

Swinburne Wellbeing Clinic for Older Adults Clinical placements information sheet

The Swinburne Wellbeing Clinic for Older Adults provides clinical placements to postgraduate students enrolled in psychology, social work, counselling and mental health nursing from any university of higher education provider in Australia. This document provides information intended to be read by placement coordinators and students.

About the clinic

The Wellbeing Clinic for Older Adults was created in 2011 to provide psychological services to older adults living in residential aged care facilities. The aims of the Clinic are to:

- ☐ **Improve Mental Health Outcomes for Older Adults.** The Clinic provides confidential mental health support and counselling to older adults living in residential aged care, their family members and staff. The Clinic addresses common issues such as depression, anxiety, loneliness and grief, using evidence-based approaches.
- ☐ **Train the Future Mental Health Workforce.** The Clinic serves as a training ground for postgraduate students in psychology, counselling, and social work. It provides students with hands-on experience in aged care mental health, helping to build capacity in a sector with growing demand.
- ☐ **Conduct Research on Ageing and Mental Health.** The Clinic contributes to the academic field through research on the psychology of ageing, dementia, mental health interventions, and service delivery models.

The Clinic is Australia's only national clinic providing psychological services (counselling) to residents, families and staff of residential aged care homes across Australia. Psychological services are delivered by mental health trainees - clinically supervised postgraduate students who are completing their doctoral or master level studies in psychology, counselling or social work.

We seek mental health trainees interested in building competencies in geropsychology (late-life mental health) to provide psychological services to aged care residents, their families and their staff by telehealth and face to face sessions.

Position description

Mental health trainees will:

- ☐ Travel to residential aged care homes to deliver services
- ☐ Provide services by telehealth
- ☐ Complete clinic logs, case notes and facility session notes
- ☐ Attend supervision sessions (individual and group)
- ☐ Attend webinars on ageing

Who would this position suit?

Please see below for key selection criteria for applicants.

Is previous experience working in aged care a requirement of applying?

Students do not need to have had experience working with older adults or with those who have dementia to be successful in gaining a placement position. Please see below for key selection criteria for applicants.

Can I count position activities towards placement hours?

Yes, we have designed the structure of this role to fulfill the client contact requirements of placements.

How much supervision will I receive?

The clinic provides a maximum of:

- ☐ 1 hour of individual supervision each fortnight and
- ☐ 1 hour and 15 minutes of group supervision every fortnight.

Trainees required more supervision will need to make independent arrangements with their placement coordinator.

What is the period of commitment?

It is expected that students will spend a minimum of 6 months to accommodate hours required for the placement but should have flexibility to stay up to 9 months. It may take a few weeks to build a case load, and students may not be able to fill their required weekly contact hours immediately from the start of the placement.

A minimum of 2 days a week is required for this placement.

We do not restrict students from doing other placements concurrently, or from using this placement to supplement another placement.

When can trainees start?

Students are welcome to apply at any time as we have a rolling intake, usually in February and August.

What days and times will trainees need to be on placement?

Appointments with clients are made through mutual negotiation between students, the client and residential aged care staff. Sessions are held from Monday to Friday 9.00am-5.00pm (Melbourne time). Sessions should not be held after hours or on public holidays or on weekends.

Training and group supervision take place online on alternate Fridays from 2.00pm to 4.45pm. Students must be available to attend these on a fortnightly basis.

How many client-contact hours will trainees obtain?

Most trainees will see 8 clients per week (4 clients per day) and hence obtain 8 hours of client contact a week. Due to the nature of the client group, client contact hours will vary between weeks. To collect more hours, trainees can supplement individual session with group sessions, and/or to add more placement days to their weekly schedule.

What are the key selection criteria for this position?

Applicants must meet the following criteria.

The student must:

1. Be enrolled in a postgraduate professional course at any university or higher education provider in Australia in one of the following disciplines: psychology, counselling, social work, or mental health nursing
2. Have completed a prior clinical placement or have extensive experience in providing psychological services
3. Have 6+ months experience providing counselling to clients, where counselling has lasted 6+ sessions with 3+ clients.
4. Be able to communicate effectively with others
5. Be able to build rapport with clients and team members
6. Be able to function autonomously without close supervision
7. Be able to work collaboratively in multi-disciplinary team environment
8. Be able to reflect on their practice
9. Be interested in developing geropsychology competencies
10. Be interested in working therapeutically with older adults
11. Be interested in using telehealth as a medium for therapy
12. Have a police check issued within the last 12 months
13. Have a current working with children's check.

All successful applicants will be expected to demonstrate commitment to Swinburne Behaviours

- ☐ Communicate – Say it – have the conversation, respect each other's' differences, give meaningful feedback and share honestly and openly.

- ☐ Listen and Learn – Hear it, learn from it – learn from one another, actively listen to each other, resolve conflict and be innovative.
- ☐ Collaborate – Share it –work constructively together with a common purpose to achieve the university's goals.
- ☐ Trust – Trust it – be open to and with others, act with fairness and respect, inspire positive expectations and communicate effectively.
- ☐ Act – Do it – have a strong sense of immediacy, take practical action and see it through.

Application instructions

Students are invited to complete the placement application form and submit it along with a current CV and a cover letter explaining why they are interested in applying and how they satisfy the key selection criteria.

Students who are shortlisted will be interviewed to evaluate if the program is a good fit for their requirements.

Email applications and queries to Ms Jenny Linossier, Clinic Student Coordinator
jlinossier@swin.edu.au.