



October 31, 2016

To whom it may concern:

This letter is to serve as a practicum placement recommendation for Laura Doney. I have known Laura Doney since she entered the University of Lethbridge Masters in Counselling Psychology program in May 2015 and have been her instructor for two courses: CAAP 6605 Foundational Counselling and Conflict Resolution Skills and CAAP 6615 Counselling Strategies.

Academically Laura is a very strong student and was the recipient of the University of Lethbridge Master of Counselling Graduate Scholarship and Queen Elizabeth II Graduate Scholarship. She is a proficient writer and communicates effectively. She is an accomplished presenter and able to engage the class in discussion. Last summer she developed a presentation on emotion regulation in children and adolescents and followed up the presentation by demonstrating how to implement the Worry Triage intervention. It was one of the most effective demonstrations that I have seen. Laura appeared very relaxed, engaged, and excited to share this intervention with her peers.

In terms of practice, Laura brings a great deal of counselling-related experience to her practicum. She has training as an elementary teacher and completed 24 weeks of supervised practica at three elementary schools. She worked at Wood Homes as a family support counsellor providing families with strategies for behavioural, social, and emotional challenges and crisis prevention. She volunteered with Calgary Communities against Sexual Abuse providing counselling support to individuals who accessed the 24-hour support line to discuss their experiences of domestic violence and sexual abuse. Her volunteer position with Hull Child and Family Services gave her experience mentoring children in the Pre-adolescent Residential Treatment Program. Currently,

Laura works for the Calgary Separate School District as a District Family and School Support Worker. In this position she provides short-term interventions to children including psycho-education, motivational interviewing, and solution-focused therapy.

Since Laura began this program, I have seen a great deal of growth in her counselling skills. She has demonstrated problem solving skills and proficiency in her basic counselling skills. I can attest to her command of a wide variety of basic rapport-building abilities; Laura is very approachable by nature, has a very warm presence in counselling interactions. Laura is adept at structuring her sessions and is able to be fully present with her client while still considering other elements such as newly-learned interventions and structuring skills.

In the last taped session that I viewed, I noticed her excellent pacing and use of silence and pauses. She provided many affirmations to her client. I observed how she slowly shifted the session over to the client, becoming more collaborative as the session progressed. She is comfortable in using CBT approaches which was the main focus of CAAP 6615. She also attended the 2015 Alberta CBT and DBT Clinical Skills Conference. In her taped sessions Laura appears very calm, professional, and clear in her use of language. Laura is very eager to learn and to improve on her counselling skills and is not afraid to try new things. I appreciate her openness to not only receiving feedback but also to acting on that feedback. She has a solid grasp of basic counselling skills.

I have no doubt that Laura's numerous skills, commitment, and work ethic will enhance the services of your organization. I have no hesitation in recommending Laura Doney as a practicum student. Please feel free to contact me if you have any questions.

Sincerely,



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