

## EXIT INTERVIEW OUTLINE

### SELF-ASSESSMENT FOR PROFESSIONAL DEVELOPMENT

Many professional bodies are developing self-assessment systems for professional development. This outline is used to structure the "exit interview" at the conclusion of your internship. Among the points listed in the following outline are competencies required of independent professionals. For this reason, you are being asked about ways that you've demonstrated these abilities during your internship to ensure that you will be able to perform these tasks as an independent professional counsellor.

*Explain the ways in which you are able to (giving examples from clinical training):*

1. Explain and know how to find out about **client care practices ("case management")** in your agency setting.
2. Identify the **different groups of people** that the agency serves, including family life, developmental background & social background.
3. Understand the **ethical concerns** in your agency and how to address them (e.g. with whom you can consult, resources for shaping legal and ethical questions, etc.).
4. Develop your **model of counselling** for use in *case conferencing*, supervision, explanation to clients (informed consent), development of interventions, etc.
5. Explore effective strategies for **client advocacy** in the agency and gain awareness of related public policy and government relations issues.
6. Consistently explore the implications of sociocultural, demographic, and lifestyle **diversity among people** as related to counselling in the community and/or school.
7. Develop effective strategies for **promoting client understanding** of and access to community and school-based resources.
8. **Design and demonstrate experiential learning activities** that are appropriate to use with the people served by the agency which reflect the sociocultural issues of this community (including group work, support groups, etc.).
9. Reflect on the use of **self in therapy**, addressing issues of countertransference, supervision, and self-evaluation.
10. Take responsibility for **self-care**, including planning around emergency coverage, life stress, injury, illness, accountability, and personal growth.
11. Develop skills for **multidisciplinary co-operation**, informing yourself about other professions, their training, and their practice standards.
12. **Use supervision and consultation** to further your professional development, including peer consultation, filing professional development plans with supervisors or professional associations, setting practice objectives, etc.
13. Set goals for **addressing ongoing development** in career, professional skills, and personal development

**Attendance at internship seminar** is a requirement of Internship I & II, and provides an opportunity to develop & integrate skills in using supervision, accountability, and professional development. Complete the required case presentation(s) and case notes/journals for classes missed (max. 2 classes missed per semester).