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ENHANCEMENT OF EDUCATION AND PROFESSIONAL TRAINING OF STUDENTS OF PSYCHOLOGY AND SOCIAL PEDAGOGY – ACADEMIC CENTRE OF COUNSELING AND SUPERVISION*

Abstract

The article presents the project for support students' and professional relations. The general project objective is to enhance education and professional training of students of psychology and social pedagogy. The realization of project is done by establishment and running specialized training centre. Our centre, called The Academic Centre of Counselling and Supervision (the ACPS), started its activity in November 2005 and entirely has run since February 2006. For the present we have realized 12 courses which are realized in cooperation with other specialized institutions and external experts. We have supported 207 students by different courses. We have also provided psychological service for 42 clients. The ACPS plans other courses and enlargement of its cooperation with external specialists and supported larger number of clients.

Key words: psychology, studium, counseling, supervision, psychotherapy, psychodiagnostic, client

1. Introduction

We would like to present our project, which was developed to support Masaryk University students and professional relations. We focused especially on psychology and pedagogy students.

This project is co-financed by European Social Fund and state budget of The Czech Republic. The project is realised by Faculty of Arts, in the concrete by Department of Psychology and Department of Pedagogical sciences.

Psychology and pedagogy nowadays belong to the courses that are most in demand in The Czech Republic. The huge number of students wants to study them. The great interest in these courses leads not only to course development, but to increase number of psychology and pedagogy students as well. Consequently it becomes more difficult to provide quality educational training for so many students, especially training in practices. The conception of study provides a comprehensive theoretical education. Both study programs also include practices in different specialised institutions. However most of students want to gain other practical ex-

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periences. They need other opportunities both to apply theoretical education in practices and to orient themselves in wide variety of different specializations in their branches.

And that's why we would like to enhance the pregraduate education of psychology and pedagogy students in our project. We would like to introduce our project, its objectives, realization and its initiatory results and contributions.

2. Project and its objectives

The title of the project is: Enhancement of education and professional training of students of psychology and social pedagogy. According to the focus of the project we propose these main objectives. Our objective is firstly to enhance education of pregraduate psychology and pedagogy students. Second, we want to support employment rate of psychology and social pedagogy graduates. Third, we would like to create conditions for quality professional work. Our educational program is focused on support access to problem solving in their complexity and on support of interdisciplinary cooperation.

Our objective group consists of psychology and social pedagogy students of the Faculty of Arts further students of the Faculty of Social Studies and of the Medical faculty, which are interested in psychotherapy and counselling.

3. Realization of project

We have established specialised centre to realise project objectives. The centre affords opportunity for interconnection both of courses, psychology and social pedagogy. Simultaneously it provides good conditions for cooperation between academic institution and specialists in practice.

3.1. Structure of centre

We have established Academic centre of counselling and supervision (the Czech title: Akademické centrum poradenství a supervize, ACPS). The ACPS started its activity in November 2005 and in entirety has run since February 2006. The ACPS consists of two centres: The Clinical and Counselling Centre (Klinicko-poradenské centrum, KPC) and The Centre of Social Pedagogy (Sociálně-pedagogické centrum, SPC). Both, the KPC and the SPC cooperate each other and also with its project partners and other organisations. The ACPS has five official project partners' organizations: Pedagogical and Psychological consulting, Diagnostic institute for youth and the Centre of educational care, Hospital for Terminal Illnesses – The Merciful brother's hospital, DROM-Rome centre, Probation and Mediation Service.

3.2. Our equipment and possibilities

Our Centre covers 3 rooms. The largest one is destined to taking lecture or other group activity arranging in our centre. The next one is for office room and the last one is for individual work with clients. Rooms for activities are equipped with audio-video technology in high quality. It allows watching and listening to session with individual client or makes it possible to take supervision right that time in other room.

This technology could be used during seminar group of students or for public activity, e. g. various lectures or conferences. Recording of client session could be also used for other student to watching on real session. Most of our students have no right experiences in contact with client.

The KPC uses for its work with clients various diagnostic methods and tools. We have also special tools and toys for child diagnostics and therapy which are fully uses. Special toys could be used in work with whole family.

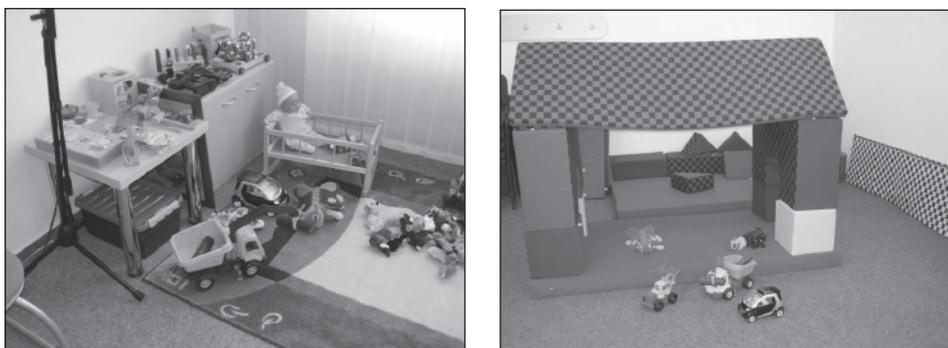


Figure 1 Equipment of ACPS

3.3. Our activities

The ACPS provides several courses. All of them are focused on practices. Some of them are realized in cooperation with other institutions. Students are sent there to pass practices. The SPC is oriented on development of professional competences of social pedagogy students. Its activity is focused on arranging professional practices of students and their guidance. Student is guided and supervised by local specialist. This kind of course is especially domain of the SPC. The further activities are arranging various seminars for students about actual social problems. On the other side specialists from social institutions take lecture for social pedagogy students. Linking up with organisation which could propose work opportunity to students in the future is the next part of SPC activity.

