

CPE AT A GLANCE



The CPE program consists of 5 different parts: Group Supervision, Individual Supervision, Didactics, Interpersonal Relationships and Practicum.

Typically, within North America, CPE units consist of 3-6 students who journey together through the education process. The educational process itself is experiential - meaning the students do the work of visiting patients hands-on and then bring their work back for reflection and feedback.

Group Supervision

Group Supervision is the overarching term that we use for assignments such as verbatims, virtual visits and reading papers. Through this, students receive constructive feedback about their work and learn suggestions on how to do things differently the next time. It enables all students to experience different areas of care within different healthcare facilities.

Individual Supervision

This occurs bi-weekly between the supervisor and the student. We meet for one hour and discuss topics that arise out of the students' practicum work. Students prepare a reflection report that addresses different aspects of the program. We also spend time reviewing the students' learning goals and discussing any other issues that the student may be facing. This is a time for one on one supervision where the supervisor encourages, challenges and supports the student to become more self-aware and to increase their professional skills and knowledge.

Didactics

Didactics refers to the part of the classroom day where a certain skill or topic is taught. This is typically a 90-minute segment but can be longer or shorter depending on the topic being discussed. Often this is taught by the supervisor but in many instances, other experts in the field come in to present information on a particular topic.

Interpersonal Relationships (IPR)

This is a time during the classroom day where the students and supervisor come together for about 90 minutes to discuss how things are going in and amongst the group. I like to think of it as a time to hold up the mirror for each other - we are able to point out inconsistencies, strengths, growing edges and patterns of thought amongst each other in an effort to help each other grow (iron sharpens iron). While in some CPE courses taught, this is a feared experience as people feel humiliated or embarrassed, I try to make it more of an encouraging space that invites people to reflect on their experiences with their peers and promotes growth.

Practicum

In this program, students are required to do 50% classroom and 50% practicum time. Practicum is when students spend time (200 hours over the course of the unit) on a clinical assignment in the hospital to do bedside visits with patients, visit with families and learn how to be a part of the interdisciplinary team. Students reflect on these experiences in IPR, Individual Supervision and Group Supervision.