Today was my first day at this site. During the course of the day I conducted 3 individual sessions, all focusing on adolescent drug and alcohol abuse screenings. Each session was 45 minutes in length. I co-facilitated a group of 10 adults working on issues of co-dependency. The group lasted two hours. I made three follow-up parent calls, during a thirty-minute period, regarding three of the earlier individual sessions (4.75 hours).

(The above gives an overview of what happened, reflecting direct counseling activities and actual time spent on these activities. A brief summary is all that is needed, this is not intended to be a case note but an adequate and accurate accounting of all direct hours for this log entry. Refer to the Accrual of Internship Hours Guidelines for specific requirements regarding what constitutes a direct contact hour. This will constitute 40% of your total internship hours and is limited to direct contact counseling activity hours.)

INDIRECT CONTACT ACTIVITIES/GOAL SETTING:
1½ hours was spent writing case notes and reviewing charts. I attended a one-hour lunch meeting regarding group goal setting. I met with a client’s case manager for ½ hour (2.0 hours).

(The above is intended to clearly and concisely reflect all indirect internship hours. This constitutes 60% of your total internship hours and may include a limited number of hours-spent working on your written competencies. Refer to the Accrual of Internship Hours Guidelines for further information.)

SUPERVISION:
I met with my on-site supervisor for one hour. Emphasis in the session was on the individual and group counseling sessions, system familiarization, recording keeping and tomorrow’s case management meeting (1.0 hour).

We met in our internship group at Duquesne for the first time. We discussed internship expectations, site visitation and reviewed each group member’s site (1.5 hours).

(All supervisory contact must be documented and may be logged as indirect contact hours.)

STUDENT REFLECTION:
The practicum experience helped prepare me for the internship. I feel more focused and prepared. I am more confident in my counseling work and look forward to assuming some of the more administrative activities at the site.

(This section is intended for personal and professional reflection and may be logged as indirect hours on a limited basis.)