

UNIVERSITY COUNSELING SERVICES
SOUTHERN CONNECTICUT STATE UNIVERSITY
EN 219-B
NEW HAVEN, CT 06515

Dear Applicant:

Thank you for your interest in our graduate internship program. The University Counseling Services (UCS) office is excited to announce it is accepting applications for Master's Interns for the 2015-2016 academic year. Attached you will find a general summary of the internship and its associated activities. Please note that there may be minor changes implemented as we continue to plan for next fall. You will also find attached important information regarding eligibility and application procedures.

I would like to draw your attention to the application deadlines identified in the materials. I would also welcome any early applications, as it will facilitate the process of scheduling interviews promptly. Selected interns may be required to attend a mandatory orientation program shortly before the beginning of the fall semester. Candidates will be expected to have some flexibility in their fall and spring schedules to participate in occasional evening and weekend outreach activities.

If special needs are required or if I can be of any assistance during this process, please feel free to contact me at (203) 392-5475. Our center looks forward to hearing from you.

Sincerely,

Elaine Allen, LCSW
Interim Director/Training Coordinator
University Counseling Services

SCSU Counseling Services Master's Level Clinical Internships

Introduction

University Counseling Services (UCS) is a comprehensive university counseling facility serving the students of Southern Connecticut State University. UCS is staffed by six professional staff members, including three Licensed Professional Counselors, one Licensed Clinical Social Worker, a psychiatric APRN (nurse practitioner), and a Psychologist. The services provided include developmental and preventative services, as well clinical interventions addressing psychopathology. Services are organized around a time-limited model of counseling. In most cases, clients are limited to services that can be delivered within a semester or two. Crisis intervention and group counseling are also offered, as well as consultation, outreach, and workshops for the university community. Most students are seen for individual counseling, although some limited couples counseling is also provided. Counseling Services works with a network of community agencies and private practitioners to facilitate services for students needing specialized, intensive, or long term psychotherapy beyond the scope of our facility.

Each year, about 600 students receive counseling through UCS, resulting in over 2500 clinical contact hours. The types of presenting concerns cover a broad range and include: relationship issues and conflicts; family of origin issues; body image and eating concerns; multicultural concerns; depression; anxiety disorders; stress; sexuality; social skills; grief and loss; anger management; sexual, emotional and physical abuse; gender issues; sexual orientation; career exploration; substance abuse issues; academic problems and adjustment; low self-esteem; health issues; and major mental health disorders (bipolar disorder, OCD, psychotic illness).

Our center is proud to offer a comprehensive Master's-level internship. It is designed to provide supervised learning experiences in the broad range of services that are typically provided in university counseling services.

The center sponsors three graduate interns each academic year. Interns are welcomed from graduate schools of social work, marriage and family therapy, and clinical mental health counseling.

Our competitive selection process adheres to the following schedule:

3/15/2016 **Priority Application deadline for Summer and Fall 2016 internships**

(Please note: early applications welcomed. Late applications will be accepted and considered if positions remain unfilled or if unanticipated openings occur).

March/April 2016 Interviews will be conducted and candidates notified of decisions.

Description of the Master's Internship

Internships begin on the first day of classes and conclude on the reading day at the close of the spring semester. Interns are required to follow the professional staff calendar for the academic year (this typically results in a greater number of hours than the social work program minimum). By arrangement with the training coordinator, they may take up to two weeks off over winter break. The internship consists of an 18-24 hour/week time commitment (in accordance with the requirements of the intern's academic program). The **approximate** breakdown of the time commitment is as follows:

ACTIVITY	HOURS/WEEK
1. Counseling Sessions (Intake Interviews, Individual, Couple, or Group Counseling)	6-12*
2. Case Conference	1.5
3. On-Call Hours (crisis intervention, consultation, walk-ins)	variable
4. Supervision Preparation/process recording	2
5. Individual Supervision	1-2
6. Clinical Seminars	0-2
7. UCS Outreach Programs	variable
8. Substance Abuse Services/Prevention	variable
9. Clinical documentation/Professional Reading	variable
TOTAL MASTER'S INTERNSHIP HOURS PER WEEK	18-21

**NOTE: This figure will vary considerably. At the beginning of the internship, it will be lower and will gradually increase as the internship progresses. Early in the year, unfilled client hours will be used for intake and assessment training, outreach planning, or other activities determined by the Training Coordinator.*

Please note: CMHC Practicum students are required to work a minimum of 2 days or 15 hours a week (a larger time commitment than the minimum required by the Counseling program). CMHC Internship students typically need to work 2.5-3 days/week in order to complete their required direct service hours.

