



## The Australian Association of Family Therapy Inc.

PO BOX 2351. RICHMOND VIC 3121. AUSTRALIA Tel: 0499 078 211  
[www.aaft.asn.au](http://www.aaft.asn.au) [admin@aaft.asn.au](mailto:admin@aaft.asn.au) ABN 44 698 290 795

### APPENDIX:

#### KEEPING THE LOG

N.B. These are examples only,  
you may use your own format(s) if you wish.

The regular keeping of the log is an important practice through which the clinical work of the trainee family therapist is further developed and assessed. There is great value for the trainee her/himself in the personal self-reflection required to maintain the log. The log provides an opportunity for the supervisee and supervisor to discuss positive developments and to locate areas for further exploration. The log is not submitted to the AAFT committee; it is confidential to the supervisor and supervisee. There are two logs that need to be kept.

#### **1. Log of general Family Therapy experience**

Applicants for Clinical Family Therapist membership need to demonstrate that they have completed at least five hundred (500) hours of family therapy practice as a primary therapist. These five hundred hours may be reckoned from the beginning of family therapy training. Detailed clinical notes are not required for this log nor is formal supervision of these hours required. Rather this log is to verify that the trainee has had a broad experience as primary therapist. Note that these hours are *clinical hours* and do not include other tasks (managerial, teaching, etc.)

These hours may be recorded in a simple format of the trainee's choice, but the required data should be clear. A sample format is enclosed which may prove useful and easy. It is suggested that the recording be done in monthly slots. The log has to be endorsed by the principal supervisor (the one who proposes the trainee for final acceptance for Clinical Family Therapist membership).

#### **2. Log of 50 hours of formal supervision** (Full details in the AAFT document)

The second log records the formal fifty (50) hours of supervision required for Clinical Family Therapist membership. These hours:

- a) May only be begun after 250 hours of training in an accredited training program have been completed.
- b) They may be carried out either one-to-one or in a group not exceeding six members.

- c). Up to twenty five (25) hours may be completed during the training program but only after the completion of the 250 hours.
- d). At least five hours need to be supervised “directly”: with the supervisor in the room, behind the one-way screen, or via video or audio tape. And these five hours must include work with at least two different families.

### ***Style of writing up this log***

Different clinicians have different ways of writing up their clinical logs. No one way is correct, but it is important that the specific requirements of the supervisory contract be clearly demonstrated. It is the task of the supervisor and supervisee to agree on a simple and clear format.

Areas that need to be covered in supervision include especially:

- a) *Education*: supplying direct information on a topic or school of thought.
- b). *Development of clinical skills*: watching a video tape, role play, discussing case notes.
- c). *Personal awareness*: examining how the personal development of the supervisee facilitates or hinders clinical outcome.
- d). *Ethics*: exploring questions of ethical practice.
- e). *Assessment*: keeping the supervisee informed as to whether s/he is making progress towards acceptable clinical competence.

Obviously these five areas are not exhaustive nor need they be covered in each session. Rather they provide headings for reflection for the supervisee when writing up the log.

A sample log is included as one way of ordering the material for supervision as well as keeping track of the requirements for supervision.

# Sample: Log of 500 hours of general experience

**Name of trainee:**

**Date of commencement of formal training:** February 2019

**Place of training:** Dandenong Family Therapy Centre

<b>Date</b>	<b>Clinical Setting</b>	<b>Client hours</b>
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March 18 – August 18	Small clinical practice coinciding with the beginning of the training program at Dandenong Family Therapy Centre.	150 hours
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March:	20
April:	30
May:	25
June	27
July	23
August	25

September 18 – January 18	Job as therapist at Community Health Centre at Dandenong.	160 hours
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September	40
October	37
November	43
December	30
January	10

February 2000- May 2019	Therapist in Social Work Dept at Dandenong Hospital	75 hours
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February	15
March	25
April	18
May	17

June 2000 – January 2019	Full time private practice	250 hours
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June	40
July	35
August	45
September	40
October	45
November	30
December	15

<b>Total Hours</b>		635 hours
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**Period of Time:** January 2018 – January 2019

**Present Date:** January 2019

**Signed: Supervisor** \_\_\_\_\_ **Supervisee** \_\_\_\_\_

# Sample: Log of 50 hours of formal supervision

Name of supervisor: \_\_\_\_\_ Name of supervisee: \_\_\_\_\_

**Date of commencement of formal supervision:**

**Date and number of hours of this session of supervision:**

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## *1. Format of this session*

Example A: I was therapist for a mother and daughter for a live session in a group of 6.

Example B: I presented a difficult case with a supervisor in a one-to-one session.

Example C: I was a participant in a group of 6 for a live session with a family of four.

## *2. Learnings from this session keeping in mind the five areas for supervision*

**Example A:** I began the session well and was pleased with that. However as the session progressed I seemed to lose track and felt lost. The team fed back to me that I let the mother take over and did not create enough space for the daughter to have her say. She went quiet. The supervisor and the team gave some ideas as to how to stop the mother talking without being rude. I realise I need to be more assertive with aggressive clients....

**Example B:** I presented a case to Jim (supervisor) that I am finding increasingly difficult. I began working with a woman aged 45 on some marital issues (husband is unable to come), and then the work shifted to a long history of her being abused. I believe this client will need some long-term therapy and issues of transference are emerging quite strongly. I need to do some reading on longer-term therapy and will need Jim's close supervision. The husband will be able to come further down the track....

**Example C:** I was a member of the reflecting team in a group of six when Nadia worked with a very conflictual family: mother, father, two teenage daughters. I learned a lot from watching how Nadia was able to contain the aggression. However she found it difficult to let the family members know that she understood their different perspectives, and they found her a bit remote. I have been thinking how to combine both these skills: containing anger and at the same time conveying empathy to the different members of the family....

## *3. Any special points to keep in mind from this session?*

## *4. Summary so far:*

*Hours of formal supervision completed:* 17

*How many of these have been 'direct':* 2