



Orientation to Practicum

Guidance for students in the Clinical
Mental Health Counseling (CMHC)
program

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AGENDA



Check- in



Practicum requirements



Identifying a Practicum Site



Advancing to Practicum



Q&A





What is practicum?

- Apply knowledge gained in the classroom
- Opportunity to practice counseling skills in alignment with the profession of clinical counseling and with diverse populations
- Observe the workings of a practicum site
- Explore interests and develop a theoretical orientation as a clinical counselor
- Gain evaluative feedback on knowledge, attitudes, and skills regarding your development as a clinical counselor



↘ Practicum Hour Requirements

450 total practicum hours

280 direct client contact

Range of professional clinical counseling experiences

Can not be in a private practice

Under supervision by a qualified licensed supervisor

One hour of supervision for every 5 hours of client contact





Requirements for Supervised Practicum

Provides a range of professional clinical counseling experience, including the following:

- (A) Applied psychotherapeutic techniques.
- (B) Assessment.
- (C) Diagnosis.
- (D) Treatment planning.
- (E) Treatment.
- (F) Issues of development, adjustment, and maladjustment.
- (G) Health and wellness promotion.
- (H) Other recognized counseling interventions.
- (I) A minimum of 150 hours of face-to-face supervised clinical experience counseling individuals, families, or groups.

Source: BBS Statutes and Regulations Book, January 2022.
Retrieved from <https://www.bbs.ca.gov/pdf/publications/lawsregs.pdf>



↳ What knowledge or skill will I develop as a result of my practicum experience?



Exploring different populations and service needs



Learn documentation skills



Advocacy, for self and others



Outreach and referrals



Collaboration or consultation, with others at the site or in the community





Active Practicum Partners

▶ California Behavioral Health
▶ Chaffey Joint Union High School District
▶ Citrus Counseling Services
▶ Clay Counseling Solutions
▶ Crafton Hills College Health & Wellness Center
▶ LGBTQ Center OC
▶ MFI Recovery Center
▶ New Origins
▶ Outreach Concern
▶ Pomona Unified School District
▶ Riverside Free Clinic
▶ Riverside University Health System – Behavioral Health
▶ Transgender Health & Wellness Center
▶ University of Redlands Counseling Center

Interested in pursuing your practicum at a site that is not listed?

Let your OSS Advisor know so we can explore adding them as a partner!

[Visit the CMHC Current Student Webpage for a list of active Practicum Partners](#)





Featured Practicum Partner



Our Services

The Counseling Center provides free and confidential mental health services to students currently enrolled in courses.

[Learn more >](#)

Making an Appointment

To begin meeting with a counselor, you must first schedule an appointment by calling the Counseling Center 909-745-8108.

[Learn more >](#)

How do I know if I should seek counseling?

Maybe you are wondering, "Is this problem significant enough to get help?"

[Learn more >](#)



Urgent Situations & Emergencies

What is an urgent situation? How can I get help in an urgent situation?

[Learn more >](#)

Concerned About Someone?

Referring Someone to Counseling?

[Learn more >](#)

Confidentiality

Read the Counseling Center's confidentiality policy.

[Learn more >](#)



Groups & Workshops

The Counseling Center offers therapy support groups and workshops.

[Learn more >](#)

Referrals & Resources

Community Referrals for Psychotherapists, Psychiatrists & more

[Learn more >](#)

Alcohol & Substance Use Resources

The Counseling Center is committed to helping students who are in recovery

[Learn more >](#)



Introductory video
Matt Gragg, Director
Counseling Center
University of Redlands

Practicum Training Program

Setting

Graduate students in psychology, marriage and family therapy, clinical mental health or related counseling program may apply to be a practicum student-therapist at our Counseling Center. As a practicum student, you will have the opportunity to provide individual therapy, co-facilitate group therapy, and limited assessments for University of Redlands students in a multidisciplinary environment.

▶ Requirements

▶ Hours of Operation

▶ Population Characteristics

▶ Clinical Experience/General Responsibilities

▶ Supervision & Training

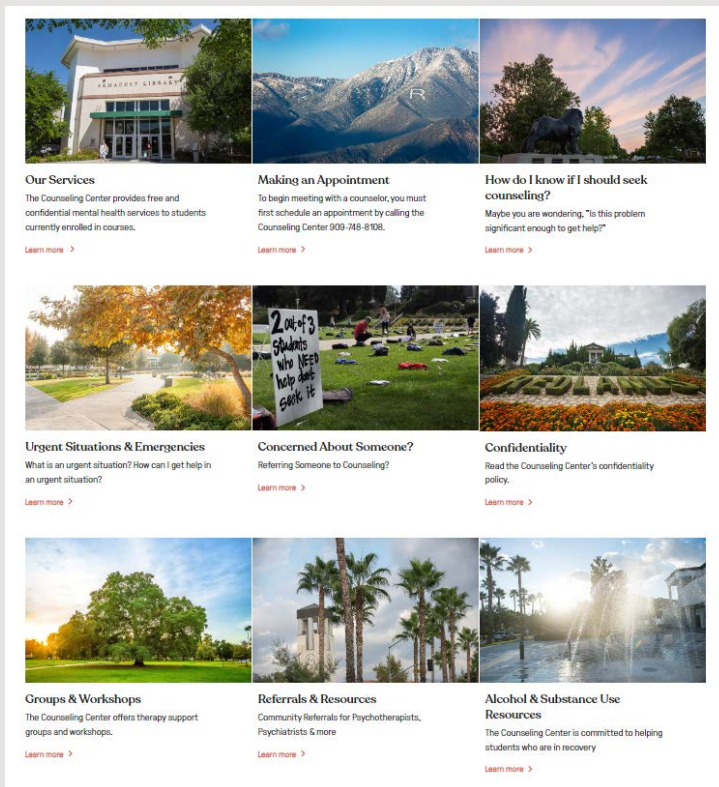
▶ Application Process

▶ Deadlines (Applications Closed for 2022-2023 school year)



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- ▶ **Hours of Operation**
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Pre- Practicum Experiences

- **Fall term**
 - **Join a professional organization (or two)**
 - American Counseling Association (year 1)
 - CALPCC (year 2)
 - Organizations that align with your interests
 - **Transition your resume to a Curriculum Vitae (CV)**
 - Standard in the counseling field is a CV
 - OCPD can assist
 - **Seek out (indirect) pre-practicum hours (not mandatory)**
 - Shadow a counselor
 - Attend a meeting related to counseling needs
 - Watch a professional webinar that aligns with your interests





Pre- Practicum Experiences

- **Spring term**
 - **Explore sites and opportunities**
 - Review [recordings from the 2022 Practicum/Fieldwork Fair](#)
 - Network to learn about clinical counseling
 - Visit websites of private and community organizations
 - Seek out specific settings
 - **Get comfortable talking about your interests**
 - Attend pre-Fair group advising (1/26/2023)
 - **Get to know our Practicum Partners**
 - Attend DCHS Practicum/Fieldwork Fair (2/17/2023)
 - **Apply/interview at sites**
 - Secure liability insurance





SAVE THE DATE

DCHS PRACTICUM/FIELDWORK FAIR

Friday, February 17, 2023

Time: 9am – Noon

Virtual

- Keynote
- Panel discussions
- Meet and greet with practicum partners



What questions do you have?

