

Practicum and Mentorship Requirement, Timeline and Instructions

Practicum

The practicum requirements for this program are that you execute 14 hour-long client sessions for the period of time between the end of this module and the beginning of the next one. You will repeat this between Modules 5 and 6 as well.

This means that over the course of the year, you will complete a total of 28 client sessions. Within these, you must complete at least five intakes. And you must see three clients (not including yourself as the client) at least three times. You can decide how you would like to structure the rest of the sessions.

To do this you will perform an intake, take SOAP notes, and execute your plan with your client. You may do follow and closure sessions as you see fit and have opportunity. You may decide to write or journal additional notes to yourself, but these are not required.

You must submit your SOAP notes and any other notes to Dr. Schmitt no later than one week prior to each mentorship session.

We will also complete practicum hours with group discussion and mentorship during Modules 5 and 6 on site at the Himalayan Institute.

It is estimated that you will spend @ 3 hours total per client, sometimes, possibly more, sometimes less. This would be the hour you spend with the client in addition to @ 2 additional hours for each client session in order to: make contact, review intake planning and prepare, complete post-session protocol write ups, do any record keeping and perform any research. Your initial intake sessions may end up being longer than one hour; but try to work toward 1 ¼ up to 1½ hours for this. This may take time to achieve, and that's normal.

Mentorship

You are required to meet with Dr. Schmitt in these two formats.

1. One 2-hour group mentorship session between October 2018 and March 2019. And an additional 2-hour group mentorship session between March 2019 and September 2019.
2. Four total 1-hour private mentorship Zoom or phone sessions are also required. A session may not last the entire hour. You are *strongly advised* to see 3 clients a month to keep up with mentorship opportunities and get the most out of the training. SYMT reserves the right to charge a late fee if mentorship sessions are not completed in this timeframe.

Here is the required schedule:

- A. One private mentorship session by Jan 1, 2019
- B. One private mentorship session by March 15, 2019
- C. One private mentorship session by June 26, 2019
- D. One private mentorship session by August 25, 2019

IMPORTANT: You **MUST** send in your write-up reports *by email* (PREFERRED!) or by mail to ARRIVE one calendar week prior to your appointment. If you fail to do so, your appointment will be cancelled. You will need to reschedule once you are ready to send in your report one week in advance. Due to the challenges implicit in scheduling, no exceptions can be made!