

What should students think about in getting ready for fieldwork?

1. Know the population with whom you would like to work. Do some research now to find out what treatment facilities exist and what kind of training you would like to get (e.g. specialized vs. generalist).
2. What kind of supervision would you like to get?
 - a. Does the site provide a theoretical orientation? If so, how extensive is it?
 - b. How does supervision differ for interns than for practicum students? Is it more advanced? If so, how?
 - c. What kind of advanced counseling skills and issues will be addresses during internship training?
 - d. How much individual supervision do they provide?
 - e. Is there group supervision?

As everyone is considering options for placement, I want to clarify some basic information.

1. Your practicum site selection should be based on quality of supervision, training, and variety of clients available.
2. The 240 clinical face-to-face hours you will be gaining during the 3 semesters of Practicum/Fieldwork will be applied toward you 3,000 hours needed for licensure. The hours you gain in addition to the 240 also apply. Also included will be hours for your personal therapy (the BBS authorizes 3 times the hours spent in personal therapy, i.e. if you had 100 hours of personal therapy, then BBS would grant you 300 hours towards licensure). I strongly recommend that you pursue individual or group therapy for yourself while you are in training. If you need referrals let me know.
3. If you need assistance in reviewing your interest letter or submitting your resume, let us set up a time in person and send me your material via e-mail.
4. If you need recommendation letters, please obtain them from employees or faculty who can provide some indication of your ability to work with people. The sites are not looking at your professional skills as much as to know that you are reliable and ethical.
5. Please review at least 3 – 4 sites before making a selection.
6. Once you have selected a site and they have selected you, we have a 4-way agreement which we will all sign as an agreement. The sites will request time based on their need. Based on the attractiveness of the site you will weigh the advantages and disadvantages. If you have questions please contact me.
7. If the site wants you to start early it is likely the hours will not count until you are in practicum this summer. Please check with me for exceptions and to discuss the pros and cons. Again, if you have concerns, please ask.
8. The supervision requirement is 1 unit of supervision for every 5 clients you see. For e.g. one hour of individual or two hours of group is considered 1 unit of supervision. Groups must have less than 8 trainees per supervisor to be counted according to BBS requirements.
9. You will gradually work up to 10 active clients per week. So you need 2 units of supervision. Ideally you would want 1 hour of individual and 2 hours of group supervision each week to cover 10 clients.
10. The supervision has to be provided by a licensed MFT, PhD., M.D., or LCSW. Typically you want a different supervisor for each work unit so you can gain different perspectives and style. They will need to sign the supervisor responsibility form from the BBS.