

Counseling Practicum I

Lecture 4

Writing a
Practicum
Proposal

Lecturer: Susan Gitau (PhD)

Introduction to Lecture 4

This lecture will explain the importance of writing a practicum proposal before doing internship or practicum. It will give a step-to-step guide to writing a working practicum proposal or prospectus that an intern can follow during practicum or internship.

Expected Learning Outcomes

At the end of this lecture, you will be able to:

- Explain the importance of writing a practicum proposal
- Describe the process of developing a practicum proposal

Importance of a Practicum Proposal



A practicum proposal can help an intern in the following ways:



Focusing on the practicum objectives



Choice of practicum site



Self-assessment of competencies



Enhanced self-awareness



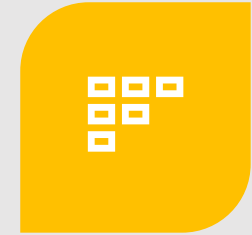
Having an inventory of skills and competencies



LESS ANXIETY RELATED TO
PRACTICUM



ENHANCED SELF-ESTEEM
AND CONFIDENCE



EASY TO CHANGE TRACK
PROGRESS



EASY TO FOCUS ON
PRACTICUM SITE SERVICES

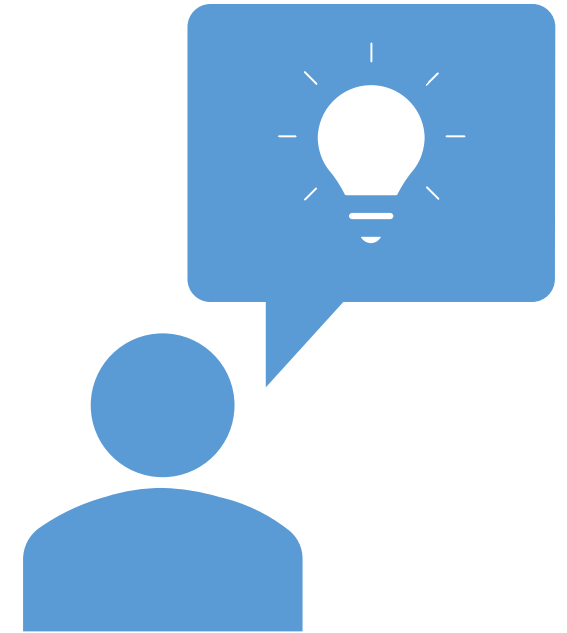


IT IS EASY TO CALCULATE
THE NUMBER OF HOURS TO
COVER AND HOW TO COVER
THEM

Guidelines to Developing a Good Practicum Proposal

Self – introduction

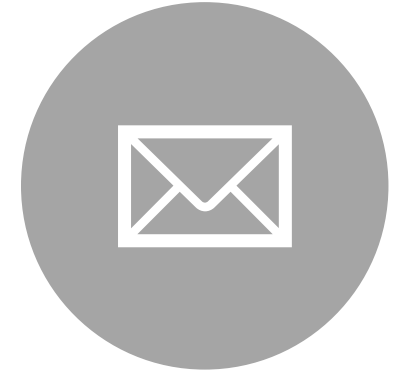
Kindly take a moment to introduce yourself (focusing on what relates to the counseling course is more helpful, your experience in the course, plans for future career as well as your readiness for practicum).



Motivation to Do Counseling



SOMETIMES IT IS OK TO SHARE WHAT MOTIVATES
YOU MOST IN COUNSELING AND WHAT SCARES
YOU AS WELL.



OUTLINE YOUR EXPECTATIONS TOO AND TRY TO
BE AS REALISTIC AS POSSIBLE. SOME
INSTITUTIONS WILL ASK FOR YOUR PLACE OF
RESIDENCE, POSTAL ADDRESS, EMAIL ADDRESS,
SCHOOL INFORMATION, DEPARTMENT, AND
PROGRAM COORDINATOR CONTACTS.



Self Awareness

This is a good opportunity for the intern to ask about the values they hold so dear and how these values can limit or encourage them to practice counseling as a profession.

The new wave of compassionate counselor client engagement is vital to consider because it enhances self-compassion during therapy work.



