



## **2012-13 CLINICAL TRAINEESHIP/INTERNSHIP FAMILY, CHILD AND ADOLESCENT THERAPY**

### **PROGRAM OVERVIEW**

The Novato Youth Center (NYC) is a non-profit, multi-service agency committed to mobilizing the community and supporting families to respect, nurture and guide young people, through advocacy and services for children, youth, and families. Youth and families grow with our agency; our 16 programs designed for all age groups offer a culturally rich experience.

The NYC's Youth and Family Counseling Program has been an integral part of the local community for over 20 years. We serve clients from diverse ethnic and socio-economic backgrounds with a wide range of presenting challenges and strengths. We offer services that respect each individual's racial identity, cultural background and personal lifestyle.

Interns and Trainees have an opportunity to provide therapy in a variety of different locations including the agency offices set in a childcare facility, at local schools, and at the Novato Wellness Center (a youth health center).

### **FRAMEWORK**

An internship at the NYC will provide you with ample opportunity to meet the BBS requirements, including all the child and family hours.

- ***Child, adolescent, and family counseling from a multi-cultural perspective is the core of our program.*** Children/adolescents are seen alone at times and we recognize this as a vital component to building and strengthening the therapeutic relationship. We also know that profound changes are more attainable when working within the context of the family. In addition, we work with the different subsystems in the family including couples and individual adults.
- ***The NYC training program offers ongoing education and clinical support related to working with youth and families from diverse backgrounds.*** The first year involves building a strong foundation in integrated youth and family therapy. Experiential training sessions will guide you to examine relevant theoretical perspectives and utilize evidence-based tools for assessment and treatment planning. You will learn practical strategies to address issues such as defiant behavior, substance use/abuse, crisis management, anxiety, and depression. Trainings introducing techniques from cognitive behavioral therapy, art therapy, sandplay therapy, and play therapy will be offered as well. The second year provides an opportunity to continue training in integrated youth and family therapy and to participate in one of two specialty areas: Parent Child Interaction Therapy (PCIT)\* and Cognitive Behavioral Therapy (CBT). **Registered Interns only.**
- ***School-based counseling opportunities are available.*** Elementary, Middle School and High School counseling positions generally include two days per week on school campuses. School-based therapy includes individual, group and family counseling as well as crisis intervention, teacher consultation, clinical assessments of students' needs, appropriate referrals and documentation of services.

\* PCIT is an evidence based program for children up to 7 years of age and their parents/caregivers. The NYC is certified by UC Davis to provide this service. We work behind a one way mirror coaching the parents to improve parent-child interaction and to increase positive behaviors.

## **PROGRAM EXPECTATIONS**

**Make a 1-year commitment to the program.** Each training year begins in mid-August and includes four weeks vacation (two weeks winter vacation, one week in February, one week in April). Other time off may be approved upon request. At the end of each year, there will be an opportunity to apply for a second year of internship.

**Be available Wednesdays from 9 a.m. to 3 p.m. for training, supervision, and business meetings.**

**Trainees/Interns will be expected to spend approximately 20-25 hours each week in the program, which includes:**

**1. Clinical Work**

Maintaining a caseload of 10-18 clients (hours) per week (combined agency and school)

**2. Clinical Supervision**

→ Two hrs/wk Group Supervision

→ One hr/wk Individual Supervision

→ Ongoing consultation with licensed staff, as needed

We strive to provide compassionate support and skillful direction to our developing therapists.

Evaluations focus on each individual's strengths, as well as areas that need further development. This is assessed using case presentations, viewing segments of audio/videotaped sessions, discussing transference/counter issues, therapeutic goals and process and other clinical concerns. Supervision will provide an opportunity to enhance Interns' theoretical understanding of client work by offering experienced guidance for practical interventions.

**3. Training**

2-3 hrs/wk

**4. Administration/Paperwork**

2-3 hrs/wk Clinical Paperwork and Case Management

1.5 hrs/wk Business Meeting & Other Administrative Tasks

**Be engaged in on-going individual therapy.** Although this is not required, it is recommended. This is to ensure that personal issues that inevitably come up in working with clients can be addressed and integrated. We seek Interns who are able to make a whole-hearted commitment to professional, personal and interpersonal growth.

**Appropriate Matching of Counselors and Clients.** A strong effort is made to provide the most desirable growth opportunities for all.

**To apply, please submit the following by February 15, 2012:**

(1) Current Curriculum Vitae

(2) Two letters of reference

(3) Cover letter including a brief personal statement describing your career goals, interests in the field and expectations for your professional development

Please address your application to:

**Novato Youth Center  
Youth and Family Counseling Program  
680 Wilson Avenue  
Novato, CA 94947  
[nycinternships@novatoyouthcenter.org](mailto:nycinternships@novatoyouthcenter.org)**

*Bilingual applicants are encouraged to apply.*

*For more information about our agency or our programs, visit [www.novatoyouthcenter.org](http://www.novatoyouthcenter.org)*