

PRACTICUM LEVEL FOUR

[YEAR ONE, LESSON ONE]

INTRODUCTIONS

- ▶ Welcome and housekeeping arrangements
- ▶ Enrolment
- ▶ Structure of morning sessions
- ▶ Student evaluation forms
- ▶ Introductions

Qualities, Methods and Skills

- ▶ Reflective Professional Practice
- ▶ Qualities
- ▶ Methods
- ▶ Skills

THE ETHOS OF THE MODULE

- ▶ Experiential
- ▶ Reflective
- ▶ Practical
- ▶ Group work

Moodle files

- Some experiential work will not be described before hand



The theorists.....

- ▶ Carl Rogers

- ▶ Gerard Egan

GETTING TO KNOW EACH OTHER:

► GROUP WORK



Beginnings.....

IN
THE
BEGINNING

Beginnings and expectations

- ▶ Our expectations of this term include many feelings associated with starting the helping process
- ▶ Expectations of helpers when beginning work
- ▶ Expectations of person being helped



GETTING TO KNOW EACH OTHER AND OURSELVES:

► GROUP WORK



Getting to know each other

► GROUP WORK

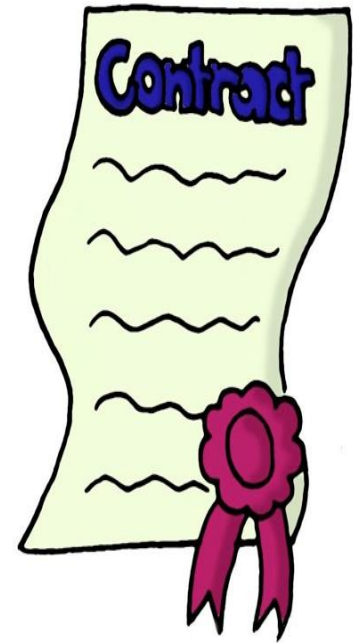


Skills Progression this term

- ▶ Triad work ['Real' issues or role play, giving the helper the opportunity to practice skills in a real way]
- ▶ Keeping safe in skills practice

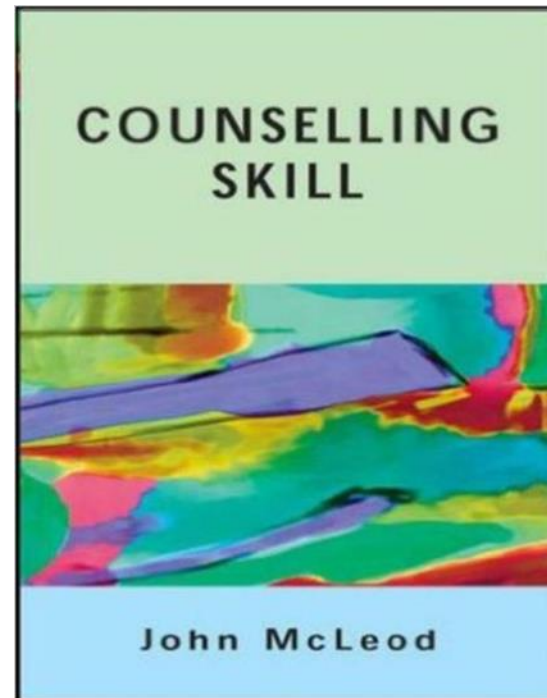
GROUP CONTRACT

- ▶ A group contract that we all contribute to and all abide by.....



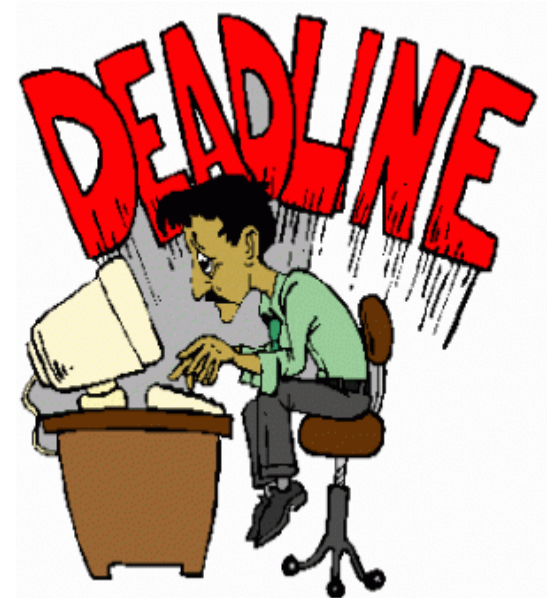
HANDBOOKS AND READING LIST

- ▶ Information
- ▶ Reading lists
- ▶ The '8 minute helping interaction' – USE your developing skills as you go about your everyday life



