

Couple & Family Therapy Program
Department of Family Relations & Applied Nutrition
University of Guelph

FRAN 6090-III PRACTICUM IN COUPLE & FAMILY THERAPY

**COURSE OUTLINE
FALL 2020**

Course Instructor & Clinical Supervisor: Ruth Neustifter, Ph.D., RMFT, RP

Cell Phone: 519 994 1014 (texts encouraged)
Home phone: 519 341 5212 (land line: no texts, no voicemails)
E-mail: ruthn@uoguelph.ca (please just text me)
Office: Working from home

Clinical Supervisor: Kevin

Pager: 866 320 7625
Cell Phone: 519 767 6581
E-mail: kstaff01@uoguelph.ca
Office: working from home

Online Classes: Wednesdays from Noon – 3:00 p.m.

Supervision: As scheduled with Ruth and Kevin

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 Tuesdays. Some class meetings may be rescheduled by agreement of all students and the instructor in order to allow flexibility for team/mirror work with clients or to offer other learning opportunities.

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.

Ruth Neustifter, PhD

On occasion (scheduled in advance) the group will do a single two-tier group, or be 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. The Clinical Supervisor may join Ruth Neustifter in supervising the team-work. **A Schedule of Team-work will be made available to students by mid-to-late semester.**

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 their clinical work and in development of general professional knowledge and skills. Satisfactory completion of these projects and activities (or agreed upon replacements) is necessary for passing this course. **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. While attendance is not graded, it is a consideration in meeting course expectations.

In the event that a course participant is unable to attend any scheduled course activity, or knows in advance that they will be late due to illness or for compassionate reasons, they are 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, they are 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 they missed. In some instances 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 for supervision of their clinical work with Centre clients for whom Ruth or the other supervisor has supervisory responsibility.

Interns will meet with Ruth Neustifter either weekly or bi-weekly and with the other supervisor either weekly or bi-weekly (**see the supervision schedule distributed by Kevin**). 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. The supervisor may instead meet with each intern individually, at their discretion. 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 may meet with Ruth for group supervision opportunities. Individual/dyadic clinical supervision is required during each week interns are actively meeting with clients, in addition to before and after each of the first 3 clients of the semester. Dyadic supervision meetings will usually last 1.5 - 2 hours, individual meetings will usually last 45-60 minutes.

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 the other supervisor will each be available for ad hoc supervision/consultation during regularly scheduled times each week. There will always be a clinical supervisor and back up clinical supervisor available for consultation with respect to crisis situations. **See the On-Call supervisor schedule and contact information distributed by Kevin.**

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

Ruth Neustifter, PhD

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, they 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 their 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

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:

Morgan, A. (2000). *What is narrative therapy? An easy-to-read introduction*. Adelaide: Dulwich Centre Publications

Important note: this text is available for students to borrow for the semester. Students who choose to borrow the text from the instructor must treat it carefully and not mark the text. The book must be returned during class on week 12 of

Ruth Neustifter, PhD

the semester in excellent shape, allowing for light wear from normal use. Books that are lost or show signs of damage beyond respectful wear from normal use must be paid for by the student who borrowed them at the cost of replacement, which is approximately \$30. Replacement fees for damaged or misplaced books are due during class on week 12. Students who prefer to purchase their own books instead of borrowing may do so through Caversham Booksellers, or the retailer of their choice. Students who order their own books remain responsible for completing the course readings on time.

Other:

Additional articles, readings, and videos as assigned, which will be made available to students online.

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

Appendices:

- A. Model-specific Expected Student Learning Outcomes, Practicum-III AAMFT Core Competencies.
- B. Schedule of Topics, Readings and Outsider-Witness Teamwork.
- C. Course Projects, Activities, and Due Dates.
- D. Narrative Therapy Perspective – Unique Training Contradictions and Implications.
- E. Important Pandemic Policies and Notes

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.

This course outline may be amended or updated during the course of the semester. If changes are made that impact the content or deadlines of the course a digital announcement may be made.

Sometimes there may be extra credit opportunities during some semester, although they should never be counted upon. These may involve participation in research project projects or other activities. Should such an opportunity occur with regards to research participation, students will also be presented with an alternate opportunity that does not require research participation.

