

## Guidelines

Description of the clinical placement framework as part of the training in Psychotherapy

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### 1. Definition:

Clinical placement (clinical practicum) is a necessary and inherent training component of all training programs of psychotherapeutic approaches/methods. The aim of the clinical placement is to complete the training of qualified psychotherapists with practical knowledge, perception and direct experience in psychosocial organisations (psychosocial care and health facilities). The focus of the organisations may be to offer/provide preventive and/or therapeutic and/or caring and/or rehabilitative programs, services and interventions to individuals and/or families and/or groups with related needs/disabilities.

Differentiation of Clinical Placement from Clinical Practice: Clinical placement is clearly separated from clinical practice with clients and is additional to the 1400 min. educational hours of the basic training. The Organisation and the responsible Supervisor can assign to the trainee psychotherapist any caring responsibilities or allow the conduct of individual or group therapeutic meetings (clinical practice directly with the clients of the Organisation) if he wishes and in agreement with the head of the Psychotherapy Training Institute, which bears full responsibility for the educational steps of the trainee.

### 2. Meaning and importance of a Clinical Placement

#### Cognitive skills

The clinical placement offers to a qualified trainee-psychotherapist the particularly important experience of getting to know the operative procedures of psychosocial care and caring organisational structures of the State, Community or even in Private sectors. They have the opportunity to know the operation and functionality of a therapeutic, interdisciplinary, multidisciplinary team, gain experience in the levels of communication between Organisation and State or Community bodies, legal, procedural frameworks and limits, etiology and therapeutic planning procedures (medical and pharmaceutical interventions), organic and mental particularities of certain diseases or disorders (psychopathology/diagnosis)

#### Communication skills

Trainees can develop their personal way of approaching and relating in contact with individuals/clients and the family system. They also develop ways of managing relationships with medical/care staff at all hierarchical levels, addressing any concerns or fears. They also familiarize themselves with the specificity and use of clinical terminology. By participating in multidisciplinary groups and in therapeutic or caring interventions they also contribute positively to interaction and correlation between the various specialties and in the development of mutual respect, understanding and recognition.

#### Personal development-empowerment

The experience of direct contact with individuals, families or groups with social or mental needs and particularities and with the staff of the Organisation allows trainee-psychotherapists to practice and apply special mental and communication skills, to reflect and evaluate their personal experiences, to explore their personal motivations and criteria, form a personal opinion and image about dealing with the treatment and care of particularly vulnerable groups in society and acquire practical skills for exercise and application in their professional career.

### **3. Facilitating Guidelines for Psychosocial Care and Health Facilities with Clinical Placement Capability**

**Frame:** Provide adequate work experience in the treatment and care of patients undergoing mental and/or psychosocial crises or illnesses. The Organisation must provide the trainee with sufficient experience of programs and cycles of treatment/patient/client care within a collaborative framework and with other mental health professionals who form an interdisciplinary and multidisciplinary team.

**Frequency:** The clinical placement does not require a specific number of educational (working) hours. However, it is expected that the trainee's clinical placement will be conducted for at least one working day (6-8 hours) per week and will last at least 6 consecutive months

**Supervision:** It is expected that the Organisation will provide the trainees with the appropriate supervision and accompanying monitoring so that they can develop the required skills and abilities, they can address their questions or concerns to their responsible Supervisor within the Structure, as well as the opinion and their suggestions, to have the possibility to discuss all the issues concerning the therapeutic context or the requirements of their role and responsibility as future professional psychotherapists.

**Confirmation:** It is expected that the Organisation, upon completion of the clinical placement, will provide a corresponding certificate with a detailed reference to the duration (months, hours), frequency of attendance (weekly), a brief description of the responsibilities and duties undertaken by the trainee and to contain a brief assessment of this. The certificate must be dated and signed with the name and title/position of the responsible Supervisor.

**Responsibility:** The agreement for conducting the clinical placement is subject between the Organisation (i.e.responsible executive of the and/or the Supervisor of the Organisation) and the trainee-Psychotherapist. The trainee must provide a corresponding written confirmation and approval from the Psychotherapy Training Institute or its representative. The Organisation and the responsible Supervisor are responsible for the correct and smooth conduct of the clinical placement and the provision of relevant knowledge, skills and supervision. In the event that clarifications are needed or there are particular difficulties, the Organisation can directly address the Psychotherapy Training Institute (the responsible trainer) or his representative.

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- Some examples of Organisations:

Hospital departments of Psychiatry, Day centers for the mentally ill, counseling centers for special groups of patients or their families (rheumatic, thalassemic, cancer, AIDS, addictions, etc.) trauma centers, institutions for special illnesses, hospice, children's / women's houses, shelters for victims of various types of violence or abuse, prevention or treatment centers focusing on various addictions, etc.