Description of Intern Responsibilities/Activities

1. Counseling Sessions

An intake interview is a client's first session at UCS. The purpose is twofold: 1) to allow the intake counselor to gather additional information about the client and his or her concerns

and 2) for the client to learn more about options available to address his or her concerns. Together the client and intake counselor determine a course of action, which may include counseling/therapy at UCS or referral to another more appropriate agency. Training in the provision of a clinical intake interview begins during orientation and continues throughout the first several weeks of the semester. Interns will begin conducting independent intake interviews upon the approval of their individual supervisor and in consultation with the Training Coordinator.

After completing preliminary paperwork, clients are assigned a counselor or intern, based on the client's presenting concerns. Assignment of clients to counselors and interns is based on a variety of considerations, including the client's willingness to work with an intern, complexity of client's presenting concerns, and intern's current caseload. Interns begin with a caseload of one or two clients. Then, with the approval of their supervisor, they add one client at a time until a maximum client load is reached. An effort will be made to assign the intern a variety of clients and client concerns.

2. Case Conference

Typically, case conferences are held each week to enhance the learning experience. Each case conference includes staff counselors and trainees. Two case presentations are discussed each week and specific staff are assigned to present at each conference. Emergencies or crisis situations take precedence at any case review. The case conferences are designed to be informal and supportive in nature. The case conference format provides both staff and interns the opportunity to seek the ideas and support of peers for their work.

3. On-Call Hours

During regular business hours, the UCS designates particular clinical staff as on-call counselors to provide services for clients who have a mental health emergency, acute personal crisis, or state they have an immediate need to consult with a counselor. Other duties of the on-call counselor are to respond to inquiries by staff about UCS services or serve as a consultant for students who may seek advice about helping friends with personal problems. Based on their schedules, interns will be asked to observe and/or assume the duties of the on-call counselor on a periodic basis.

4. Supervision Preparation

The UCS training program recognizes the importance of supervision for the continued professional growth of student trainees. The internship includes time for supervision preparation where interns are expected to review their clinical work, prepare process recordings, and organize thoughts and questions to present in supervision. Issues that might be discussed include observations about oneself as the counselor, observations about the client, demonstration of successful and challenging skills development, transference and counter transference issues, theoretical orientation and case conceptualization concerns, etc. At the beginning of each semester a Learning/Supervision Agreement will be developed and signed, which outlines learning goals and expectations of both trainee and supervisor.

5. Individual Supervision

Each semester, interns will be assigned a primary supervisor. Two hours of one-to-one supervision are provided each week. Supervisors at the counseling center represent a variety of theoretical orientations. Interns are encouraged to learn from all these perspectives, yet develop their own orientation.

6. Clinical Seminars

The Counseling Service holds periodic clinical seminars on topics of interest to interns and staff. Recent topics have included diagnostic assessment, psychopharmacology, eating disorders, substance abuse treatment, object relations theory, self-disclosure, multicultural counseling, and termination. Advanced interns may be invited to lead or co-lead seminars in areas of expertise.

7. UCS Outreach Programs

Outreach programs are an important component of our services. Outreach programs are both

preventive and educative in nature and may be conducted in collaboration with other university departments, such as the Women's Center, Wellness Center, or Residence Life. Each year the interns at the center have opportunities to develop and present outreach programs, such as a resident advisor training session or a psychoeducational presentation to a class, residence hall, or other student group. Interns are expected to lead or co-lead at least one program each semester.