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>1. Therapist Stance & Power Relations (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 & critical self-reflection. Video Project</p>
<p>2. Systemic Conceptualization (ESLO 5c) – Engage clients in <u>re-membering 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>3. "Assessment" and Hypothesizing Skills (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, connections with others, and links to relevant communities</u>.</p>	<p>Assigned course readings. In-class experiential exercises. Identity Interview. On-going client work. Video Project</p>
<p>4. Disrupting the Problem Story (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 & critical self-reflection. Video Project</p>
<p>5. Engaging in Clients in Preferred Stories (Change) (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 & critical self-reflection. Video Project</p>
<p>6a. Diversity and Social Justice Practices (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>6b. Diversity and Social Justice Practices (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>7a. Accountability Practices (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>7b. Accountability Practices (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>8. Narrative Documentation Skills (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>Tree of Life. On-going client work. File “audits” with CSC. Supervisor feedback on “notes” and “reports.”</p>
<p>9. Supervision/Consultation Skills (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>10. Outsider Witness Team-work (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</u> of this practice.</p>	<p>On-going clinical team-work. Supervisor feedback. O-W Project</p>

FRAN 6090-III: Student's Rating Scale Fall 2015
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
I - THERAPIST STANCE (ESLO 4a, 5b)	
	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.
II - SYSTEMIC CONCEPTUALIZATION (ESLO 5c)	
	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.
III - ASSESSMENT and HYPOTHESIZING SKILLS (ESLO 5a – c)	
	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.
IV - DISRUPTING THE PROBLEM STORY (ESLO 5 a – c)	
	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.
V - ENGAGING CLIENTS IN PREFERRED STORIES (CHANGE) (ESLO 5 A – C)	
	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.
VI - DIVERSITY AND SOCIAL JUSTICE PRACTICES (ESLO 4 a – d)	
	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.
VII - ACCOUNTABILITY PRACTICES (ESLO 3a, 3d)	
	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.
VIII - NARRATIVE DOCUMENTATION SKILLS	

	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.
IX - SUPERVISION/CONSULTATION SKILLS (ESLO 1a, 5a, 5c, 5d)	
	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	CFT PROGRAM EXPECTED STUDENT LEARNING OUTCOMES (ESLO's)
EG-1 THEORETICAL FOUNDATIONS	
ESLO 1a. Students will critique and compare selected CFT approaches and their applications.	
EG-3 PROFESSIONALISM, ETHICAL CONDUCT, AND USE OF SELF	
	Educational Goal. 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 relevant to the safe and effective use of self.
	ESLO 3c. Students will consistently demonstrate “best practices” professional skills as outlined in the <i>CFT Centre Operations and Procedures Manual</i> .

	<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, and regular review of personal/professional learning goals. Self-evaluation of professional development will involve actively engaging in practices to increase self-awareness and critical reflexive self-monitoring- including monitoring one’s own subjective frame (perceptions, insights, judgments, etc) and preferred interaction patters as they inform one’s intentional contribution to and maintenance of a safe and effective therapeutic alliance.</p>
<p>EG-4 SOCIAL CONTEXT AND POWER RELATIONS</p>	
	<p>Educational Goal. 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>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 one’s own participation in these processes.</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>ESLO 4d. Students will learn strategies to explore and address issues of diversity, marginalization, discrimination, and abuse in therapy with clients.</p>
<p>EG-5 CLINICAL APPLICATION</p>	
	<p>Educational Goal. Students will integrate theory, research, and 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 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.</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 system.</p>
	<p>ESLO 5c. Students will demonstrate abilities to articulate “systemic” hypotheses (including research informed possibilities) and to translate their conceptualization into therapeutic conversations that are consistent with the selected practice model.</p>
	<p>ESLO 5d. 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.</p>
	<p>ESLO 5 e. 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.</p>
	<p>ESLO 5f. Develop, in consultation with your supervisor, specific individualized learning goals for your on-going development in clinical practice; review and evaluate your goals.</p>

Rating 1 5	AAMFT Competency Number	Sub-domain	AAMFT CORE COMPETENCY
Admission to Treatment			
	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.
Clinical Assessment & Diagnosis			
	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.
Treatment Planning and Case Management			

