

Master of Arts in Counseling Saint Martin's University

PRACTICUM DESCRIPTION

Duration

Practicum trainees complete **40 hours of Direct Service** and a minimum of **60 hours of Indirect Service** combined on-site at their Practicum Site and in their Counseling Practicum Course at SMU *within* a **15-week period (Fall Semester)**. Practicum trainees can participate in orientations and trainings. **Direct Service** must include a minimum of 4 hours of face-to-face counseling work for a minimum of 10 weeks - this can include individual, couple, family, or group counseling, co-counseling, and direct shadowing/observation. **Indirect Service** can include orientation, live and online training, academic reading, classroom participation at the SMU MAC Practicum Course, and other tasks as assigned.

Supervision and other Professional Interactions

Practicum trainees must receive *1-hour of weekly on-site triadic group or individual supervision* from licensed professional staff in addition to supervision from their faculty. Supervision is a dedicated time that can include discussion of elements such as case conceptualization, counseling methods and techniques, clinical competencies, biases, strengths and challenges, ethics, self-care, and training issues. Ideally, video recording is used for all individual sessions with trainees for the purpose of supervision and clinical training.

NOTE: Practicum students are individually responsible to track and monitor their direct, indirect, and supervision hours throughout their practicum experience. Students are responsible to ensure all documentation is completed and submitted to their academic program in a timely manner, and in accordance with their University and degree requirements. Students are strongly discouraged from conducting their practicum at their current place of employment.

Range of Activities

Trainees can have a wide range of areas for experience including: individual, couple, family, mental health and developmental issues. Trainees will develop skills in assessment, crisis intervention, counseling methods and interventions, multidisciplinary care coordination, documentation, and electronic or paper record keeping. Through trainings, supervision, and consultation, trainees can be exposed to diverse counseling orientations to individual and group counseling. Qualified experience can be gained in various ways such as navigating systems, crisis response, wellness programs, prevention education, and care coordination for clients' wellbeing and success.

Individual Counseling Services

Individual services may include 1 or 2 clients per week.

Counseling Group Services

Group services can include 1-2 hours of group work such as: group therapy, support groups, wellness workshops, educational presentations, integrated psychoeducation, outreach services, and programming.

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Administrative and Professional Activities

Dedicated time can be scheduled daily to complete all documentation and clinical progress notes using an electronic or paper records system. Trainees may participate in the operation of agency, providing support with front desk coordination in a variety of ways. Front desk support can include response to inquiries, assisting clients with accessing services and appointment check-in, organizing and processing electronic and paper records/charts, community resources, and assisting with other short-term projects. Trainees may participate in agency team meetings and multidisciplinary agency or community events/programs depending upon schedules and availability.

Program/Curriculum Development, Research and Program Evaluation

Trainees may participate in the development of group services and initiatives from the agency as designated by the Agency Director. Trainees may assist in assessing outcomes for delivered services and programs at the Agency.

Saint Martin's University

Saint Martin's University (SMU), in Lacey, Washington, is a small, non-profit, Catholic Benedictine institution of higher education that empowers students to pursue a lifetime of learning and accomplishment in all arenas of human endeavor. Students learn to make a positive difference in their lives and in the lives of others through the interaction of community, faith, reason, and service. Benedictine values remind us to listen with our hearts, care for ourselves and others, nurture and develop our communities, and stand for those in need.

Master of Arts in Counseling

Saint Martin's Master of Arts in Counseling program (MAC) prepares counselors in the theoretical foundations and skills necessary for advanced positions in the fields of individual, couple, and family counseling. Built on a philosophy of service, intellectual hunger, fundamental respect, social justice, and a focus on the person of the counselor, the MAC program strives to embody spirit, empathic care, intellect, and wisdom.

MAC Position Statement

In resonance with the values of the American Counseling Association, the National Board for Certified Counselors, accrediting organizations for counseling programs, and our Catholic Benedictine framework, we recognize the dominance of white/euro-centric norms and teach cultural humility by rejecting anti-immigrant rhetoric and action. We affirm the self-determination of indigenous and native communities by hearing their stories and supporting decolonization. We work to deconstruct the walls of sexism and transphobia by integrating feminist and trans-valuing theories into our practice. We actively counter ageism, ableism, classism, racism and heterosexism in our communities by admitting their pervasiveness and implementing corrective actions. In the spirit of Benedictine sincere hospitality, we extend welcome to members of all faiths and to those who do not identify as having a religious membership.

Note: Use this description to initiate contact with potential Practicum sites.