

Please see the below script between Career Advisor, Laura Fraser, and Intern Supervisor, Catherine Smith, at an approved practicum site.

LF: Thank you so much for agreeing to meet with me Catherine! I want to be mindful of your time, so I've prepared a few questions to help guide our conversation this morning. **First, I'd love to know what drew you to a career in counselling/social work and how you got started in the field?**

CS: I got into the field because my mom was a nurse, my grandfather was a politician and grew up in a life of service and knew I wanted to do something similar. Social work and counselling felt right! I completed my BSW at Memorial University and the rest is history.

LF: That is excellent to learn – thank you so much for sharing your journey with me. **Can you describe what a typical day looks like for a practicum student at your practice?**

CS: In a typical week, our students work 2 days a week – 1 day between Monday – Thursday and Friday. They typically have 6 appts in 1 day, 1 hour lunch break, 1 hour supervision – on Fridays they see 5 clients, 2 hours for supervision/lunch, 1 hour at the end for peer debrief.

Thank you so much for this information. **Can you tell me a little bit more about what supervision looks like as a student at your practice?**

CS: Each student gets 1 hour dyadic or individual supervision per week and 1 hour of peer debrief per week – peer debrief is a good opportunity to talk amongst themselves. There is no supervision fee.

What advice do you have for someone starting their career in counselling?

CS: My advice would be to stay open minded, seek out learning opportunities, become comfortable with being uncomfortable – that's where the best learning happens.

Are there any upcoming trends, changes in the counselling field or common issues that clients are seeking support for at your practice that you think aspiring counsellors should be aware of?

CS: Low cost and free counselling, so many people need support but can't pay for it – having an additional barrier to getting help can be off putting. I would also say that trauma is trending therefore more and more people are digging into their trauma and I believe we'll need to be more trauma specialized shortly. Millennials want to be cycle breakers and want to undo that trauma and we need to be ready to do this work with them.

LF: Thank you so much for all of this information this morning – it has been great to learn more about you and the role practicum students play at your practice. **One last question for you – can you describe the application process for a practicum placement at your practice and perhaps describe any training or certifications you are looking for students to have before they apply?**

CS: To apply, students can send their resume to me as well as answer our application questions but please check our website soon for an update on application timelines. We aren't necessarily looking for specific training or certifications but would love to have students that have relevant experience, maybe worked as peer support person, healthcare, related experience doing frontline work. We do ask that students complete the ASIST training before joining.

LF: Thanks so much again for your time Catherine. I will be spending some time this weekend preparing my application and I will be sure to reach out to you soon with my formal application. Hope you have a great rest of your day and looking forward to hopefully chatting with you again soon!