CORE PLACEMENT 2: AGREEMENT

I the undersigned:

1. Am fully aware and committed to the EAGT, EAP and EAPTI-GPTIM Ethical Codes of Conduct (available on www.eapti-gptim.com) and have read the Psychotherapy Act, Malta (http://www.justiceservices.gov.mt) and am familiar with the General Data Protection Regulation (GDPR) EU law https://eur-lex.europa.eu/eli/reg/2016/679/oj.

2. Understand that EAPTI-GPTIM is only responsible in terms of guidance for what is brought to and discussed in supervision. Trainees are only allowed to carry out placements in Malta, and in settings that are approved by the placement co-ordinators. Trainees are not allowed to carry out placements alone in a premises. Trainees must ensure with their mentor that during their placement hours a member of staff from that service must be present throughout. If this is not possible another placement context must be considered.

3. Understand that when I express interest in working with a service as part of my placement, I will:

    a. follow up on this with the service;
    b. provide the service/mentor with the document "Information for the Field Placement Mentor";
    c. and will be clear with the service whether I can commit to the hours agreed upon or not.

4. Will make it clear to the client that I am carrying out sessions as part of my placement hours in my capacity as a ***Trainee*** Gestalt Psychotherapist under supervision with EAPTI-GPTIM. I will put this in writing as part of the initial contract. I commit to creating such initial contract and have it signed and kept in the client file in case it is required at a later stage.

5. Understand that the Master Programme focuses on working with adults. However, I understand that if: I am employed with a service that has children and adolescents (up to age 18) as part of its remit; and gives me this responsibility as part of my job description; and is responsible for overseeing all processes related to this sensitive client group, then my placement hours may count as part of my Master Programme as long as written evidence of this is available if required by EAPTI-GPTIM.

6. Understand that if contracted with an established clinic/multidisciplinary team or similar, that takes responsibility for providing team meetings, mentoring, training and supervision, then these hours may be considered as part of my Master Programme Core Placement 1 and 2. That clinic/team will assume

responsibility for allocating clients and for their client files. Client data and client files will be filled/updated by trainees, yet belong and rest fully with the service-provider and not with trainees.

7. Understand that in line with the GPTIM Code of Ethics, the title of 'Gestalt psychotherapy trainee' or 'psychotherapy trainee' shall not be used for advertising purposes or to receive any payment for services. More specifically: unless employed or contracted[1], payment for placement hours through the role of 'EAPTI-GPTIM Gestalt Psychotherapy Trainees' is not permitted, except when such payment is required to cover the basic use-of-clinic fees[2]. No advertising of this role is permitted in any form by the trainee or by the service that s/he forms part of.

8. Understand that I may **not** engage in private practice independently, under the title of Trainee Gestalt Therapist throughout my years of study with EAPTI-GPTIM. In the case of warranted psychologists or counsellors, this would need to be discussed further with the placement coordinators.

These guidelines are in tune with the Psychotherapy Act and Malta Psychotherapy Profession Board that regulates psychotherapy warranting and practice (https://family.gov.mt/ppb/Pages/default.aspx). In signing this agreement, I am assuming responsibility to bring any concerns throughout the placement, in relation to all points above, to the attention of the placement co-ordinators.

Trainee Name: _____ ID: _____

Signature: _____ Date: _____

[1] **'Employed or contracted':** includes government, agencies, church, NGOs or private services that assume full clinical and legal responsibility for the practice according to the Psychotherapy Act and other laws.

[2] Use of clinic fees, not more than 15-20 Euro per session to the clinic.

GESTALT PSYCHOTHERAPY TRAINING INSTITUTE MALTA

GPTIM

FURTHER TO THE HANDBOOK MODULE DESCRIPTION OF CORE PLACEMENT 2, HERE ARE SOME **GUIDELINES** ON HOW TO CALCULATE YOUR 400 PLACEMENT HOURS.

Of the 400 hours, **300 hours** may include the following:

- At least **200 hours** of DIRECT THERAPEUTIC INTERVENTION AND CONTACT WITH CLIENTS. This may include:

  - ✓ individual one-to-one psychotherapy sessions,
  - ✓ group psychotherapy sessions,
  - ✓ psychoeducational interventions (such as provision of talks or groups to different client groups, such as parents, staff, service-users, etc.).
  - ✓ Any work directly related to conducting such interventions in a professional and ethical manner. This may include any of the following:

    - Initial introductory meetings related to the placement contexts if required so as to have a good grasp of the client group reached.
    - Reviewing available documents, policies, websites, literature pertaining to that service – guided by the placement mentors.
    - Addressing and discussing ethical and legal issues within the sector, including whether data protection and confidentiality forms are already available or whether they need to be created or fine-tuned for that sector prior to taking on clients. If required, reach out for guidance with mentor/supervisor/colleagues to organise this.
    - Conducting assessment, diagnosis and conceptualization
    - Formulating Gestalt diagnosis and conceptualizing the clients' needs.
    - Inputting information in client files, such as process notes and client data etc.; Maintaining and updating files.
    - Contracting: developing goals, plans, strategies and interventions (with client, service or other professionals if required)
    - Reflecting on own work prior to and after the session, writing reflections in a personal diary and referring to literature to support the practical work.
    - Case reviews, multidisciplinary meetings, and/or supervision (offered by the service at their discretion) and meetings with mentors that support work with clients.

- The other **100 Hours** may be carried out as above, or may be used to further support and enrich one's work in particular areas of specialisation. This may include:

    - *Attending brief training* offered by the placement context you are in, or specifically recommended by your placement mentor in order to increase your skills in working with their specific client group (e.g. Mental Health First Aid; short seminars on neurodivergent clients; working with elderly and dementia; talks about the service-provision to specialised client groups; crisis intervention etc). Kindly email the placement co-ordinators for approval of these hours by providing information about organisers/speakers/amount of hours & topic/s.

    - Interventions with clients through *helplines or chats*.

  Note that workshops and conferences offered by entities that are not part of the placement context/s you are in, or are un-related to your client group, will not count as placement hours.

In addition to the above 300 hours, another **100 hours** may be used for **PEER CONSULTATION**. Through the *Peer Experience Module* that is completed at the end of 3rd year, you may opt to continue this experience and count them as placement hours from the end of 3rd year till the end of the placement. This experience may include: case discussions, practice by taking on client/therapist/observer roles, and searching for research and resources that enrich your work.

- The idea is to:
    - develop sensitivity and knowledge about ethical issues in psychotherapy;
    - recognise the importance of collaborative and transdisciplinary work;
    - learn to hold clinical discussions with colleagues and other professionals;
    - develop skills to know when and how to refer to other professionals when necessary;
    - communicate difficulties, dilemmas, impasses and reflecting together;
    - support each other, particularly when experiencing crisis situations;
    - be aware of and recognise one's own limitations;
    - and encourage each other to continue working on themes in personal therapy and supervision.