8. Substance Abuse Services and Prevention

Interested interns may have the opportunity to arrange to work in the Drug and Alcohol Resource Center, a separate student affairs department. This might include observing alcohol assessments; assisting with screenings; attending task force meetings; or assisting with prevention and outreach programming.

9. Paperwork/Professional Reading

Interns are encouraged to pursue an active reading program in issues relevant to their experiences and time is provided for this purpose. The focus of the reading program is determined by the intern's interests with input and guidance from the individual supervisor. Discussion of professional reading materials will be incorporated into supervision meetings.

10. Group Counseling

In the fall semester, interns will generally have the opportunity to observe or co-facilitate a group developed by a professional staff member. During the end of the fall semester and winter break, they will have the option to take the lead in developing a psychoeducational, support, or therapy group to be offered in the spring semester. Planning and preparation for the group will be done in collaboration with the individual supervisor and Training Coordinator. Topics for groups must be chosen from those approved by the Training Coordinator. Group counseling hours will be included in the intern's weekly time allocation for counseling sessions.

11. National Screenings

Interns will participate in the counseling center's national screening programs by attending those offered by the center. Depression, anxiety, eating disorders, and substance abuse issues are among those offered by the center.

Eligibility

To be eligible for a master's internship at University Counseling Services:

1. **Masters in Counseling** students should have completed graduate course work in areas such as Personality Theories, Counseling Methods, Psychopathology, Career Counseling, Couples Counseling, Multicultural Counseling, and Group Counseling. **Masters in Social Work** students have typically completed a standard first-year MSW curriculum, including a first-year field placement. Course work in group treatment, psychopathology, advanced clinical methods, substance abuse treatment, and brief therapy is recommended strongly.

2. Provide evidence of successful completion of a previous practicum or internship, which included direct contact with individuals, couples, families, or groups. In rare cases, prior professional human service employment or volunteer experience may be substituted for this requirement.

3. Meet ethical criteria, such as not having pre-existing relationships with the Counseling Center clinical staff that might constitute an inappropriate dual relationship (i.e. family, business, dating, clinical treatment relationship, etc.). Please note: applicants who have a current or prior therapist/client relationship within the counseling center will not be permitted to obtain an internship placement.

4. Have a record free from any ethical or legal violation or grievance related to providing human services and be free from any psychological impairment that could interfere with the ability to provide mental health services.

Please note: Although we do consider applications from first year Social Work students or Counseling Practicum students, we prioritize applications from second year Social Work/ Counseling internship students. Accepted first year/practicum students typically have significant prior human services work or volunteer experience. Students who complete practica at our site are expected to continue on to complete at least one internship semester with us (assuming their Practicum performance is satisfactory).

Note regarding Summer Internships: Counseling students who are considering completing an internship in the summer are encouraged to speak with the Training Director in advance regarding the risks/advantages of this plan. While we will consider summer internship applicants, some past summer interns have had difficulty completing the necessary number of clinical hours, given the lower (and unpredictable) numbers of students seeking services during the summer. Some students have added hours at second site for the summer.

To Apply

Persons interested in applying for the Master's-Level Internship should submit a complete

application by **3/15/16** (Please note: later applications will be accepted and considered if positions remain open or if unanticipated openings occur during the year. Early applications are welcome).

A complete application includes the following:

1. A current resume.
2. A completed "Application for Training Positions" form.
3. A list of all previous clinical or human services supervisors which includes current addresses and phone numbers.
Note: to comply with legislation concerning education and employment records, **you** must provide these supervisors with **written** permission to disclose information to us. If desired, you may use the top portion of the attached Reference form for this purpose.
4. A Reference Statement from one Field Instructor, human services supervisor, or Faculty member (see attached form). References from a prior field supervisor or human services employer who has directly observed your work with clients are preferred.
5. A copy of your current graduate academic transcript(s)—unofficial copy is acceptable

Applications will be reviewed by the center's staff and selected applicants will be invited to meet with members of the staff during March or April 2015. Applicants selected for an interview may be asked to prepare a brief case presentation or to role play their skills. More information will be given when interviews are scheduled. Application materials should be sent to:

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