**School of Applied Psychology**

**Doctor of Clinical Psychology**

**Personal & Professional Development Year 1**

**Course Tutor Meetings Template**

**And Individual Learning Plan (ILP)**

**Year 1 Semester 1**

**Trainee Name:**

**Course Tutor Name:**

**For trainee to consider and complete in advance of first Course Tutor Meeting**

1. Trainee identified strengths (e.g. academic, clinical experience, research, interpersonal, experience with particular populations, life experience)
2. Trainee identified areas that may be a challenge (e.g. academic, clinical practise, research, interpersonal, any PPD issues)
3. Trainee identified areas for growth and development (e.g. academic, clinical practise, research, interpersonal, any PPD areas)
4. Any factors relating to diversity, disability, background, caring responsibilities, or any other life factors, that may be relevant or impact trainee’s experience on training

**Course Tutor Meeting**

**Date:**

1. Outline of Course Tutor Meetings as reviewing academic, research, placement, overall PPD, and general first point of contact for trainee.
2. Feedback from Selection
3. Review Trainees self-completed sections of strengths, challenges, areas for growth and development and any other factors to consider
4. Brief overview of PPD topics (some examples listed below) to encourage trainees to consider for reflective logs, in course tutor meetings, reflective assignments, on placement etc . Discussion for any particular focus for trainee commencing training

**Trainee signature:**

**Course tutor signature:**

**Date:**

**Examples of PPD topics**

* Relationship with self and others
* Self-care
* Preparation for placement
* Use of supervision
* Advocacy
* Cultural competence/diversity issues
* Legal frameworks for clinical work
* Service user perspectives
* Working with systems
* Power, teamwork and leadership.
* Managing conflict
* Interpersonal communication