



MFT/PCC Practicum Program 2023/2024

## **MFT/PCC Practicum Training Program 2023-2024**

The MFT/PCC practicum at Counseling and Psychological Services (CAPS) - Saint Mary's College, is for graduate students enrolled in a Masters in Counseling Psychology Program. It is a 20 hour per week commitment consisting of training and supervised experience in individual and group psychotherapy, crisis intervention, consultation, program development and outreach. As part of the Student Life Division of Saint Mary's College, CAPS actively collaborates with many departments including the Student Health Center, Center for Women and Gender Equity, Academic Advising and Achievement, Athletic Department, Residence Life, and Academic Affairs.

The clinical component of the training program consists of a series of seminars and case conferences designed to address general crisis intervention and brief psychotherapy approaches as well as issues specific to a college population. The theoretical orientation is primarily psychodynamic with a strong emphasis on relational theories.

Embedded throughout the training year are "cultural conversations" where we look at how our own cultural identities and countertransference affect our work. We are committed to learning and growing in this area, and strive to create an environment that prioritizes equity, inclusion, and social justice.

### **Orientation: Practicum Trainees**

Orientation takes place the first two weeks of the training year. ***The training year will begin mid August 2023 and finish the last week in May 2024.*** Orientation is mandatory with no exceptions.

Topics will include an introduction to Saint Mary's College, working with a college population, brief therapy, suicide assessment, psychodynamic/relational theory, multicultural populations, social justice readings, policy and procedures, RA training, brief therapy, and much much more.

### **Seminar: 1 hour/week**

Practicum trainees will participate alongside post-doctoral residents in this weekly seminar. This is a one hour/weekly didactic clinical seminar with readings from a variety of contemporary psychodynamics/relational psychoanalytic thinkers as well as training on specific topics and populations. The goal of this seminar is to integrate literature/theory with clinical technique and practice. Possible topics include: Intake and Initial Interview, Mandated Alcohol and Substance Abuse Assessments, and Eating Disorders, including theoretical conceptualizations, political and cultural contributions, treatment approaches and challenges. Other areas may include Suicide and Assessment of High Risk Behavior, Rape/Sexual Abuse, Complex Trauma/Vicarious Trauma, Self Injury, Diversity Training, and Sexual Orientation.

**Case Conference: 1 hr/week**

Practicum trainees participate alongside post doctoral residents and staff to present cases for review and discussion. We bring process notes to the presentation and follow a format which is part of the training. We present the same case for 4 consecutive weeks looking at case formulation, ethical issues, clinical nuances, sociocultural considerations, transference/countertransference, and any clinical questions that the presenter may have about the case.

**Group Supervision: 2 hours/week**

Trainees will participate in Group Supervision alongside Post-doctoral Residents. Group supervision is facilitated by a clinical supervisor. It involves the use of a group setting to enable members to reflect on their work. Formulations are developed by the training group with particular attention to issues of transference, countertransference, and parallel process as they manifest in the clinical hour.

**Clinical Supervision:**

Practicum Trainees will receive one hour of individual supervision per week. In addition, they will receive two additional hours of group or triadic supervision. Supervisors have an open door policy and are available to supervisees for consultation beyond these scheduled hours.

**Outreach Seminar: 1 hr/ week:**

CAPS has a strong commitment to providing outreach, prevention and psycho-education to the campus community. Practicum trainees are required to develop workshops and actively participate in outreach efforts ranging from classroom presentations, residence advisor training, residence hall discussions (e.g., eating disorders, body image, alcohol and other drugs, and rape), crisis/grief debriefing, and athletic team consultation. Some later evening hour presentations are expected.

**Staff Meeting: 1 hr/week**

All staff meet to coordinate and collaborate on the smooth running of the center. Once a

month, all clinical staff have an in service called Cross Cultural Clinical Conversations.

**Caseload**

10 total hours per week is devoted to clinical work, including 1 urgent/crisis hour, 1 group psychotherapy hour, and 8 hours of individual therapy per week.

***To apply, please submit materials below to: Dr. Jennifer Panish***

1. A cover letter briefly describing your interest in Saint Mary's College Counseling and Psychological Services Center's Practicum training program.
2. A current curriculum vita.
3. Three letters of recommendation (clinical supervisors, faculty, trainers, previous employers etc). Letters from individuals who can attest to your clinical skills, training, interest and acumen are strongly recommended.
4. Transcripts of graduate work, unofficial is acceptable.

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