

MFT COUNSELING PRACTICUM & TRAINEE EXPERIENCE AT WESTERN SEMINARY SAN JOSE

Recognizing the importance of integrating conceptual knowledge with real life counseling, Western's MFT Counseling Practicum program is designed to supplement your classroom education with experience in actual counseling settings. The three course **MFT Counseling Practicum** sequence typically occurs during the last year of the MFT program. Your three MFT Counseling Practicum classes at Western will involve both Clinical Supervision at your therapy site, as well as feedback with your classmates and instructor. This counseling experience must be at an approved setting. As a Trainee counselor, you will always be under the supervision of a licensed therapist. Depending on your setting, you will receive individual and/or group supervision. Weekly Clinical Supervision allows trainees five [5] hours of client contact in each seven day period.

Each student seeking MFT licensure by the State of California is required by the Board of Behavioral Sciences (BBS) to complete a minimum of **250** hours of supervised experience, of which **225** must be Client Centered Contact. Students can accrue **75** hours of Client Centered Advocacy within their 225 hours of required Client Contact. Students are allowed to accrue a maximum of 1,300 hours of supervised experience prior to graduation. This may include:

- Therapy & Clinical Supervision (Max 750 hrs)
- Workshops and Trainings, (Max 250 hrs)
- Personal Psychotherapy (Max 100 hrs)
- Administering Psychological Tests, Reports, Writing Progress Notes (Max 250 hrs); and
- Client Centered Advocacy

A total of **3,000** hours of experience are required by the BBS to sit for the MFT license examination. The remaining hours are accrued as an Intern after graduation from Western's MFT Program.

Prior to taking their final year at Western, and with approval of the Program Director, students are permitted to accrue supervised hours as a Trainee by starting MFT Counseling Practicum classes before entering into their final year of their MFT program. This voluntary option allows students to begin accruing supervised hours sooner than normal, and can begin once a student has completed a minimum of 14 units of designated counseling classes (**BELOW**) and attended the MFT Practicum Orientation. For the interested student, this allows them to graduate with a greater number of supervised MFT hours.

GOALS

- To become familiar and comfortable with the counseling process.
- To be able to diagnose and develop treatment interventions.
- To begin to identify with a particular approach to counseling.
- To identify one's own strengths and weaknesses as a counselor.
- To learn how to integrate counseling with theology at a conceptual and a practical level.

CHECKLIST FOR BEGINNING MFT COUNSELING PRACTICUM [CNS 530SA, 531SA, 532SA]

- Courses that must be successfully complete as a prerequisite for MFT Counseling Practicum (**CNS 501, 502, 504, 505, 506 and 507**)
- Attendance at the MFT Practicum Orientation meeting. This Orientation will provide you with essential information and necessary paperwork prior to beginning practicum.
- Students must have the MFT Director's approval before beginning in any Practicum experience.
- MFT Counseling Practicum 1, 2, and 3 must be taken in order.
- For those interested in accruing Trainee hours prior to their last year, contact Dr. Judith Needham, Director of the MFT program or Dan Jackowitz, MFT Administrative Coordinator