	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.
Therapeutic Interventions			
	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.
Legal Issues, Ethics, and Standards			
	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.
Research and Program Evaluation			
	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

***** THIS WILL BE UPDATED AND CHANGED DURING THE SEMESTER TO ADAPT TO THE SPECIAL CONSIDERATIONS WE ARE FACING THIS SEMESTER. SEE APPENDIX D. *****

NOTE: The readings include carefully selected book chapters and articles. All readings listed are required; additional optional readings may also be available online. Copies of articles and book chapters that are additional to the text are available on electronic reserve at the University of Guelph library, via CourseLink.

Week & Date	Potential Topics	Required Readings To Complete By This Class (readings may be replaced by mutual agreement between student/s and instructor)	
<u>Week 1</u> Sept 16	Locating Narrative Therapy *Practicum Outline *Preparing for supervision *Clinical documentation practices *Creation of <i>generative learning community</i> Our lives as therapeutic stories	AnjaBjørøy, S. M., & Nylund, D. (2016). The practice of therapeutic letter writing in narrative therapy. <i>The handbook of counselling psychology</i> . Carr, A. (1998). Michael White's narrative therapy. <i>Contemporary Family Therapy</i> , 20(4), 485-503. [19] Theory Based Treatment Planning for MFT chapter Narrative & Collaborative Approaches chapter	Distribute books Online practice Tree of Life Narrative Letters
<u>Week 2</u> Sept 23	Nurturing ourselves at the start of the semester Self-care as therapists Narrative Therapy across various areas of focus	Text chapters: Intro,1,2,10,11 Countryman-Roswurm, K., & DiLollo, A. (2017). Survivor: A narrative therapy approach for use with sex trafficked women and girls. <i>Women & Therapy</i> , 40(1-2), 55-72. Morrissette, P. J. (2008). Clinical engagement of Canadian first nations couples. <i>Journal of Family Therapy</i> , 30(1), 60-77. (optional: White, M. (2004). <i>Narrative practice and exotic lives: Resurrecting diversity in everyday life</i> . Adelaide, AU: Dulwich Centre. Read pp.152-186 [34]) Semester Goals due to Dropbox by Sept 22 at 11:59pm Every student must come prepared with a Narrative Letter they have written one of your individual or relational folks. DO NOT give anyone a Narrative Letter without prior permission from the supervisor. Upload a summary to Dropbox prior to the start of class, avoiding identifying details.	Tree of Life Narrative Letters
<u>Week 3</u> Sept 30	Externalizing Negative identity conclusions Hazards of totalizing Therapist's position: de-centred and influential	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] Muruthi, B., McCoy, M., Chou, J., & Farnham, A. (2018). Sexual scripts and narrative therapy with older couples. <i>The American Journal of Family Therapy</i> , 46(1), 81-95. Text chapters: 3, 4, 5	Strengths-Based Questions listening activity Narrative letters AnimatedMinds.com http://youtu.be/XiCrniLQGYc

		<p>Every student must come prepared to discuss their experiences with starting a Tree of Life with one or more clients over the past week. Upload a summary to Dropbox prior to the start of class, avoiding identifying details.</p>	
<p><u>Week 4</u> Oct 7</p>	<p>Absent but implicit Double listening and multi-storied conversations Pain as testimony</p>	<p>Carey, M., Walther, S., & Russell, S. (2009). Absent but implicit: A map to support therapeutic enquiry. <i>Family Process</i>, 48, 319-331. [12]</p> <p>Rafaely, M., & Goldberg, R. M. (2020). Grief Snow Globe: A Creative Approach to Restorying Grief and Loss through Narrative Therapy. <i>Journal of Creativity in Mental Health</i>, 1-12.</p> <p>[optional: White, Michael (2000). Reflections on narrative practice. Adelaide, AU: Dulwich Publications. Read Pp. 35 – 58 [23]]</p> <p>Text chapters: 6,7,8</p> <p>Every student must come prepared to discuss their experiences with Externalizing with one or more clients over the past week. Upload a summary to Dropbox prior to the start of class, avoiding identifying details.</p>	<p>Practice drawing pain Double listening practice activities Introduce Outsider Witness concepts</p>
<p><u>Week 5</u> Oct 14 (yes, we will have class today.)</p>	<p>Outsider witness teams Definitional ceremonies</p>	<p>Carey, M. & Russell, S. (2003). Outsider witness practices: Some answers to commonly asked questions. In Shona Russell & Maggie Carey, <i>Narrative therapy: Responding to your questions</i>, Chapter 4, pp.63 - 90. [13]</p> <p>Text chapters: 12,13,14</p> <p>(optional: White (2007). <i>Maps ...</i> Ch. 4. Definitional ceremonies. Pp. 201-218. [17])</p> <p>Every student must come prepared to discuss their experiences with using Absent but Implicit ideas with one or more clients over the past week. Upload a summary to Dropbox prior to the start of class, avoiding identifying details.</p> <p>Come prepared to sign up for a day/time in November to do a reflecting team, even if you do not know which client that will be yet. You will be responsible for scheduling a client at that day/time, preferably a relational client.</p>	<p>Prepare to begin Outsider Witness Teams next month</p>

