

SURVIVING YOUR CLINICAL PLACEMENT

*Reflections, Suggestions,
and Unsolicited Advice*

Edited by

David Polizzi

Matthew Draper

CAROLINA ACADEMIC PRESS
Durham, North Carolina

Copyright © 2010
David Polizzi
Matthew Draper
All Rights Reserved

Library of Congress Cataloging-in-Publication Data

Polizzi, David.

Surviving your clinical placement : reflections, suggestions and unsolicited advice / David Polizzi and Matthew Draper.

p. cm.

ISBN 978-1-59460-561-1 (alk. paper)

1. Clinical psychologists. 2. Clinical psychology--Practice. 3. Psychotherapists. 4. Psychotherapy--Practice. I. Draper, Matthew. II. Title.

RC467.P63 2010

616.89'140068--dc22

2009039336

CAROLINA ACADEMIC PRESS
700 Kent Street
Durham, North Carolina 27701
Telephone (919) 489-7486
Fax (919) 493-5668
www.cap-press.com

Printed in the United States of America

CONTENTS

Acknowledgments	xi
Chapter One • Introduction	3
<i>David Polizzi, Indiana State University</i>	
Some Beginning Observations	3
The Ways in Which an Institutional Culture May Influence the Experience of Beginner Psychotherapists	5
Institutional Culture and the Social Construction of Reality	6
Toward a Descriptive Theory of the Clinical Training Process	6
Rationale and Layout of the Book	8
References	10
SECTION I • WORKING THERAPEUTICALLY WITH COURT-ORDERED AND INCARCERATED INDIVIDUALS	
Chapter Two • Doing Therapeutic Work in Incarcerated Settings	13
<i>David Polizzi, Indiana State University</i>	
The Struggle Between Us and Them: Conflicting Attitudes within Penitentiary Cultures	16
Us and Them: The Creation of the Therapeutic Frame	19
The Unclaimed Spaces of Gray Between Us and Them	23
References	28
Chapter Three • Beginner Psychotherapists Reflect on Their Experience Working with Offender Clients	31
Introduction	31
Working with Juveniles Who Have Offended Sexually	31
<i>Mark S. Green, Indiana State University</i>	
Descriptive Analysis: Sitting with “Monsters”	35
<i>David Polizzi, Indiana State University</i>	
Reflections on Working within a Level 1 Prison	40
<i>Krista Anderson Pearson, Christian Theological Seminary</i>	

Descriptive Analysis: The Prison Experience and the Importance of the Therapeutic Relationship	43
<i>David Polizzi, Indiana State University</i>	
Homosexuality: The “Oh No!” Sexuality of American Counseling	47
<i>Eric Tsampis-Jimenez, Indiana State University</i>	
Descriptive Analysis: Homosexual Presence in the Penitentiary Environment	51
<i>David Polizzi, Indiana State University</i>	
Humility: Respecting and Recognizing One’s Own Therapeutic Limits	55
<i>Liesel Polizzi, Ph.D., HSPP</i>	
Descriptive Analysis: In Praise of Normalcy: The Importance of Denial	57
<i>David Polizzi, Indiana State University</i>	
Chapter Four • A Descriptive Analysis of the Shared Themes Identified in the Experience of Working with Offender Populations	61
<i>David Polizzi, Indiana State University</i>	
Introduction	61
Theme 1: The Challenges of the Prison Culture: The Socially Constructed Image of the Therapist	62
Theme 2: The Challenge of Working Therapeutically with Offender Populations: The Experience of Frustration and the Social Construction of the Client	63
Theme 3: The Clinical Challenges Presented by This Population: The Experience of Being Seen by the Client	65
Theme Four: Lessons Learned from This Experience	67
References	68
 SECTION II • MEETING PEOPLE WHERE THEY LIVE: ISSUES RELATED TO OFF-SITE CLINICAL PLACEMENT	
Chapter Five • Institutional Culture and Clinical Practice: The Way in Which Institutional Culture Can Influence Clinical Effectiveness	71
<i>Matthew Draper, Utah Valley University</i>	
Cynical Culture, Enthusiastic Intern	72
Ethics and the New Intern	77
Institutional Burnout and You	80

