

SAMPLE PLAN FOR SUPERVISED PROFESSIONAL EXPERIENCE: To be Attached to Section II of the Supervision Agreement

Please note that the following is a sample of an actual plan that has been previously approved by the Board. This sample is provided to give supervisors and trainees guidance in assembling their own plan. Please use this sample as guidance only.

Plan for Meeting the Requirements of
Sections 1387(b) (10) and 1387(b) (11) of the CA Code of Regulations

SPE Plan for XXXXXXX Supervisor: XXXXXXX

Part I. Describe an organized program that consists of a planned, structured and administered sequence of professionally supervised comprehensive clinical training experiences. SPE shall have a logical training sequence that builds upon the skills and competencies of the trainee to prepare him or her for the independent practice of psychology once he or she becomes licensed.

Trainee: XXXXXXX

XXXXXXX is a clinical psychology PhD candidate at Pacifica Graduate Institute with 2,000 clinical training hours accrued to date. She is currently writing her dissertation in depth psychology. As this point in her career, she would like to lay a course for private practice where she would learn to do long-term psychodynamic psychotherapy. She would like to do this with me in my private practice as my psychological assistant.

Supervisor: XXXXXXX

I received my PhD in clinical psychology in 1972 from the University of Oregon. I was behaviorally trained, and wrote a book as a result of my dissertation research that I use in training clients how to develop good interpersonal skills. My experience in graduate school exposed me to several orientations, and during my pre- and post-doctoral experiences I developed an interest in psychoanalysis. Because of my pre-doctoral internship experience, I pursued a two-year post-doctoral psychoanalytic training opportunity.

I established my private practice in 1973 and continued to pursue my interest in psychoanalysis by teaching and using it in my practice.

Objective of the SPE:

As a Psychological Assistant, XXXXXXX and XXXXXXX have agreed upon a tripartite private practice training program that includes extensive clinical and theoretical study; in-depth case supervision with specific skills training; and a focus of the trainee's continual self-awareness toward the goal of creating an independent, well-trained, ethically aware clinical psychologist.

This private practice training program will build on XXXXXXX's previous experience at her internship.

Previous Clinical Training:

- Intake – conducted extensive intake interviews learning initial diagnostic and assessment skills and psychological report writing.
- Individual Therapy – conducted weekly psychotherapy with individual adults supervised under with a psychodynamic orientation where clinical skills were honed and the dynamics of transference and countertransference were explored.
- Crisis Intervention – conducted short-term cognitive behavioral psychotherapy with adult clients in crisis situations
- Family Therapy – conducted weekly family psychotherapy and was observed by a one-way mirror using a family systems model.
- Child Therapy - conducted weekly individual child centered play therapy with children 4-10 years old using psychodynamically oriented supervision.

Proposed Private Practice Training Program:

Didactic: this didactic study will be systematically titrated over the course of a three-year psychological assistantship. Trainee will have free access to me, either at the office or on the phone to discuss these readings and the subsequent learning will be used in case conceptualization and for intervention strategies.

Readings:

1. Main textbook – (title, author, summary/synopsis of what trainee will be exposed to)
2. Psychoanalytic readings – (list of readings and what trainee will get from those readings)

Etc...

Each aspect of the plan should be elaborated in the way done above.

The supervisor and the trainee certify that we have discussed and understand each term of SPE as required by the California Code of Regulations.