Catharsis Clinical Placement Policy for MA Arts Therapies Trainees

Catharsis provides high-quality support services to children, young people, and adults through creative arts and other psychotherapies. To maintain the excellence of our service and the trust of our clients and partner organisations, we only accept trainees who demonstrate professionalism, commitment, and a readiness to contribute meaningfully to our practice.

Catharsis generally considers placements to be most appropriate for second-year MA Arts Therapies trainees because of the clinical complexity of the work. First-year trainees may be considered where they can demonstrate substantial relevant experience, appropriate professional maturity and readiness to work with the client group. Suitability will be assessed on an individual basis. MA students wishing to have a placement with Catharsis will be required to provide their CV and attend for interview to assess their suitability. References are sought from the university and the first year Placement Supervisor (or previous employer) as a minimum. All trainees will be asked to sign a Confidentiality Statement prior to starting their placement.

This policy should be read in conjunction with

- The roles, responsibilities, and expectations of MA Arts Therapies students on placement with Catharsis.
- Catharsis Recruitment and Employment Policy
- Safeguarding and other Catharsis Policies

Trainees remain students of their University throughout their placement and must practise within their level of competence, training and experience. Trainees must not undertake clinical work beyond their agreed scope of practice or represent themselves as qualified or registered practitioners. Clinical responsibility and accountability arrangements must be clear for each placement.

Placement Principles

- Integration into the Team: Trainees are welcomed as members of the Catharsis team and are encouraged to attend team meetings, training opportunities, and social gatherings.
- Learning Opportunities: Placements include direct clinical practice in individual and group therapy, as well as involvement with service development in their allocated placement.
- Commitment to Standards: Trainees are expected to uphold the values, ethics, and professional standards of Catharsis, HCPC (or other governing body), and their University programme.

Catharsis Responsibilities to Trainees

Catharsis is committed to:

- Providing a supportive and inclusive placement environment.
- Providing good quality Clinical Supervision and training.
- Offering professional development opportunities.
- Ensuring trainees are embedded within team culture and practice.
- Providing feedback to support growth and learning.
- Maintaining clear communication with trainees and their universities regarding placement progress and any emerging concerns or areas for further training.

Trainees will receive regular clinical supervision appropriate to their level of training and placement activity. Clinical Supervision will be facilitated by an experienced Arts Therapist from within the Catharsis team. Supervision will include clinical work, safeguarding, risk, professional development, ethical issues, boundaries and the trainee's wellbeing. Urgent clinical or safeguarding concerns must never be held until the next supervision session.

Trainee Responsibilities whilst on Placement with Catharsis

- Attend reliably for placement days.
- Prepare for sessions.
- Attend and participate in planned clinical supervision sessions.
- Complete required documentation and updates to a good standard and within given time frames.
- Raise concerns promptly.
- Maintain confidentiality and professional boundaries.
- Practice within competence.
- Follow policies (Catharsis and institution based at).
- Participate in team meetings where possible.
- Seek help when unsure.
- Accept feedback.
- Continue in placement until the agreed end date.

Trainees must immediately report any safeguarding concern to the designated safeguarding lead or the person identified within the placement's safeguarding procedure. Trainees must not investigate safeguarding concerns themselves or promise a client absolute confidentiality. See Catharsis Safeguarding Policies for more information.

Placement breakdown / termination

Where there are identified concerns, a review of the trainee's suitability for placement with Catharsis will be made with the following possible actions agreed:

Developmental concerns **-** informal discussion / additional supervision / action plan / review.

Serious concerns - immediate restriction/suspension of clinical activity where necessary / safeguarding reports / risk assessment / notification to university / formal review / termination.

Ending Placement

Catharsis values its relationships with partner agencies and aims to provide a positive experience for all involved. At the end of a Clinical Placement, trainees will be asked for feedback on their experience. It may be that a handover of clients is required, and completion of records is expected. ID badges need to be returned. Catharsis Gmail accounts will normally remain active until the next term commences. This allows time for any outstanding correspondence, clinical updates or administrative matters to be completed. At the end of this period, the account will be suspended or deleted, depending on whether the trainee may return to work with Catharsis as a qualified therapist.

Catharsis welcomes freelance therapist applications from trainees who have demonstrated a commitment to their placement and responsibilities, as well as a commitment to the ethos of Catharsis. Application Packs can be requested by phone or email: 07807 753574 / keren@catharsis.biz

Review

Implementation / Review date	**Reviewers**
August 2026	Hannah Robertson
Next Review date	Keren Adler
August 2027	