

Questions to Consider When Deciding on a Placement

- 1 Is this a busy service, i.e., do you have sufficient clients accessing counselling or psychotherapy to support a training placement? (You will need to ensure suitable clients are available for you to see to avoid the frustration of turning up on placement only to be told no clients are available.)
- 2 How are clients assessed for a trainee, or are they allocated without assessment? (Ideally all clients will be assessed by an experienced therapist prior to you seeing them, to ensure you are able to work within your competence, and the client is aware beforehand they will be seeing a trainee.)
- 3 How many sessions can a trainee see a client for? Are trainees expected to work briefly and, if so, what does this mean? (It is important to be aware of placement expectations so as to ensure they are consistent with what is expected by the course.)
- 4 What are the hours of the placement? (It is essential that the placement is available on a day and at a time when you are able to attend and give it your full attention.)
- 5 Is the trainee expected to arrange their own external supervision, or does the placement provide supervision? If the latter, what are the costs and how is this paid? (If the placement offers supervision, it is important to ensure it is consistent with course expectations and that the placement supervisor is sufficiently qualified and able to offer supervision in line with the model of therapy being taught.)
- 6 What consultative support is available outside of formal supervision? (It is better if there is someone on placement who is able to offer consultative support in the event of uncertainty or concerns regarding risk.)
- 7 Is the trainee the only counsellor or psychotherapist in the service? (Consider the implications for working as a lone therapist while on placement, and discuss with the course if this is the case and what additional support might be offered.)
- 8 How is the trainee supported when working with clients at risk? (Do policies exist within the placement to support and inform you, and what are you expected to do in the event of concern.)
- 9 Will the trainee be given all relevant policies and procedures at the beginning of the placement? (What form of induction will there be to ensure you are fully aware of all working protocols and expectations.)

- 10 Does the placement allow audio-recording of sessions (where this is a course requirement), with appropriate consent? (If you are required to make and present audio recordings of client work, ensure the placement understands this and is willing for this to take place.)
- 11 Will the placement be willing to contribute to the placement report, when it is required (if this is a course requirement)? (Courses may expect the placement to provide a report detailing progress on the placement in addition to a supervision report (if they are different people) – make sure the placement is aware of this and happy to do such a report if it is required).
- 12 Are there any additional training opportunities trainees can access while on placement? (Many placements make training available for their staff. Indicate your interest in participating as early as possible so you can be included, if appropriate.)