



Student Guidelines for Practice Sessions and Case Studies

To practice therapy skills and to demonstrate adequate understanding of the material taught in the IKON Institute's various qualifications, students will be asked to conduct practice therapy sessions.

Following is a list of frequently asked questions regarding this assessment task.

Who should I practice with? Sessions must be conducted with a person that you are not related to or share a close friendship with. Even a close relationship to a relative or friend can create issues regarding confidence and preconceived biases. To get the most out of these practice sessions, it is recommended that you know very little about the practice client's circumstances before you begin your session. One way to achieve this, is to "swap clients" with your classmates i.e. "I'll work with your neighbour's daughter and you can do a session with my friend's boyfriend" (please note these arrangements may need extra assurance in terms of confidentiality being observed).

Where and how can I conduct my sessions? If you do not have a suitable space available, IKON may be able to arrange use of its facilities during regular office hours on an as-available basis. Please note that you need to contact IKON independently to schedule a time and space. There is great demand for our spaces, so please consider other options.

How long should the session be? Standard length for a practice session is 90 minutes.

TAKING CARE OF YOUR CLIENT'S NEEDS:

Please refer to the Client Consent Form in regards to **Privacy, Confidentiality and Mandatory Reporting Requirements** and be sure your client understands these terms before you begin.

As a future practicing therapist, it is important that the safety and wellbeing of your client is your foremost concern, in addition to your own safety. Remember, tutors and supervisors are available for your support in the event of a client or personal crisis in your therapy practice.

As a trainee therapist, you have a **DUTY OF CARE** to your client and for your first few sessions it is recommended that you ask your client that he or she choose an issue that will give you an opportunity to practice, but does not overwhelm you due to your relative inexperience. In more direct terms, sexual abuse, suicidal ideation, violent domestic abuse or serious drug and alcohol addiction are examples of topics that are better avoided in the early days of your training. This precaution serves to protect your own emotional wellbeing and also allows you to make sure you can meet the needs of your client in terms of providing a well-rounded session that will not leave the client distressed or with unanswered questions.