<p><u>Week 6</u> Oct 21</p>	<p>Liberation Politics and Narrative Therapy</p> <p>Unique outcome interviewing</p> <p>Thickening the subordinate story</p>	<p>Why Race Matters When It Comes To Mental Health: https://www.bbc.com/future/article/20200804-black-lives-matter-protests-race-mental-health-therapy</p> <p>#BlackLivesMatter in Psychotherapy: https://societyforpsychotherapy.org/blacklivesmatter-in-psychotherapy/</p> <p>(optional: White (2007). <i>Maps ...</i> Ch. 5 Conversations that highlight unique outcomes. Pp. 218-261. [57])</p> <p>Every student must come prepared to discuss a client situation in which a Definitional Ceremony could be helpful, and what that might look like. DO NOT do any ceremonies with supervisor approval.</p>	<p>Prepare to begin Outsider Witness Teams next month</p>
<p><u>Week 7</u> Oct 28</p>	<p>Re-remembering conversations Life as a “membered club”</p> <p>Identity as an “association of life”</p> <p>Relational Narrative – Beach House</p>	<p>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>Joshua L. Boe, J. Maria Bermúdez, Kalene A. Sharstrom, and Dawn R. Baldwin (2019). Easing the Transition: A Critical Narrative Therapy Approach to Working With Committed Couples Navigating Gender Transition. <i>Journal of Systemic Therapies</i>: Vol. 38, No. 1, pp. 1-16.</p> <p>AKBULUT, Z. (2020). The use of spirituality in narrative couples and family therapy. <i>Spiritual Psychology and Counseling</i>, 5(1), 113-130.</p> <p>Text chapters: 9</p> <p>Every student must come prepared to discuss their experiences with Thickening the Subordinate Story with one or more clients over the past week. Upload a summary to Dropbox prior to the start of class, avoiding identifying details.</p>	<p>Beach House Activity</p> <p>Teams Continue</p>
<p><u>Week 8</u> Nov 4</p>	<p>Landscapes of action and identity</p> <p>Counterplots (subordinate story lines)</p> <p>Precious themes in life</p> <p>Scaffolding</p>	<p>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]</p> <p>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]</p> <p>Every student must come prepared to discuss their experiences with Re-Membering AND starting a Beach House activity with one or more clients over the past week. Upload a summary to Dropbox prior to the start of class, avoiding identifying details.</p>	<p>Scaffolding practice activities</p> <p>Teams continue</p>