ASSIGNMENTS

- ▶ THREE ASSIGNMENTS IN THE FIRST YEAR



The ethical and professional framework

- ▶ The British Association for Counselling and Psychotherapy Ethical Framework 2016

bacp

British Association for
Counselling & Psychotherapy

PROFESSIONAL REFLECTIVE PRACTICE

- ▶ **Reflective Practice** - "...the capacity to *reflect on action* so as to engage in a process of continuous learning..."

(Schon, 1983, p.102-104),

The difference between 'Reflection' and 'Reflexivity'

Reflection



Reflexivity



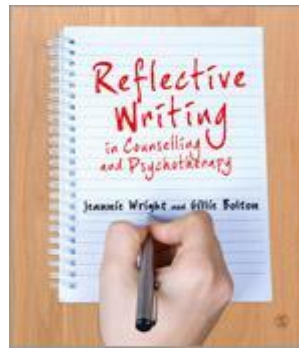
Difference between 'reflection' and 'reflexivity'

REFLECTION

- **Reflection:** - Self reflection is like looking into a mirror and describing what you see.

REFLEXIVITY

- ▶ **Reflexivity:** - "Finding a way to stand outside ourselves to get a more objective view of ourselves..." (Kitchener, 1983)



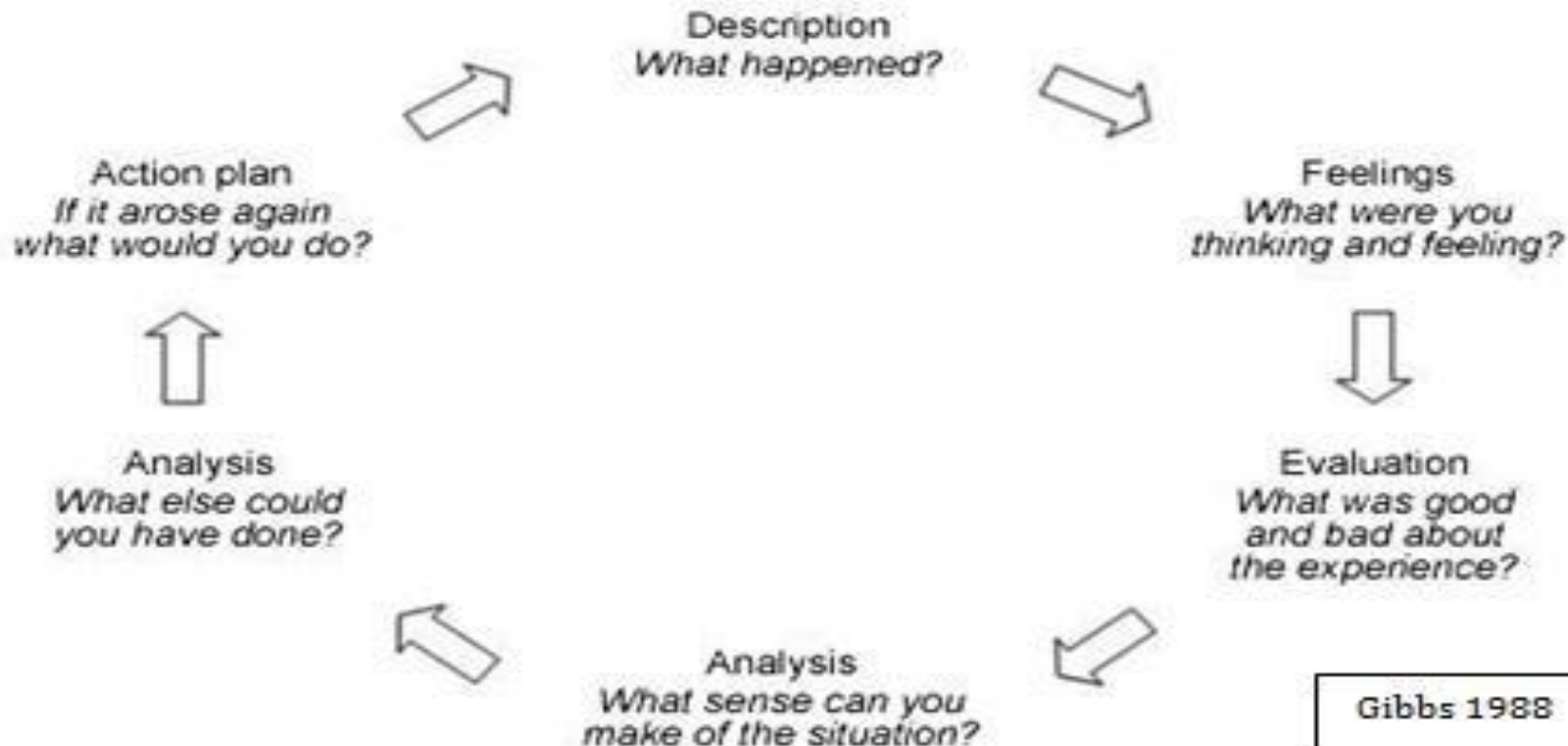
Critical self-reflection -

"To know how and to what extent it might be possible to think differently, rather than legitimating what is already known ... a test of the limits that we may go beyond" Michel Foucault, 1992.