Practicum Requirements

This may include the number of hours required in each clinical experience. For example, the number of individual counseling contact hours, couple therapy, group therapy, psychoeducation, seminars, community service and workshop sessions.

Practicum Site Information

This includes sharing on the name of the site, exact location, branches if any and special features surrounding the site. Key to note is the core business of this site to see if it matches what you want for practicum experience.



History



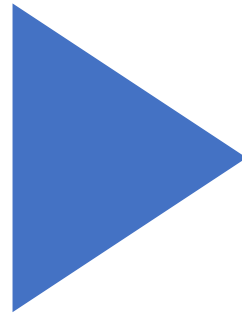
Give a brief history of the site showing how it has come to be what it is today.



The staff population, designation, departments, and organogram. Include information that touches on the culture, values, core objectives, mission and vision shared by the site.

Site

Check if the site will match your values and culture expectations and if not, get a plan to cope with what you find there.



Do not forget to put the site's contact and physical address, street location, google map and physical location that suits the type of clients that you will be seeing.



Clinical Experience

The person of the counselor is very crucial and there is need for the intern to ensure that the internship site serves that purpose of giving them the very best of clinical experience to become that desired future professional practitioner


Justification

The following questions can help you to justify the choice for the site.

Is the site easily accessible to you?



Is it suitable for the client work experience you are seeking?



Is practicum paid up or not?



Will there be a site supervisor



Clinical Experience

Will the clients suit my practicum objectives?

Will I need to visit another site to fill up my hours?

How flexible is the site in relation to your personal needs?

Practicum Objectives

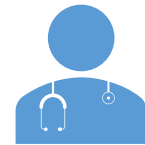
The objectives can be divided into:



