



Foundations Practice Toolkit

Structured Methods for Educational Support

Purpose: This toolkit provides structure for your learning and practice. At Level 0, you're building the habits of professional practice — observation, reflection, and appropriate support — without clinical intervention.

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Session Structure Template

1 BEFORE: Preparation (5 min)

- ☐ Review any previous notes or context
- ☐ Set intention: "What is my role today?"
- ☐ Check: Am I in the right headspace to support?
- ☐ Confirm scope boundaries for this interaction

2 DURING: Engagement (variable)

- ☐ Open with curiosity: "What's present for you today?"
- ☐ Listen without solving
- ☐ Share educational information when appropriate
- ☐ Notice: Is this within my scope?
- ☐ Support their own insight and agency

3 AFTER: Reflection (5 min)

- ☐ What went well?
- ☐ What felt challenging?

☐ Did anything exceed my scope?

☐ What would I do differently next time?

☐ Any follow-up resources to share?

2 Safety Checklist

Before and during any support interaction, check:

☐ Is this person in immediate crisis or danger? *(If yes → refer immediately)*

☐ Is what they're sharing within my educational scope?

☐ Am I maintaining appropriate boundaries?

☐ Do they have access to professional support if needed?

☐ Am I staying in my role (education/support, not treatment)?

☐ Am I using appropriate language (not diagnosing/prescribing)?

3 Decision Tree: Continue, Pause, or Refer



Quick Decision Guide

Is this within my educational scope?

YES → Continue

UNSURE → Pause

NO → Refer

Is there a safety concern?

YES → Refer immediately

NO → Continue with awareness

Am I feeling out of my depth?

YES → Pause, seek guidance

NO → Continue mindfully

Is the person asking for something I can't provide?

YES → Refer to appropriate resource

NO → Continue supporting

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Professional Communication Guidelines



Language That Works

✓ DO SAY:

- "What I've learned suggests..."
- "Some find it helpful to..."
- "You might explore..."
- "How does that land for you?"
- "This is educational, not medical advice"

✗ DON'T SAY:

- "You should..." / "You need to..."
- "This will cure/fix..."
- "I can diagnose/treat..."
- "Don't see your doctor, just..."
- "I guarantee results..."

5 Practice Reflection Space



Session Reflection Notes

Use this space to record your observations, learnings, and areas for growth.

Date: _____

What I observed:

What I learned about my practice:

What I want to develop:

Remember: This toolkit is about building professional habits. You're practicing structure, reflection, and boundaries — the foundation of all professional practice. This prepares you for the Practitioner Path when you're ready.