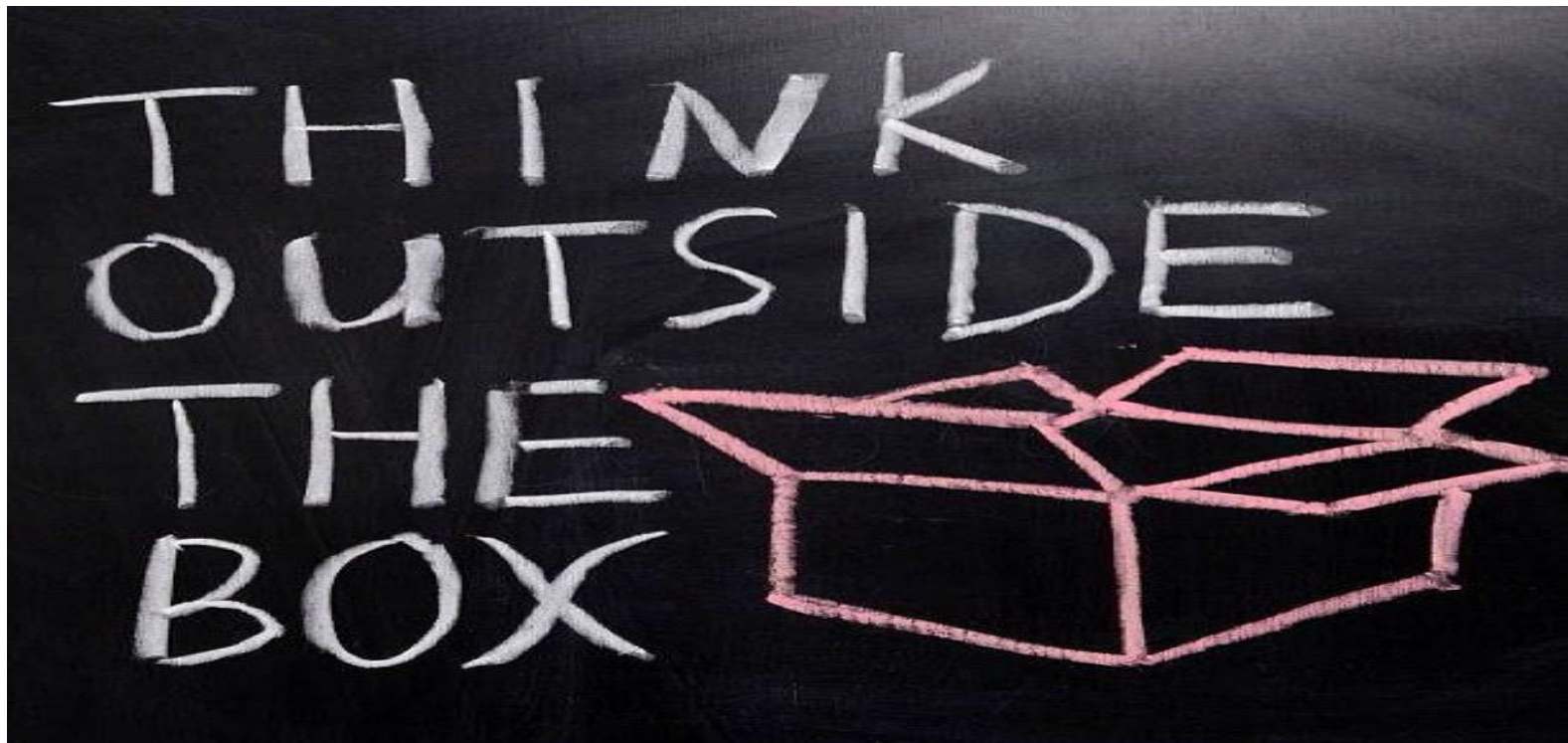
Critical Reflection

- ▶ Suggests that apart from reflecting on our own personal beliefs, we reflect through other 'lenses', on multiple perspectives including theory..." Brookfield, 1995.

ADAPTATION OF GIBBS REFLECTIVE PRACTICE MODEL



LEARNING TO RELECT ON PRACTICE



PROFESSIONAL REFLEXIVITY

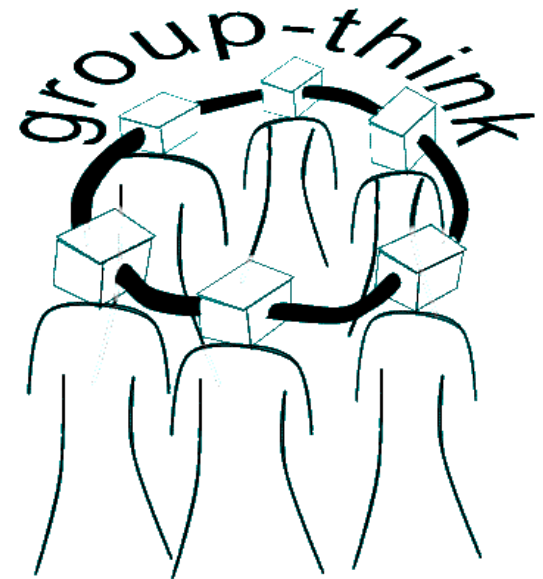
Personal process



Talk it through



Group process



Another word about ethics

- ▶ BACP Ethical Framework 2016
- ▶ Confidentiality
- ▶ Fitness to practice



FEEDBACK

- ▶ Specific
