



Counseling Services

Graduate Intern

Counseling Services Graduate Intern (Programming or Clinical/Services)

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 Licensed Professional Counselors, Licensed Clinical Social Workers, and a psychiatric APRN (nurse practitioner). The services provided include developmental and preventative services, as well as clinical interventions addressing psychopathology. Services are organized around a time-limited model of counseling. Crisis intervention and group counseling are also offered, as well as consultation, outreach, and workshops for the university community. UCS 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 concerns cover a broad range and include: relationship issues and conflicts, family of origin issues, depression, grief, trauma and abuse, stress and anxiety, sexuality, social skills, anger management, gender issues, sexual orientation, career decision-making, substance abuse issues, academic problems and adjustment, low self-esteem, health issues, and major mental health disorders (bipolar disorder, OCD, psychotic illness).

Assigned intern responsibilities will vary based on departmental needs and intern skills/interests. Most first year interns will be assigned exclusively outreach/administrative responsibilities. Based on the approval of the training coordinator, interns in CSP or Social Work (who are registered for a practicum, internship, or field education placement through their academic program) may also be eligible to assume clinical responsibilities to meet their degree requirements. For these interns, approximately 40-60% of time will be dedicated to clinical work and the remainder will consist of selected programming and administrative tasks.

Programming, and Outreach (all interns):

- Assist staff with ongoing assessment of student needs and with developing programs and support services to address these, in conjunction with other student affairs and university units.
- Plan, promote, and facilitate (or co-facilitate) classroom, student group, and residence hall presentations on varied mental health topics (e.g. depression, stress management, suicide prevention, healthy relationships).

- Attend committee planning meetings for collaborative outreach efforts with other university departments and groups (e.g. DARC, Health and Wellness, Women’s Center, student groups).
- Develop and implement creative plans for publicizing counseling services events and programs (including support groups). This may include designing flyers, posters, newspaper ads, and residence hall bulletin boards.
- Assist staff with developing social marketing/mental health education materials and messages to promote wellness, increase help-seeking behaviors, and prevent suicide and mental illness.
- Assist with advising the Active Minds student group, providing mentoring and guidance to student leaders seeking to reduce stigma regarding mental illness.
- Under staff supervision, assume primary responsibility for organizing mental health screening events.
- Participate in and assist with activities of university task forces and committees addressing wellness and mental health issues (such as Eating disorder Task Force, Suicide Prevention Task Force, etc.)
- Represent Counseling Services at various fairs and campus events, including staffing informational tables to provide information regarding mental health issues and available student support services.
- Assist with residence life and other community trainings, such as SAFE ZONE (addressing LGBTQIA issues and homophobia) and QPR (suicide prevention).
- Assist with resource development. Upgrade, maintain and organize resource files. Research online psychoeducational links for website. Write and develop new resource materials.
- Assist counselors with case management activities, such as researching available community resources.
- Prepare informational boxes with appropriate handouts/giveaways for various events on campus
- Update and maintain community mental health provide notebook. Develop searchable database of providers and enter information. Assist with organization of networking events for community providers.
- Attend Counseling Services case conferences and professional development activities (when other assigned responsibilities do not conflict).

Administrative Responsibilities (all interns):

- Assist visitors to the Counseling Center, including reception, describing available services, scheduling student appointments, arranging for counselors to triage walk-in clients, and answering telephones.
- Respond to student information and interview requests, offering written and verbal information and resources.
- As needed, or in the absence of the administrative assistant, assist with data entry, file management, and other administrative tasks.

Clinical Responsibilities and Learning Opportunities (for eligible CSP/Social Work Interns only):

- Opportunities to observe intake, counseling , and crisis intervention interviews.
- Conduct intake interviews with students seeking counseling services. Assess clinical and developmental needs and develop appropriate treatment plans, including referrals to other campus or community resources.

- Provide individual psychotherapy to a caseload of 6-15 clients. Serve as the primary clinician for these students, collaborating with other medical, social services, academic, and mental health care providers as necessary.
- Assist counseling staff with providing walk-in crisis intervention services, including providing consultation to concerned students, staff, and faculty.
- Assist staff with providing supportive services in response to campus crises and at various campus events.
- Receive weekly individual clinical supervision (1-2 hours/week) from a college mental health professional .
- In collaboration with a professional staff member, develop, promote, implement, and facilitate group counseling interventions, including support groups, psychoeducational groups, and/or interpersonal process groups.
- Participate in Counseling Services case conferences and professional development activities. Interns will be scheduled to present case presentations to the team.

Qualifications:

Matriculated graduate student in Counseling, Psychology, Social Work, Public Health, or related field. Prior student leadership experience or human services experience preferred. Strong written and verbal communication skills, including ability to speak to various size groups. Strong organizational skills. Proficiency with Microsoft Office. Self-motivated, with ability to work both independently and as part of a team. Excellent interpersonal skills, including ability to handle sensitive and confidential situations with tact and complete discretion. Interns must be available for some evening hours (1-2 evenings/week).

Additional requirements for students seeking clinical internships: Matriculated graduate student in Counseling or Social Work. Completion of academic program prerequisites for field work. Human services volunteer or work experience strongly preferred.

Please note: in order avoid inappropriate dual relationships, applicants who have a current or prior therapist/client relationship within the counseling center will not be considered for an internship placement.