Clinical practice



Administrative
duties



Consultation



Self-care

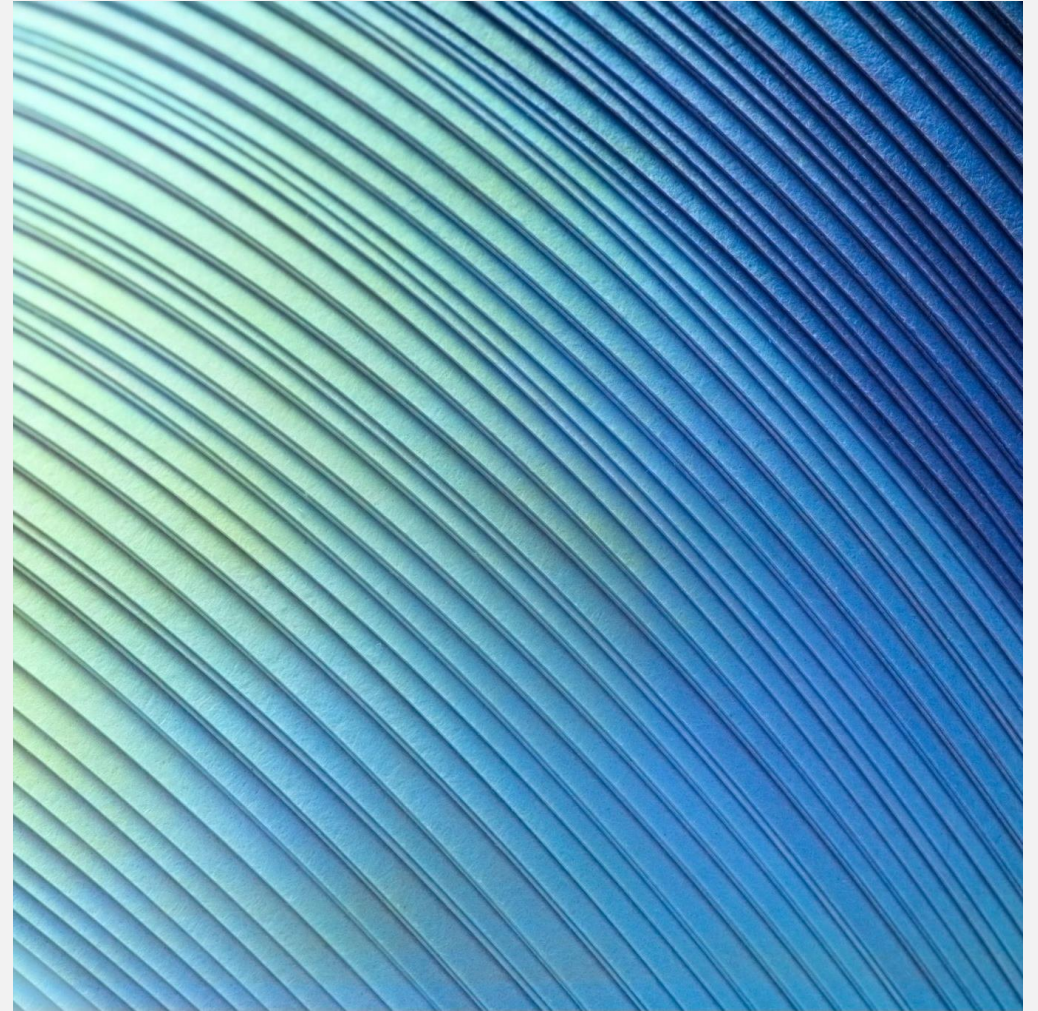
Clinical Objectives

Clinical practice objectives will cover goals related to one's clinical area of expertise (trauma, addiction, mental health, marriage and family therapy)

Clinical supervision

Multicultural challenges

and research.



Consultation Objective

Consultation objectives will investigate the areas the counselor intern wishes to get more help and information to help better.

- Skills practice
- Psychometrics
- Case management
- Specialization



Administrative Objectives



Administrative objectives will investigate the other engagements an intern will do outside their clinical practice. That would be helping in the office, record keeping and filing



The intern might be engaged in other errands apart from clinical work



This experience is equally helpful but should not overtake the real client contact hours



Self Care Objective

The self-care goals will help the intern to plan on their psychological and physical wellness during practicum period.

NB: All the objectives should be directed to taking the intern to their desired professional goals and career development



Research Objective

The objectives can include a research-based objective that the intern can use to guide the clinical evidence-based investigation.

For example, if an intern who is working in a drug rehabilitation centre may wish to find out, if family related issues lead to high rate of relapse among clients leaving rehab facilities.

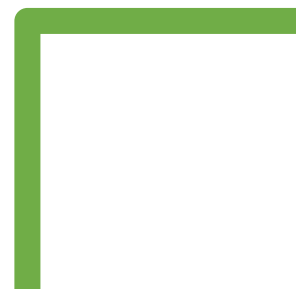
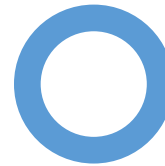
The findings are shared in the final practicum report.



Practicum Challenges

These challenges include common one faced by almost all interns and some that could be very personal.

Some of these challenges include access to the site, transport costs, payment for the internship/practicum experience, lack of supervisors (site and expert supervisors), provision of stress-free amenities, lack of /or inadequate client, poor working facilities, contact client hours, self-care challenges personal ill health among others.





Evaluation

An intern needs to know how to evaluate the internship goals and objectives.

A good work plan should be drawn to guide the achievement of these objectives.

The intern needs to have all practicum documents kept and filled in with a daily report done.

On a weekly basis, the intern ought to pick areas of achievement, challenge and undefined.

Reflective Practice



THE ISSUES THAT ARE VERY CRUCIAL AND NEED INSTANT GUIDANCE AND SUPERVISION ARE QUICKLY ADDRESSED.



THE INTERN NEEDS TO KNOW ALL THAT IS EXPECTED OF THEM BEFORE, DURING AND AFTER THE PRACTICUM.