The KPC plans similar activity in the future. It would provide financial support for psycho diagnostic practices in a mental home, which is the compulsory part

of study psychology. What is more we plan supervised practices in pedagogical-psychological counselling. The activities realized just in centre are the main domain of the KPC. The centre employees are psychologists and psychiatrist who provide psychological counselling and psychotherapy for clients. The students can get know and learn psychological work by entering appearance personally psychotherapeutic or counselling sessions. The more experienced of them could guide its own session while being supervised by specialist. The advantage is that the session could be recorded and consequently watched. It is very good feedback for the therapist or student. The other advantage is that the record could be used as a tutorial film for other students. We will organize some seminars focused on analyze some of interesting records. All of the clients are informed about recording and its possible applications. All the recorded clients subscribe informed agreement.

The KPC also cooperates with external specialists who provide supervision for students. The supervision is held individually or could be held in groups. The supervision groups would consist of combination of students and young psychologists from practices. The first session is planned on April. We have also organized courses which are focused on self-reflection by special psychotherapeutic technique. Course of Sanotherapy will be held on April. It would fundamentally extend the course which is part of study program of psychology as a facultative subject. It is very demanded by students. The centre has organized relaxation sessions for public. The sessions are guided by psychology students who are supervised by psychologist. The self-experience groups are organized similarly. Thanks to the standard equipment above we could renew some courses which are the common part of study programs. Both of courses gain new spaces for their education. The pedagogy could develop their practices. Psychology innovated subject are Methods of Mental Hygiene, Psychotherapy of Practise or Training in Communication Skills.

3.4. Our services

Our main objective is to support professional training of students. First and for most we provide service for Masaryk University's students. While trying to fulfil our project objectives we reach other considerable thing. We can provide support for young psychologists in practices. We offer psychological services for public. We afford opportunity for qualified specialist in practices to cooperate with young interested students.

4. Initiatory results

The project has run since November 2005, but real activities of ACPS have been in progress since February 2006. Since that we have run more than 12 courses

and we have supported 207 students. Some students pass more than one course, that's why they are counted more than once. The survey is in table 1. Some of the courses are original courses which have been innovated (like The Methods of Mental Hygiene, Psychotherapy Practise, and Psychotherapy of Children). Most of them are quite new (Individual Supervision, The Guidance of relaxation, individual work with client under supervision). Supervision group has started on April. Seminar group where students could analyze record of real therapeutic sessions is highly demanded course. The other courses are planned in future months.

We have provided psychological service for 42 clients since the start of this Centre (Table 2). Twenty clients use our service in relaxation group. Twenty-two clients were supported by individual or family psychotherapy and counselling. Most of them were adults. The number also includes seven children, two adolescents and two seniors. The client survey shows table 3. We have seven stationary clients which attend centre periodically. The other clients attended us only once. Additionally we mediate contact between some clients and other suitable institutions.

Table 1. Number of supported students in Project ACPS till 31st March 2006

Name of Course	Number of Students
KPC	
Psychotherapy Practice (autumn 2005)	35
Psychotherapy of Children (autumn 2005)	11
Individual work with clients under supervision (spring 2006)	13
Guidance of self-experience groups (spring 2006)	2
Guidance of relaxations (spring 2006)	2
Individual supervision (spring 2006)	1
Methods of Mental Hygiene (spring 2006)	17
Course of Sanotherapy (April 2006)	18
SPC	
Practices (counseling organizations) autumn 2005	21
Practices (organization of social work) autumn 2005	30
Longterm individual practices (spring 2006)	33
Preceptorial Course (April 2006)	24
In total	
207	

Table 2. Number of supported clients till 31st March 2006

total	Relaxation session	Psychotherapy and counselling
42	20	22

Table 3. Survey of supported clients by psychotherapy and counselling

Total	regular clients	children	adolescent	adult	senior
22	7	7	3	10	2

5. Prediction and objectives for the future

The student's interest in our activities which are focused on praxis is great. We would like to go further our activities. We attempt at innovate other courses for students. The objective is to mediate more practical experiences than only theory. We cooperate currently with partners organizations mentioned above and other institutions, which could send us clients which needs higher care than they could provide. We would like to build up the platform of suitable clients by this way. Simultaneously we would like to learn students as a future specialist to interdisciplinary access to solving problem. We would like to make up a net of specialist form practices and academics which would cooperate to each other. The mentioned things would be important for next centre activities. We would like to public the idea of project to widespread and to support academic and practice students' relations in the field of social disciplines.

ZDOKONALOVÁNÍ VZDĚLÁVÁNÍ A ODBORNÉ PRAXE STUDENTŮ PSYCHOLOGIE A SOCIÁLNÍ PEDAGOGIKY – AKADEMICKÉ CENTRUM PORADENSTVÍ A SUPERVIZE

Tento článek představuje projekt na podporu vztahů mezi studenty a odborníky. Hlavním cílem projektu je podpořit odborné vzdělávání studentů psychologie a sociální pedagogiky. Projekt je realizován prostřednictvím speciálního vzdělávacího centra. Akademické centrum poradenství a supervize (ACPS) zahájilo svoji činnost v listopadu 2005 a plně funguje od února tohoto roku. Prozatím jsme realizovali 12 kurzů, které probíhají ve spolupráci s jinými institucemi a externími spolupracovníky. Celkem jsme podpořili v těchto kurzech 207 studentů. Současně jsme poskytli psychologické služby 42 klientům. Do budoucna ACPS plánuje další kurzy, rozšíření spolupráce s externími pracovníky a poskytnout služby většímu množství klientů.

Klíčová slova: psychologie, studium, poradenství, supervize, psychoterapie, psychodiagnostika, klient