

Video Requirement for Applicants for Member of CCAA

Applicants for Member are requested to provide a clear and audible videotape of a real counselling session that is representative of normal counselling practice. Or, you may choose to demonstrate your skills through a Structured Role Play and discussion.

Guidelines for Submission of Videotape

- Please provide a clear and audible VIDEOTAPE of a real counselling session that is representative of normal counselling practice. If this proves impossible then an audiotape will be accepted
- The tape should be of a third or subsequent session with the client, but not a final session and should be made not more than 6 months before the date of application for Membership
- Provide a 10 - 15 minute verbatim of a relevant section of the tape, which you may identify for viewing
- Make sure your tape is audible and clear (if it is not it will be returned to you with a request for you to submit another)
- Provide a summary of background information (maximum 1/2 page)
- Provide an evaluation (no more than 1 page) of the quality of counselling including identification of areas for improvement, theories used and theological issues identified
- Please note: All applicants' tapes will be assessed individually (couples who work together, or members of a team, must seek accreditation on an individual basis and must provide a separate videotape in which they lead the counselling session).
- Examiners will be looking to identify and observe all/some of the items listed under 'Guidelines for Structured Role Play'.

Guidelines for Structured Role Play

- In the Structured Role Play the examiners will be looking for an equivalent process as for a video. They will be looking for your ability to attend to the counselling process in the role play, manage the interview, and move from one level of counselling to the next. They will be looking to identify and observe your:
 - connectedness with the client
 - comfort with feelings and beliefs
 - absence of harmful interventions
 - empathy and tracking
 - ability to guide or encourage movement (a sense of direction in the session)
 - ability to identify 'stuck spots' and opportunities for movement
 - ability to recognise, follow and challenge the client's irrational/magical thinking
 - ability to empower the client
 - understanding of psychological concepts, and how to use them
 - ability to identify and implement counselling theory
 - understanding of theological/biblical issues and how to implement them within the counselling process.
 - integration of psychology and theology
 - awareness of professional boundaries and transference
 - awareness of appropriate and inappropriate dependency

Tips on Submitting Tapes for Accreditation with CCAA

by Bruce Redrop

You are a Christian Counsellor and you receive regular and frequent supervision. Ideally this means you meet weekly or fortnightly with a Counsellor more experienced than you; preferably one who has attended supervision training workshops or courses.

You are starting to accumulate hours of counselling and hours of supervision. So, are you purposefully working toward Advanced Membership of CCAA and thereby association with PACFA? It is in your interests to do so. NOW is the time to be asking your clients with whom you have established trust and rapport, to let you videotape or audiotape during sessions.

START USING TAPES NOW

Explain to these selected clients that you want to listen to your work with them and discover how you might counsel them better. Tell them that all serious Counsellors review their work, and that this is an invaluable means of doing so. Maybe tell them with a smile that the extra measure they get from you, the extra time you spend reviewing the tape, is theirs for free. Make it clear it is your performance, not theirs, that you want to hear and review. Yes, in the counselling room you might play a bit for them to hear, and yes, you will erase the tape after you have used it for your learning purpose.

Tell them you will ask their permission if at any time there is a part of your work with them on a tape that you want your consultant to hear and supervise you on. With their permission, start taping. After about fifteen minutes, while you are making a comment, press the stop button with an easygoing movement. Perhaps nearing the last ten minutes, as you start to say something reach out and turn it on again. That will give you more than enough minutes of your work to review.

LISTEN TO YOUR VOICE, INTERVENTIONS AND PROCESS

With all your attending skills, listen to yourself on the tape. Hear the tone of your voice. Is it your real voice? If you hear a special 'counselling' voice, plan to normalise it! Is your would-be empathic tone reinforcing your client's voice of child-like dependency instead of empowering him? Determine to use your voice to affirm his health.

For instance, actively avoid letting it get sentimental and soupy as the client talks about a sad childhood. And avoid mirroring his voice volume if he speaks softer and softer. In other words, use your voice to empower him, not to stress his weakness.

Hear how often you respond to your client's negative perceptions with matching negatives. A whole series of responses like 'So you felt utterly hurt and rejected' gives the message 'you are a victim at the mercy of others'. Listening to yourself, distinguish between your genuine empathising and your disempowering, and assess where you could have properly intervened with a response that affirmed the client's strengths.

With your memory aided by the sections you have taped, think about the process of the interview. How does it fit with the counselling goal you and your client have agreed upon? Did you know where you were going in that session?

BECOME COMFORTABLE WITH TAPING AND ASSESSMENT

Getting used to self-supervising your tapes leads to (relative!) comfort listening with your supervisor to sections of your work. She is there to help you. Insist she listen to it with you, with your chosen learning need as the focus. Since a whole supervision session can usefully be spent on two or three Counsellor-Client interchanges, she might ask you to bring the tape

back and track more of it with her (She might learn something from your work that will enhance her own practice, too - supervisors often do).

Keep on taping, keep on assessing yourself and presenting taped sections at supervision. Progressively your skills will rise. Have more than one go at videotaping before you do the video you plan to present for accreditation. By the time you are ready to apply for accreditation, frequent 'tape exposure' will have you halfway there.

COOPERATE WITH THE COMMITTEE

Decide if any of the tapes you have made present an adequate demonstration of your skills. Remember the Committee is required to judge your current counselling competence, so you may want to do some fresh tapes. In taping, see if you can include some shots of client(s) back views. This lessens the risk (regardless of the skill of your counselling interventions) of appearing like a statue, immobile and expressionless in your chair. If your style is to move around at times, do so in this taping - it won't matter if the camera is on your vacant chair, as long as you are audible.

Audible - now that's a key word. Put yourself in the shoes of a patient, dedicated Committee member straining to hear a poor tape. Also, consider the paper work to be read. If it comes incomplete, if it doesn't contain exactly what the requirements stipulate, wouldn't you wonder about the counsellor's general competence? So do yourself a favour and present yourself and your work in the best light.

The people on your Membership Committee want you to gain accreditation. They're on your side. They are also bound by CCAA's professional requirements just as much as you are. So please help them know just how good you are. Whether you don't reach your goal of accreditation on this, your first attempt, or whether you do, the Committee members will give you feedback on your standard. They wish you well.

USE YOUR SUPERVISOR

In selecting a tape, have you taken a few you consider your best to your supervisor and used her judgment to help you choose the very best? The one she thinks reflects your strengths best, your best counselling? Has she read through the paper work you are preparing, suggested how to enhance it, checked that it fulfils all requirements, and seen your final, completed written presentation? Please use her in this way.

That's what the Committee must have - not just any sample of your counselling, but demonstrated evidence of your competence. Be kind to yourself. Get your supervisor's help and ask anyone else who knows the ropes for advice as you go.

IT IS ALL WORTH WHILE

The best Christian witness we can give as counsellors is to keep improving our skills. CCAA's position in PACFA is that PACFA has examined CCAA's training standards requirements and ethical guidelines, and found them satisfactory. On that basis CCAA is a member association of PACFA, and accredited counsellors of CCAA are eligible to be placed on the PACFA register - a goal and a status worth having.