

## Activity 1.1 Exploring initial responses to the idea of placement

### Aim

- To facilitate exploration of initial responses to the prospect of undertaking a counselling/psychotherapy placement.

### Background

A placement is the work-based experience where the trainee will gain their vocational or 'on the job' experience. For the counselling and psychotherapy trainee this usually means taking on an unpaid role in:

- an organisation offering therapeutic services as a primary function
- an organisation offering therapeutic support as a secondary or pastoral service to staff or service users.

### Activity

Take a few moments to reflect upon sensations ... feelings ... thoughts ... any images which arise for you as you consider the idea of a placement. Make note of these in any way you wish, be these words, images or any other means.