Checklist: Define your Practice

(Based on the NSASW’s Private Practice Roster in 2006 and extended for purposes of this seminar)

Many private practitioners do multiple different types of work. If you need to add additional categories to reflect the work you do, feel free to do so.

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| **Types of Work** | | |
| **Focus Area** | **Y/N** | **Comments/Reasons** |
| Psychotherapy/Therapy/Counselling |  |  |
| Assessment |  |  |
| Training & Professional Development |  |  |
| Educator (e.g. post-secondary) |  |  |
| Consulting/Expert Opinions |  |  |
| Case Management |  |  |
| Supervision |  |  |
| Coaching |  |  |
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| **CLIENT GROUPS** | | |
| **Client Group** | **Y/N** | **Comments/Reasons** |
| Children |  |  |
| Adolescents |  |  |
| Women |  |  |
| Men |  |  |
| Elders |  |  |
| Couples |  |  |
| Families |  |  |
| Groups |  |  |
| Specific Communities (e.g. LGBTQ, language, Faith or cultural communities, deaf, blind, brain injury, etc.) |  |  |
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| **AREAS OF SPECIALIZATION** |  |  |
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| **Specialization** | **Y/N** | **Comments/Reasons** |
| Abuse/Intimate Partner Violence |  |  |
| Addictions |  |  |
| Adoption Services |  |  |
| Advocacy |  |  |
| Ageing and Senior’s Issues |  |  |
| Anger |  |  |
| Anti-oppressive practice |  |  |
| Anxiety |  |  |
| Art Therapy |  |  |
| Assessment |  |  |
| Attachment |  |  |
| ADHD |  |  |
| Bullying (workplace/school) |  |  |
| Career Counselling |  |  |
| Child Protection |  |  |
| Cognitive-Behavioural  Therapy |  |  |
| Community Development and Organization |  |  |
| Conflict Resolution |  |  |
| Corrections |  |  |
| Critical Incident Stress Counselling/ Debriefing/ Crisis Management |  |  |
| Culture-informed services |  |  |
| Depression |  |  |
| Discharge Planning |  |  |
| Eating Disorders |  |  |
| Education and Academic |  |  |
| Emotionally Focused Therapy (couples and/or families) |  |  |
| Employee Assistance Plan |  |  |
| Eye Movement Desensitization and Reprocessing (EMDR) |  |  |
| Facilitation |  |  |
| Family Counselling |  |  |
| Family of Origin Issues |  |  |
| Feminist Counselling |  |  |
| Forensic |  |  |
| Gender and Age- Specific Counselling for Substance Abuse/Addiction |  |  |
| Grief and Loss |  |  |
| Hospital and Health Care |  |  |
| Intensive Therapy |  |  |
| Long-term Work |  |  |
| Mediation: General/ Parent-Child/ Family/ Community |  |  |
| Men’s Counselling |  |  |
| Mental Illness Diagnosis (clarify e.g. mood disorders, personality disorders, schizophrenia, personally disorders) |  |  |
| Mindfulness Based Programs |  |  |
| Multicultural Counselling |  |  |
| Online Counselling/ECounselling |  |  |
| Palliative Care |  |  |
| Parenting |  |  |
| Psychodynamic Therapy |  |  |
| Rehabilitation |  |  |
| Relationships |  |  |
| Residential Services |  |  |
| Self-Esteem |  |  |
| Sex Therapy and/or Sexuality |  |  |
| Short-term therapy |  |  |
| Solution Focused Therapy/Coaching |  |  |
| Stress Management |  |  |
| Suicide Intervention |  |  |
| Telephone Counselling |  |  |
| Trauma Therapy/PTSD |  |  |
| Twelve Step Therapy |  |  |
| Workplace Mental Health |  |  |
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| **CONSULTATION, TRAINING, EDUCATION, TEACHING, SUPERVISION** | | |
| **Area of Expertise** | **Y/N** | **Comments/Reasons** |
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