Keeping Your Heart and Soul Despite Difficulty	83
What to Do When Things Don't Work Out	85
References	87
Chapter Six • Beginner Psychotherapists Reflect on Their Experience Working in Non-Forensic Settings	89
Introduction	89
Reflections on Practicum Experience <i>Andrew Bland, Indiana State University</i>	89
Descriptive Analysis: Opportunities and Setbacks <i>David Polizzi, Indiana State University</i>	93
Acute Inpatient Counseling: Working with Adults <i>James W. Erikson, Indiana State University</i>	97
Descriptive Analysis: Between Humility and Expertise <i>David Polizzi, Indiana State University</i>	101
Ladybugs, Bumblebees, and Freud: Reflections on a Pre-doctoral Internship <i>Kristen Hennessy, Christian Theological Seminary</i>	103
Descriptive Analysis: The Ties that Bind and Blind <i>David Polizzi, Indiana State University</i>	107
Interning as a Bilingual Therapist <i>Joseph A. Wilson, Indiana State University</i>	108
Descriptive Analysis: Finding the Right Words <i>David Polizzi, Indiana State University</i>	112
Chapter Seven • Description of the Shared Themes Identified in the Experience of Working with Non-Forensic Clients	115
<i>Matthew Draper, Utah Valley University</i>	
Compassion	115
Power	117
Theory	119
Insecurity	121
Conclusion	123
SECTION III • SUPERVISING DIFFICULT CLIENTS	
Chapter Eight • My Heart Is Here Too: Reflections on the Experience of Being a Supervisor	127
<i>Matthew Draper, Utah Valley University</i>	
How Soon We Forget	127

Components of Good Supervision	128
Observations on Supervisor Types	130
Expert	131
Relational	132
Indifferent	133
Trainee's Approaches to Supervision	134
The Guarded Supervisee	135
The Submissive Supervisee	137
The Collegial Supervisee	139
The Context of Supervision	140
The Person of the Supervisor, The Person of the Supervisee	143
In Closing: Unsolicited Advice	144
References	145
Chapter Nine • Supervisors, Mentors, and Unexpected Sages: Those Who Illuminate the Path of Professional Development in Mental Health	147
<i>Anne L. Bizub, Elmira College</i>	
Supervisors	148
Mentors	154
Unexpected Sages	158
Conclusion	162
References	162
Chapter Ten • Clinical Supervision for the Treatment of Adults with Severe Mental Illness: Pertinent Issues When Assisting Advanced Students and New Professionals	165
<i>Paul H. Lysaker, Roudebush VA Medical Center and Indiana University School of Medicine</i>	
<i>Kelly D. Buck, Roudebush VA Medical Center and Purdue University School of Nursing</i>	
<i>Jill I. Lintner, Roudebush VA Medical Center</i>	
Clinical Supervision and the Therapeutic Relationship:	
The Person and Their Experience of Illness	167
Clinical Supervision and Goal Setting	171
Clinical Supervision and Personal Change for the Supervisee	174
Clinical Supervision and the Assessment of Outcomes	175
Final Remarks and Conclusions	178
References	178

Epilogue • Wisdom, Humility, and Humor: More Unsolicited Advice at Parting	183
<i>Matthew Draper, Utah Valley University</i>	
About the Authors	187
Index	191

ACKNOWLEDGMENTS

I would like to thank Krista Anderson, Rita Beard, Jerriann Greenwald, Sandra Gupton, Ann Stevenson, Jenni Mimms and Serge Monprou from the Christian Theological Seminary, and Kalinda Jones and Eric Jimenez from the Counseling Psychology Department at Indiana State University for their initial inspiration in launching this project.

I would also like to thank Julie Nelson for her editorial work on this manuscript. Matt Draper and I would like to acknowledge the support of Bob Conrow, Beth Hall and Kelly Miller at Carolina Academic Press who helped us to bring this project to its completion.