

**PENNSYLVANIA MYOTHERAPY INSTITUTE**  
**Clinic/Externship Journal Requirements**

**You must have this journal by the 3<sup>rd</sup> week of classes.**

- This Journal is separate from your Practice Log Journal.
- This Journal serves as an introspective learning and self-evaluation tool for you, as well as to help PMI instructors and/or the Clinic Director help you if you experience any difficulties.
- Throughout the training program, you will have specific Clinic and Externship requirements to complete. You will keep this journal through the end of at least Semester I. You will then begin to write S.O.A.P. Notes instead. However, it is highly recommended that you continue to track your clinic appointments and externships.
- Format/style of notebook/journal is YOUR CHOICE; no minimum or maximum word count; you do not need worry about grammar and spelling, but it should be legible and in complete sentences; please no fragments. We are not looking for creativity or quantity in your expression in your entries. We are more concerned about learning as much as we can about *your perspective* of your learning experience so we may help you learn as much as you can from this work.
- You must record an entry for each clinic/externship session
- For all massage events, you only need to record one entry per day of work; you do not need to record an entry for each individual during these types of sessions if they were done all at one location on the same day. Work performed at the PMI Clinic must include an entry for each individual client even if all on same day.

***Include in each entry:***

- Date
- Length of Session
- Session Type or Event
- Gender & approximate age of client(s)

***You also must answer at least two (2) of any of the following questions for each entry.***

- Was there anything about the session or the client(s) that made you feel uncomfortable? If yes, please explain.
- How was your sense of touch or awareness improved with this session?
- List any new client condition(s) with which you have not prior worked with.
- What did you learn about massage, your ability, and/or client conditions and/or personality from this session?
- In what area(s) do you feel you needed more practice and/or instruction to have better completed this clinic/externship requirement?
- In what area(s) do you think you have improved with this session?