- ▶ Measurable
- ▶ Achievable
- ▶ Relevant
- ▶ Sensitive
- ▶ Constructive



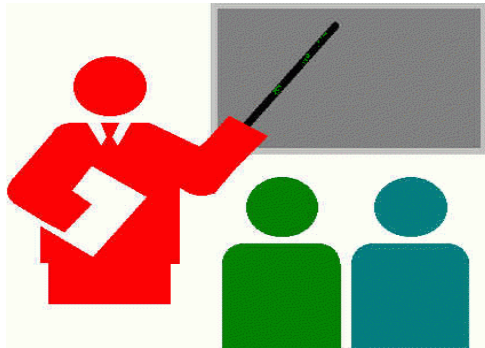
Remember.....

- ▶ Praise loudly
- ▶ Blame softly

Catherine the Great

LESSON STRUCTURE

THEORY



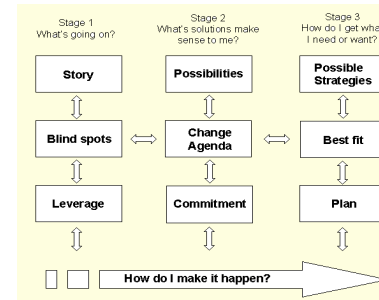
REFLECTIVE PROFESSIONAL PRACTICE



HELPING SKILLS AND TRIAD WORK



Implementation of Rogers' Theories



'Check out' and ending of session

- ▶ Each lesson will start with an opening round
- ▶ Group discussion of session
- ▶ Reminder of Essential and Background Reading List
- ▶ Session closes with a closing round