

**UNIVERSITY OF LETHBRIDGE  
SCHOOL OF HEALTH SCIENCES  
ADDICTIONS COUNSELLING PROGRAM  
HLSC 4050 – INTERNSHIP IN ADDICTIONS COUNSELLING II  
FALL 20XX  
HLSC 4050 LEARNING CONTRACT**

Learner's Name:

Site Supervisor's Name and Credentials:

Placement (full name, full address, email & phone/fax):

U of L Faculty Liaison's Name:

**Learning Objective**

*State Major Objective. (You are expected to identify at least three major objectives)*

*NOTE: Words & phrases used in writing objectives are ones that describe specific actions and activities such as 'To participate in' or 'To demonstrate' or 'To discuss')*

*(Provide specific, detailed characteristics of this objective ~list at least 3 characteristics for each objective)*

**Activity**

In order to achieve the objective I will:

- a) *(Describe a specific activity; describe a time frame ~ list at least one activity for each characteristic listed above).*

**Monitoring/Evaluation Criteria**

- a) *(Describe how the 'counting' or evaluation of completed tasks will occur and by whom; describe a time frame ~ list at least one monitoring criteria for each characteristic listed above).*

Learner's Name:

Learner's Signature and date:

Site Supervisor's Name:

Site Supervisor's Signature and Date:

U of L Faculty Liaison's Name:

U of L Faculty Liaison's Signature and date:

## Examples of Key Aspects of a Learning Contract

### Major Learning Objectives

(Learning Objective #1) To discuss and develop my counseling skills in individual, couple & family counseling

- Characteristics:**
- 1) To gain a fuller understanding of clinical engagement strategies with clients in each of these domains, especially as practiced at my practicum agency
  - 2) To demonstrate, apply, articulate and present basic theoretical and practice skills in each of these domains as identified at my practicum agency
  - 3) To demonstrate a deeper understanding of cultural issues faced by clients who attend this agency and to appreciate the impact these cultural underpinnings will have on the development and delivery of clinical treatment.

### Activities for Learning

(Learning Objective #1)

- 1) To observe and discuss engagement strategies with at least three agency practitioners within the first four weeks of my placement. I will come well prepared for each of these meetings by familiarizing myself with current literature on engagement; having read relevant material within the first four weeks of my placement. I will review all agency documents and teaching aids that will bring clarity to the issue of engagement within the first four weeks of my placement. I will discuss all of my findings with my field supervisor within the first four weeks of my placement and with my faculty liaison person in the September 26 log.
- 2) Within the first four weeks I will become familiar with theoretical and practice approaches at my practicum agency by reading as much material as is available on this topic. I will also schedule meetings with at least three agency practitioners and discuss treatment approaches with them in a scholarly and professional manner. If available I will review four clinical videotaped sessions of clinical cases from my practicum agency within the first four weeks of my placement. I will discuss all of my findings with my field supervisor within the first three weeks of my placement and with my faculty liaison person in the September 26 log.

- 3) I will read as much as is available about the cultural identify of clients attending this agency as well as within this general geographical area. This may include approaching agencies or institution beyond my practicum agency for information. I will seek out people who are knowledgeable about cultural issues relevant to this group, which will include meetings with people from AA, SA and NA. It will also include meeting with people knowledgeable about issues faced by 'homeless people' and new Canadians. I will discuss all of my findings with my field supervisor within the first four weeks of my placement and with my faculty liaison person in the September 26 log.

### **Monitoring/Evaluation Criteria**

(Learning Objective #1)

- 1) I will review these characteristics and activities with my supervisor within the first four weeks of my placement. She will assist in connecting me with agency practitioners who will speak with me about engagement strategies and theories. She will discuss with me at our weekly supervision time my findings, observations and questions. She will also determine, based on the outline stated above, how successful I am at meeting my goal and will, if necessary, identify strategies that I will undertake to enhance this skill.
- 2) I will present my findings to my supervisor or treatment team for a critique within the first four weeks of my placement. Based on the criteria provided above, we will discuss in detail my findings and we will identify any gaps in my understanding of these concepts. We will then revise my learning contract to reflect these new goals for learning.
- 3) To formally meet with my supervisor weekly to discuss my understanding of issues related to cultural competence with clients at my placement agency. I will discuss my emerging ideas, attitudes and practice approaches based on my understanding of cultural competency.
- 4) I will advise my UL facility liaisons of all of these experiences and findings in my on line log.