

Your Clinician's Notebook: A Clinician's Guide for Good Practice

This clinician's notebook will be a way for you to define and develop some of the essential means for working with individuals, families, and groups in different settings and life situations. You are encouraged to use the outline below to overview the strategies and skills for practice based on common factors. These factors are based on research evidence and contribute to desired client outcomes. References in the course syllabus further describe the common factors with a review of major ones here.

This course will introduce basic evidence-based practices to contribute to your notebook. You will have an opportunity during the first two weeks of the course to define and describe different contributions that include knowledge, strategies, and skills, as well as practice principles that are specific to your agency setting.

Describe each entry with a date. Some ideas include:

1. An example of your experience in applying new ideas or skills in practice.
2. Review competencies needed and chart progress to meet the needs of clients in your practice setting.
3. Identify questions or observations you have.
4. Set goals and next steps in developing further competence.

In Summary

It is helpful to track your progress by entering an assessment of your development regarding topics, methods, strategies, and practice principles that have meaning to you over the next seven weeks.

Reflect on how you are progressing, citing an example, and propose ways for further development. Raise questions, make observations, and describe challenges and accomplishments. Analyze both challenges and accomplishments—what worked and what contributed to the success? When challenged, explore what is not working. Be sure to describe what does work! And always, what are the next steps?

Some Skills From Common Factors Relational Practice

Genuineness

- Empathy (attending/listening) compassion. putting feelings into words
- Engagement (mutual agreement on roles, problems, tasks, and shared purpose)

- Relationship (alliance, collaboration, shared understanding of working together and commitment, respecting boundaries)
- Sharing hope
- Mirroring
- Developmental attunement
- Cultural attunement

Practice Strategies

- Exploration
- Risk assessment
- Developing awareness
- Understanding
- Developing shared knowledge, with application
- Feedback
- Building resilience
- Facilitating connections and support
- Engagement in change work (recognizing the relevant process)
- Recognize change processes in recovery, growth, healing, managing life transitions and challenges
- Create healing environments
- Capacity building
- Goal setting and assessment
- Developing abilities and skills
- Confirming and affirming strengths

Using Process Overview Progress and Challenges

- Summarizing
- Reflection and checking/evaluation of what is helpful
- Case formulation
- Case plan using evidence-based options

Knowledge of Evidence-Based Practice (Concepts, Strategies, Applications)

- Crisis intervention
- Suicide assessment and engagement
- Substance abuse assessment and recovery

- Trauma assessment and recovery
- Cognitive behavioral treatment
- Interpersonal therapy (IPT)/solution-focused intervention
- Psychoeducation

Applying Practice Principles

- Identify those in your current practice context, such as
 - Supporting human rights and social justice
 - Recovery principles
 - Protection
 - Etc.