end of the semester based on: (a) the evaluation feedback from the Extern Agency Supervisor, (b) the successful completion of the required client contact and supervision hours as evidenced by submission of required documents for tracking these requirements, (c) joint co-evaluation of the extern's contributions to the generative learning community of course meetings, and (d) the Course instructor's evaluation of the Final Project.

If the therapist-extern has not completed all the hours necessary to meet the minimum requirement of 500 hours direct client contact, with at least 250 hours direct contact with families and/or couples, the student will receive an “Incomplete” at the end of the semester. The Course instructor will negotiate with the Extern Agency Supervisor and the student to arrange possibilities to complete at the externship site the required hours for graduation. If the Final Project is not complete by the due date the student will receive an “incomplete” in the Externship.

Evaluations by Students

- Students will have the opportunity to provide evaluative feedback on the externship experience using forms provided by the CFT Program (“Student’s Evaluation of Externship Supervisor”, “Student’s Evaluation of Externship Agency”). These forms are to be submitted to the Course instructor by **August 15th**.
- During the July 24th on-campus group meeting students will be asked to fill out a “Course/Instructor Evaluation” form provided by the Department of Family Relations and Applied Nutrition regarding all the activities related to their FRAN 6095 experience and the Course instructor’s work.
- In the July 12^h meeting students will also fill out a form (“Student’s Evaluation of Externship: Expected Student Learning Outcomes”) that reflects their assessment of how well the Externship course has facilitated their learning with regard the designated Program Expected Student Learning Outcomes (ESLOs) identified in the Course Learning Objectives (see pp 1-3 of this Outline).

Proposed and tentative class content

	Date	topic	Resources/readings
Class 1	May 17	Orientation to Course Capstone Project Placement Check in CRPO	Nelson, T & Prior, D (2003 Theory of Change Projects in MFT Programs. Contemporary Family Therapy 25(2) PP 133-151.
Class 2	June 7	Placement Check in Theory Integration discussion CRPO	Professional Practice and Jurisprudence*
Class 3	June 28	Placement Check in CRPO	Registration Guide, Tips to Registering, Guide to completing your application to Register *
Class 4	July 12	Placement Check in course evaluation CRPO Capstone Project Check in/discussion	
Class 5	Aug 2	Oral presentations, wrap up dinner if desired	

*See CRPO.ca – Resources.

Required and Suggested Reading

CRPO.ca - Resources

Legislation & Governance

- *Psychotherapy Act, 2007*
- Registration Regulation
- Professional Misconduct Regulation
- Quality Assurance Regulation
- CRPO By-laws

Registration Materials

- | | |
|---|---|
| General | • Entry-to-Practice Competency Profile for RPs |
| Registration Documents | • Professional Practice and Jurisprudence for RPs |
| | • Registration Guide |
| | • Guide to Completing Your Application for Registration |
| | • Tips for Completing Your Application |
| Regular Applicants | • Summary Table of Registration Requirements |
| Education & Training Programs | • Education Framework Document |
| | • Entry-to-Practice Competency Profile for RPs |
| Fair Registration Practices Report | • 2015 Fair Registration Practices Report |

Complaints & Discipline

- Professional Misconduct Regulation
- Discipline Committee Rules of Procedure
- Fitness to Practise Committee Rules of Procedure

Professional Practice

- Professional Practice Standards
- Code of Ethics
- Quality Assurance Program
- Quality Assurance Regulation