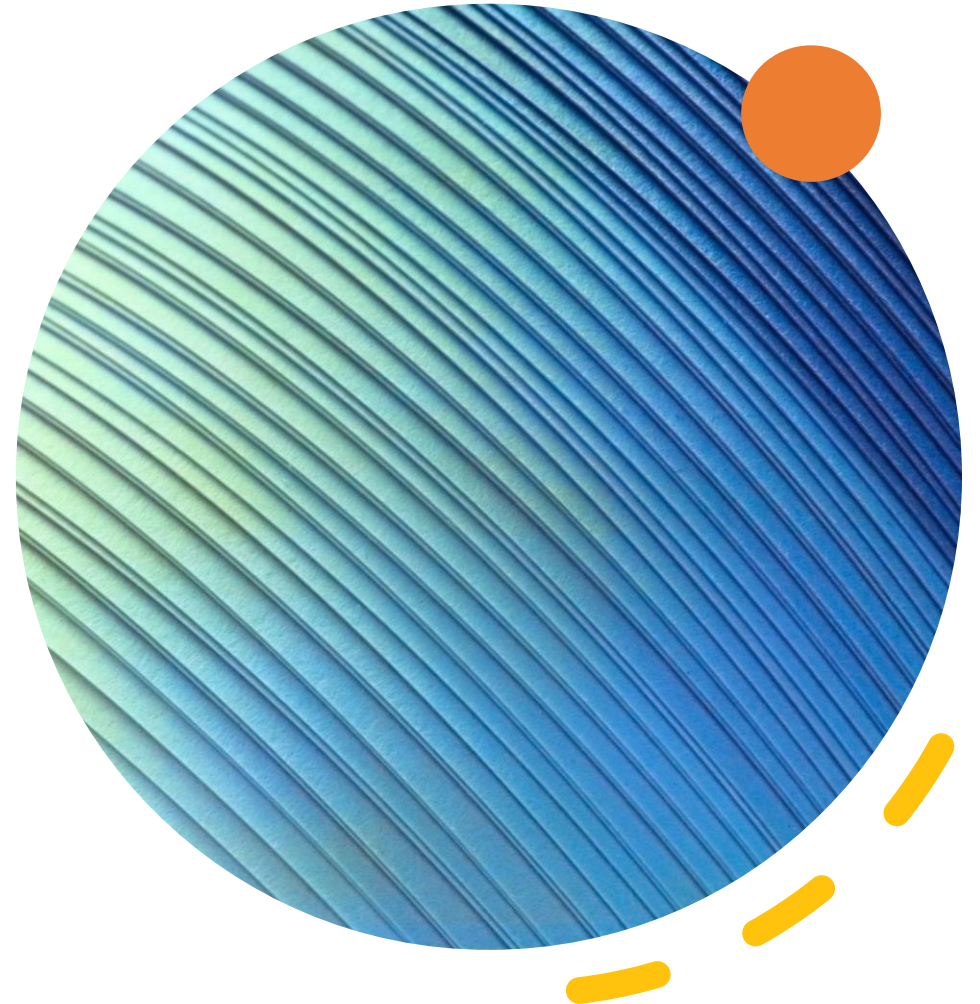
Personal Reflections

Counseling is a very personalized practice, and each student has own challenges that are only unique to themselves.

The following questions guide an intern in writing this very crucial part of the practicum:

As you prepared for the practicum, were you ready?

Had you covered all prerequisite units, therapy sessions and approval form the university?



Cont'd



WHAT PROOF DID YOU HAVE
TO SHOW THAT YOU ARE
READY FOR PRACTICUM?



DO YOU HAVE?



AN APPROVAL LETTER,



INTRODUCTION LETTER,



SIGNED PROSPECTUS BY THE
SITE SUPERVISOR AND THE
STUDENT

Cont'd



During the proposal writing, did you notice areas of concern?



How do you plan to solve issues of concern during practicum?



Do you have an accountability partner to walk with you during the practicum?



Conclusion

We have learned about the importance of writing a practicum proposal or prospectus, the steps to follow when writing a good practicum proposal with clear realistic objectives. Always remember a good practicum proposal helps you to remain focused and evaluate your work during practicum



Signature _____

Date _____

References

- Corey, G. (2009). *Theory and practice of counseling and counseling psychotherapy* (8 ed.). London: Thomson Brooks/Cole.
- Germer, C. K. (2009). *The mindful path to self-compassion: Freeing yourself from destructive thoughts and emotions*. London: The Guildford Press.
- Jungers, C. M., & Scott, J. (2019). *Practicum and Internship : Textbook and Resource Guide for Counseling and Psychotherapy* (6 ed.). New York: Routledge.
- Jungers, C. M., & Scott, J. (2019). Securing a Practicum and Internship Site. In C. M. Junger, & J. Scott, *Practicum and Internship* (p. 8). New York: Routledge.
- McLeod, J. (2013). *An introduction to counseling*. New York: University Press.





THANK YOU!