

Work Sample Guidelines

Work Sample Outline

- I. Introduction (.5 page)
- II. Biopsychosocial approach (.5 page)
- III. Formulation of problem(s) (.5 page)
- IV. Structure of therapy (.5 page)
- V. Course of Treatment (1 page)
- VI. Termination and treatment outcomes (.5 page)
- VII. Reflections on issues within therapy or ethical concerns (.5)
- VIII. How was clinical approach informed by an understanding of intellectual disability or dual diagnosis? (.75 page)
- IX. Citation of two works (2 journal articles, 2 books, 1 article and 1 book) (.25 page)

The work sample should be no more than 5 pages double-spaced and should be in APA style. The work sample should include the following elements:

- The initial portion of the sample should include:
 - Identifying information regarding the person that presents person's characteristics
 - Description of the practice setting (private practice, clinic, etc.)
 - Referral information: John Doe was referred for counseling by XXX in order to address signs and symptoms of depression; John Doe was self-referred to develop his coping with the recent death of his mother, etc.
 - A brief description of the clinician's theoretical orientation and how it is tied into the approach to counseling.
- Relevant Background information including the nature of the individual's intellectual and/or developmental disability as these might impact upon the treatment arrangement or format for work. Relevant biopsychosocial background should be noted. For instance, was the individual previously diagnosed with a mental health disorder and on a therapeutic medication regimen when began therapy? Has the individual had previous experience with therapy? Has the individual been previously hospitalized?
- Framework for therapy
 - How is the applicant conceptualizing the presenting problem?
 - How treatment was structured including the length and type of treatment (e.g. once-weekly individual supportive psychotherapy)
 - What techniques will be used, rationale for choice of approach, response by the individual?
 - The development of a treatment contract
- Characterize the course of the treatment. Landmark "events" or salient issues that arose during the course of the treatment and how these were addressed within treatment. Was the individual hospitalized or go into crisis during the course of treatment?
- Ethical issues that arose and how these were addressed during treatment
- What was the reason for termination (if the case is closed) and how was termination handled?

- Any reflection regarding the unique challenges of the individual in terms of intellectual disability or other developmental disorder that affected the course of treatment? In other words, were there any modifications/adaptations in approach, use of assignments, etc. that would characterize this as a specialty practice?
- Citation of at least two journal articles within the past 5 years regarding treatment of individuals with dual diagnosis.