<p><u>Week 9</u> Nov 11</p>	<p>Addressing Sexual Concerns using Narrative Approaches</p> <p>Couple work – selected Narrative possibilities</p>	<p>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]</p> <p>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]</p> <p>Find an academic or non-academic article relevant to discussing Narrative approaches to sexual concerns. Be prepared to discuss your reading in class.</p> <p>[Optional: White (2004). <i>Narrative practice and exotic lives...</i> Read pp. 3-41 re: couple therapy [38]]</p> <p>Every student must come prepared with a drawing of the Landscapes of Action and Identity co-created with one or more clients over the past week. Upload a summary to Dropbox prior to the start of class, avoiding identifying details.</p>	<p>Teams Continue</p>
<p><u>Week 10</u> Nov 18</p>	<p>Acts of resistance</p> <p>Response-based practice</p>	<p>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] (this will be your second time reading this one; that's intentional)</p> <p>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]</p> <p>Find an academic or non-academic article relevant to discussing Acts of Resistance and Narrative Therapy. Be prepared to discuss your reading in class.</p> <p>Return to topics in need of review - come prepared with any topics you would like to discuss again.</p>	<p>Review/process teams and live thus far</p>
<p><u>Week 11</u> Nov 25</p>	<p>Teams</p>	<p>*Live supervision and teams were previously scheduled with Ruthie during the month of November, if not sooner. Interns are expected to schedule 1 client (preferably relational) for a reflecting team during this time, and to attend all other reflecting teams.</p> <p>Review the experience of doing Reflecting Teams as a group.</p> <p>Review of Professional ID Dev due to Dropbox by Nov 25, 11:59pm</p>	<p>Review/process teams and live thus far</p>
<p><u>Week 12</u> Dec 2</p>	<p>Course wrap-up and celebration</p> <p>Summarizing Narrative</p> <p>Reviewing the Accreditation Criteria we covered over the semester, and consider how/what we learned.</p>	<p>Be prepared stationary on which to create a hand written letter to yourself, which will then be shared digitally with Ruthie. Ruthie will not read them, and instead will return them to you closer to the end of your program. Paper be purchased, hand decorated, or whatever you like. If you really want to do this digitally you can, but folks tend to cherish the handwriting more.</p> <p>Schedule your Video Reviews with Ruthie. Schedule your Term Evaluation Dialogues with Ruthie.</p>	<p>Closing activities and processing</p>

	EVALUATIONS: INSTRUCTOR, COURSE, SUPERVISION		
<u>Week 13</u> Dec 9		Video Reviews to be scheduled for this week. No class.	
<u>Week 14</u> Dec 16		End of Term Evaluation Dialogues to be scheduled for this week through the end of the semester. No class.	

Appendix C. 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.

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. 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 on Courselink.

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 and Active Class & Supervision Participation. Each student/intern is expected to come to class ready to engage in thoughtful, constructive, applied conversation and analysis of the assigned readings. Active class participation is based upon the ability to discuss, question, summarize, criticize, and incorporate the assigned readings and videos in class and to apply that knowledge in session. Participation in individual and dyadic supervision must be professional, well prepared for, pro-active, ethical, and must demonstrate incorporation of class content.

4. Tree of Life. During full-group seminar time (Week 2) you will interview a colleague to create a Tree of Life with them. Each student will help at least one other student with their Tree of Life, and will also participate in creating their own. Guidelines for creation of the Tree of Life will be given in class. The intentions of this project are: (a) to practice Narrative interviewing and to experience being interviewed; (b) to reflect upon your personal and professional identity, intentions, values and initiatives as a therapist; (c) to practice taking notes during a Narrative-based conversation; (d) to gain comfort and experience with imagery-based narrative techniques; (e) to gain experience with techniques shown to work well with clients of diverse ages and cultures.

5. Narrative Letter. After the Tree of Life Interview you will write a Narrative-based letter of 1 page 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 a paper copy of their letter, and provide the instructor with a photocopy or digital version of this letter that has been scanned and submitted through the appropriate part of CourseLink. After you have received the letter your colleague has written to you, based on the in-class interview, you will provide your colleague with some comments on your experience of the letter, submitting a copy of those comments to the instructor via Courselink. 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 (in point form, 1 page) 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 the other supervisor 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 the other supervisor. 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. Live Supervision of Session. It is not always possible for Ruthie to view as much of your videos as they might like, and sometimes videos cannot fully capture the experience of a session. In order help Ruthie gain a better understanding of your work this semester, and to give students an added layer of support in learning Narrative, they will supervise every therapist live behind the mirror for a full session. You will schedule 1 session in which Ruthie will watch your therapy live behind mirror, with the consent of your client/s. This is in addition to Teams. Details regarding which clients should be scheduled, when and how feedback will be given, whether the clients would like to meet or hear from them, and so on, will be discussed in individual or dyadic supervision prior to scheduling the session with clients. This is an excellent opportunity for supportive feedback on a full, live session, and students are strongly encouraged to schedule clients experiencing complex multiple stressors. It may be possible for Ruthie to watch a second session for some students upon request, depending on scheduling. Dates for scheduling are on the class schedule.

