

Consultation training for psychologists in Sweden

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Consultee-centered consultation

- Non-prescriptive
- Consultant and consultee different areas of expertise
- Multiple theories used as explanatory bases
- Consultee keeps the responsibility for the interventions

History of CCC-case consultation in Swedish educational and child-care system

- Predominant way for psychologist to work in child day care and pre-school since beginning of 1980
- One prominent way of working for psychologists in the schools since 1980th
- Today less prevalent in schools due to increased requests for psychological assessments

Consultant - Consultee - Client

CCC

A Psychological and relational based process

Consultant competency

- General:
 - Contextual or Cultural competency
 - Communicative and relational competency
 - Content competency
- Specific:
 - Consultation method competency

Context or Cultural competency

- Knowledge of organizational culture
- Competency in organizational language
 - Translating psychological knowledge into educational practice
 - Understanding educational practice in terms of psychological interventions

Communicative and relational competency

- Competency in supporting, structuring and challenging people's narratives
- Competency in group dynamics and leadership
- Understanding of the difference between psychological interpersonal and inter professional processes (therapy, counseling, consultation, supervision, collaboration)

Content competency

- Developmental psychology
- Educational psychology
- Family psychology
- Neuro-psychology
- Group- and organizational psychology

Consultation method competency

- Specific prerequisites for CCC
 - Knowledge of how to make contact with a consultee-organisation
 - Knowledge of how to make contact with the consultee
- Process of CCC
 - Experience of the process of change in consultation
 - Queries - questions and how to pose them

Psychology training in Sweden

- 5 years full time
- Generalist program
- BA+MA
- Including 15 weeks of internship
- 20-80 students/year at 7 universities

Specialist areas for psychologists

- Clinical psychologist
- Occupational- and organizational psychologist
- Educational psychologist

Educational Psychology Specialist

- 5 year full time Psychology programme (BA+MA)
- 1 year supervised internship (any field)
- 3 years of employment as school psychologist
- 90 p academic courses related to school psychology (1,5 year full time study)

Challenges for school psychology in Sweden

- No comprehensive programmes for Specialists in educational psychology
 - Numbers of psychotherapy programs
= Specialists in clinical psychology
 - Most psychologists specialize in clinical psychology
 - A shortage of school psychologists
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Training in consultation as life-long learning

- Academic training
- Practicum Work
- Supervision on practice

Consultation training undergraduate level

- Consultation method competency
 - Knowledge of how to make contact with a consultee-organisation
 - Knowledge of how to make contact with the consultee
- General competency
- Example: Pretended consultant firms
 - Contract, relationship building, intervention, evaluation

Graduate level

- General competency continue
- Consultation method competency
 - Experience of the process of change in consultation
 - Queries - questions and how to pose them
- Example: role-playing seminars

Post graduate level

- CCC-course
- Continuous supervision on the job
- Paper describing a case-work

Advanced level

- Advanced course in CCC after x years of practice
- Experience from different types of supervision on consultation
- Academic paper about an aspect of ccc combining practice and theory

Senior level

- Course in supervision for CCC
- Experience of supervising different types of groups and individuals on CCC
- Supervised consultation