

**Centre for the Treatment of Anxiety and Depression (CTAD)
Master of Psychology (Clinical/Health)
Placement Contract**

Trainee Psychologist:

AHPRA Provisional Reg. No :

Expiry Date :

Agency Supervisor:

University Supervisor:

Commencement Date:

Expected Completion Date:

Placement No:

Agency Characteristics

Agency: **Centre for Treatment of Anxiety and Depression**
Ph: 08 8222 8100
30 Anderson Street
THEBARTON, S.A. 5031

The centre provides outpatient assistance for people with serious mental disorders, and is staffed by consultant psychiatrists, clinical psychologists, psychiatric registrars, and Master of Clinical and Health Psychology students (known as psychology interns while on placement).

General Considerations

Place of Attendance: The trainee will be based at the above address, and may be required to make home visits.

Time of Attendance: Time of attendance will be,

or as negotiated with the placement supervisor. A total of 45 days are required to complete the placement.

Supervision

Formal group supervision meetings will occur weekly for two hours. Formal individual supervision may also be arranged. Other meetings will be negotiated as required and informal supervision will occur as needed.

The placement supervisor, trainee and university supervisor will meet to discuss the placement at the conclusion of the placement. At these meetings, the trainee's log book of client contact and the placement contract will be reviewed and the placement contract will be signed by both supervisors and the trainee.

Trainee Goals

1. To gain practical experience and develop skills in all stages of psychotherapy (initial assessment to termination), especially in clients suffering from mood and anxiety disorders.
2. To observe and gain practical experience with clients suffering from DSM-IV-TR diagnoses.
3. To obtain an understanding of the role of the health/clinical psychologist within this setting, and the relationship between psychologists and other professionals and agencies, clients and their families.
4. To extend awareness and practice of ethical and professional practice as a health psychologist.
5. To observe and gain practical skills in the assessment of health and mental health, and gain a better understanding of the principal tools used.
6. To develop skills in effective report writing skills for a professional audience.
7. To gain a better understanding of drug treatments used in patient and community settings.
8. To gain a better understanding of how the Mental Health Act is implemented in patient and community settings.
9. To gain understanding and experience in working efficiently with other health professionals.

Trainee Activities

1. To develop skills in assessment, screening, and diagnosis of clients with psychological disorders.
2. To develop case conceptualisations of clients' clinical presentation based on cognitive behavioural theory.
3. To use cognitive behavioural interventions tailored to the case conceptualisation to treat emotional disorders.
4. To work collaboratively and efficiently with clients during assessment, treatment and relapse prevention phases.
5. If necessary, to conduct therapy outside the unit (e.g. in a client's home).

6. To observe the provision of therapy by CTAD clinicians.
7. To be observed working with clients on several occasions during the placement, and to consider feedback given on their work.
8. To read appropriate literature in planning interventions.
9. To write case-notes, summaries, conceptualisations, reports and letters as required.
10. To present summaries, case conceptualisations and identify areas needing supervision during the group supervision sessions, and to consider and act on the supervision provided.
11. To keep both computerised and paper records as required by CTAD.
12. To attend and participate in meetings and other professional development activities appropriate to the placement.
13. To submit at least one case report to the university supervisor on completion of the placement.

Review Mechanisms

1. The trainee will keep a detailed log-book of client contact and placement experience, to demonstrate the amount and scope of supervised practice. The logbook will document the total hours, and total face-to-face client hours, spent on placement activities.
2. There will be ongoing contact, and weekly supervision meetings, between the agency supervisor and trainee. The trainee will seek advice and feedback relating to their work and own progress.
3. If there are any problems with the trainee's performance or progress, the agency supervisor will advise the trainee as soon as possible so that efforts to rectify the situation can be made. If difficulties are ongoing or serious, both the trainee and the field supervisor will contact and advise the university supervisor as soon as possible.
4. A mid-placement review will take place between the field supervisor, university supervisor, and trainee, and will be held in the placement setting.
5. The end-of-placement review of completion of the contract will take place at a face-to-face meeting between the field supervisor, university supervisor, and trainee, held in the placement setting. This review meeting will provide the opportunity for all signatories of the contract to provide advice to other participating parties as to the completion of the placement and contract.
6. Before the end-of-placement review meeting, the field supervisor will have completed a written evaluation of the trainee's performance, including any recommendations for the trainee's future development, and discussed them with the trainee.

7. Before the end-of-placement review meeting, the trainee will have completed the placement logbook, two detailed case reports, and a written evaluation of the placement experience, and discussed them with the field supervisor, who will sign the logbook once approved.
8. These documents and a signed copy of the contract will be handed to the university supervisor, for university records.
9. All parties must agree to, and sign, any changes to this contract.

COMMENCEMENT OF PLACEMENT

All parties agree to abide by the conditions of this contract:

	Trainee		Date
	Field Supervisor		Date
	University Supervisor		Date

END OF PLACEMENT

All parties agree that the conditions of this contract have been met and the placement goals have been achieved:

	Trainee		Date
	Field Supervisor		Date
	University Supervisor		Date

Documentation Checklist

Received by university supervisor at beginning of placement:

- Contract with contact details, placement days and times
- Copy of trainee's current police check
- Insurance form signed by placement supervisor

Received by university supervisor at end-of-placement review meeting:

- Signed-off contract
- Placement supervisor's report
- Placement logbook (signed by trainee and supervisor)
- Min. of one case reports
- Trainee's written placement evaluation