9. 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 10-15 minutes in length) where your intention was to incorporate various Narrative practices into the session. Along with the video-recording you will specify in chronological 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. Students are to schedule these with Ruthie for Nov 28 and 29, 2018.

10. 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 designated 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 the other supervisor 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.

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.

Ruth Neustifter, PhD

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.

Activity # ESLO & MELOs	Description of What to Do
1. Readings & Theory/Practice Links 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.
3. Therapy with Centre Clients 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.”
4. Reflections on Clinical Work 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.
5. Tree of Life Interview ESLO 3d, 5a MELO 2, 3, 5	In class interview a colleague who will then interview you.
6. Narrative Letter ESLO 3d, 5a MELO 6a, 6b. 8, 9	(a) Write a Narrative Letter to a colleague regarding their Tree of Life Interview. See <i>Guidelines for Narrative Letter</i> . (b) Write reflections on your experience of reading the Narrative Letter created by your colleague. (c) Discuss your experience of receiving the Narrative Letter.

<p>7. Individual Learning Goals</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.</p>
<p>8. Wednesday O-W Teams</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 (Late October through November)</p>
<p>11. Video-recording Review and Live Supervision projects</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>Schedule live supervision session with Ruthie.</p>
<p>12. Prof. Identity Dev. Review</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 your goals for the semester.</p>
<p>13. File Day</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>

Appendix D. 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.

Appendix D. Important Pandemic Notes and Policies

Disclaimer:

Please note that the ongoing COVID-19 pandemic may necessitate a revision of the format of course offerings and academic schedules. Any such changes will be announced via CourseLink and/or class email. All University-wide decisions will be posted on the COVID-19 website [[hyperlink to the website](#)] and circulated by email.

Illness:

The University will not require verification of illness (doctor's notes) for the fall 2020 or winter 2021 semesters.

Corona Virus Updates: <https://news.uoguelph.ca/2019-novel-coronavirus-information/>

Considerations for this semester:

This semester will have many new challenges for all of us, and we are going to work together to handle them as well as possible. I, as your instructor, am confident that we are going to have an excellent semester and I am here to provide lots of support to help make that possible. Part of this is going to require some flexibility on all of our parts. Here are some ways that may happen:

- **Course Outline Changes:** This course outline is largely the same as in prior years, including the usual number of updates to help keep things dynamic and relevant. However, in the beginning of the semester I will be consulting with all of you to get your feedback on what things might need to change in order to give you the best training experience possible in our current global and local climates. You can expect to receive an updated list of dates, assignments, topics, etc. after that meeting. We may need to revise it together more than once in order to keep adapting as we continue to discover our learning needs.
- **Reading Changes:** My understanding is that we may benefit from covering some additional information to ensure a smooth transition into seeing clients again, and to help folks gain some SFT experience along with Narrative. While you will not be graded on SFT techniques this semester, we will make time and space to include some of it. I will rely on you, as students, to let me know what you need here. I will do my best to make that possible with you.
- **Guest Lectures and Topics:** Every year this course evolves a bit to meet the specific personality of that cohort, and I anticipate that will continue with you, too. My guess is it will happen even more this year, due to COVID19 and online practice. We may, as a group, decide to change our focus in advance for specific class meetings. This may mean different readings, different topics, different activities, and perhaps some guest lectures or videos that we watch together.
- **Assignments and Activities:** Assignments and activities are pass/fail, just like the course. You will need to pass every assignment and activity in order to pass the course. One big advantage of this is that there is plenty of room to practice, try more than once, and receive mentorship when you're struggling in order to pass an assignment or activity. As a group we may decide in advance to adjust or otherwise change assignments and activities to reflect your needs this semester. We must still meet the learning objectives for the course, and all of our accreditation requirements. However, there is some flexibility in how we do that each semester.