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| **Student Name** | **Program Years** |  |

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| **YEAR 1** **Event** | **Date** | **Practicum hrs** | **Supervision hrs** |
| **The Rude Awakening (120 in class hours)** |  | **n/a** | **n/a** |
| **Assistant’s Training (20 in class hours)** |  | **n/a** | **n/a** |
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| **Total Practicum Hours Year 1** |  | **Total Supervision Hours Year 1** |  |

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| **YEAR 2       Event** | **Date** | **Practicum hrs** | **Supervision hrs** |
| **The Rude Awakening** |  | **110** | **10** |
| **Class Supervision Session #1** |  |  | **4** |
| **Class Supervision Session #2** |  |  | **4** |
| Class Supervision Session #3 |  |  | **4** |
| Class Supervision Session #4 |  |  | **4** |
| Client session #1 |  | **1.5** |  |
| Client session #2 |  | **1.5** |  |
| Client session #3 |  | **1.5** |  |
| Client session #4 |  | **1.5** |  |
| Assistant’s Training Level 2 (20 in class hours) |  | **n/a** | **n/a** |
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| **Total Practicum Hours Year 2** |  | **Total Supervision Hours Year 2** |  |

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| **YEAR 3       Event** | **Date** | **Practicum hrs** | **Supervision hrs** |
| **Alter Ego Weekend** |  | **15** | **1** |
| **Genogram Weekend** |  | **18** | **2** |
| Supervision Session #1 |  |  | **4** |
| Supervision Session #2 |  |  | **4** |
| Supervision Session #3 |  |  | **4** |
| Supervision Session #4 |  |  | **4** |
| Supervision Session #5 |  |  | **4** |
| Peer Support Group Facilitation |  | **3** |  |
| Support Group Supervision (group 1 & 2) |  |  | **1** |
| Support Group Supervision (group 3 & 4) |  |  | **1** |
| Support Group Supervision (group 5 & 6) |  |  | **1** |
| Support Group Supervision (group 6 & 7) |  |  | **1** |
| Support Group Supervision (group 8 & 9) |  |  | **1** |
| Prac 1 class assist #1 : Setting the goal Start up weekend |  | **2** |  |
| Prac 1 class assist #2: Family Rules Process |  | **3** | **1** |
| Prac 1 class assist #3: Fairy Tale Process |  | **3** | **1** |
| Prac 1 class assist #4: Autobiography Exercise |  | **3** | **1** |
| Prac 1 class assist #5: Pursuer Distancer Process |  | **3** | **1** |
| Prac 2 class assist #1: Aligning with your Goal exercise |  | **4** |  |
| Prac 2 class assist #2: The Face Off exercise |  | **4** |  |
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| **Total Practicum Hours Year 3** |  | **Total Supervision Hours Year 3** |  |
| **TOTAL PRACTICUM HOURS FOR 3 YEARS** |  | **TOTAL SUPERVISION HOURS FOR 3 YEARS** |  |

**PROGRAM PRACTICUM HOURS FOR ALL 3 YEARS**

By the end of the 3rd year of Prac, virtual (online) students will have completed **547 in class** **hours** and **250-500 outside class** **hours** (homework) in psychological theory and application. In addition, students are required to have accumulated **350 practicum hours and 60 supervision hours over 3 years** in order to receive a Diploma from Clearmind. **172 practicum hours and 54 supervision** hours are scheduled into the program, as listed in your hour log (above). The extra hours that are not specifically scheduled into the 3 year program will need to be scheduled by the student in order to meet the required 350 hours. **We strongly recommend that distribute your practicum hours through the 3 years of the program rather than waiting to your 3rd year!** See ‘Practicum Program Information’ in your student handbook for ways to accrue practicum hours.

In all levels of the Prac Program students are required to keep records of their practicum and supervision hours in this hour log. **IT IS THE STUDENT’S RESPONSIBILITY TO KEEP THEIR LOG UP TO DATE EACH YEAR, AND TO KEEP COPIES OF THEIR LOG FROM YEAR TO YEAR UNTIL THEY HAVE COMPLETED THE PROGRAM.**  Your instructors will request submission of this hour log by September 1 of each school year, and submission of the log is worth 5 marks.

**Instructions for filling out Practicum hour logs**

‘Event’ refers to the workshop name, i.e. ‘The Awakening’; the prac class you assisted, i.e. ‘Prac 1 class’; the counselling session you provided, i.e. ‘ Client Session’; and so on. Fill in the date, and the hours that you may submit for each event. Following is a list of how many practicum and supervision hours may be claimed for events (if supervision hours are not listed, you may not claim them):

Clearmind Weekend Workshop: 30 practicum hours, plus 2 supervision hours

[The Awakening, The Edge, etc]

The Summit: 55 practicum hours, plus 5 supervision hours

Prac Class Assist (beyond scheduled) 4 practicum hours (less if you didn’t attend the full class)

Assistants Training (if level 1 and 2 complete) 16 practicum hours, 4 supervision hours

Counselling Session: 1.5 practicum hours (1 hours session, .5 planning and notes)

Support Group facilitation: 3 practicum hours (includes planning, notes and execution)

**Please note that ALL workshop practicum hours assigned assume assistants will actively follow up their participants on the e-group following a workshop.** If the producer or facilitators note that you have NOT followed up adequately via the e-group, practicum hours may be deducted from your totals.

For each **scheduled** (listed) event, you need to fill in the date you attended. If for some reason you were not able to attend, it is up to you to make up missed practicum and supervision hours elsewhere. If you did not attend for the full hours listed, fill in the correct hours in the space provided. For each student scheduled event, list the event name, date, practicum hours and supervision hours using the above formula. Instructors will check dates listed with attendance and workshop records when you submit your log each year. Online students are required to attend the 2 week Rude Awakening, and to assist, but these requirements can be met at any time during your program (they do not have to occur during year 1 and 2); this is also true of Assistant’s Training level 1 and 2. Simply fill in dates attended.

Please note that counselling associations and/or regulatory bodies in your jurisdiction may require more practicum and supervision hours. We are happy to provide the opportunities to accumulate these additional hours, and will do our best to keep students apprised of varying requirements; however it is ultimately up to the student to investigate what is required in your area and make a plan to meet these requirements.