

INTERNSHIP
DIRECT SERVICE HOURS VS. INDIRECT HOURS

CMHC, MCF, and School Counseling Internships are 600 hours (300 hours per semester) taken over the course of two consecutive semesters. These 600 hours include the following:

| DIRECT SERVICE HOURS (at least 120) | INDIRECT SERVICE HOURS (balance of 300 hours) |
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| <p>Case Consultation Working with the on-site supervisor to gain ideas, discuss any dilemmas and/or progress, and facilitate a treatment plan (this is NOT supervision).</p> <p>Direct Participation in client-related activities Participating in client activities such as play therapy, art therapy, and associated activities, i.e., engaging in an activity with a family/couple’s children while the family/couple receives counseling from another clinician.</p> <p>Intakes/Interviews with clients Completing intakes over the telephone and/or in person</p> <p>School Counseling Psycho-educational groups, i.e., bullying, anger management, conflict resolution, career planning</p> <p>Individual Counseling Counseling individual clients and/or co-leading sessions with the site supervisor.</p> <p>Group Counseling Counseling multiple clients with a specific goal and/or support as the focus (i.e., clients dealing with cancer).</p> <p>Family/Couples Counseling Counseling families/couples and/or co-leading sessions with the site supervisor.</p> <p>Testing/Assessment Conducting suicide risk assessments and/or various other personality and/or risk assessments, i.e., depression inventories, etc. with a client.</p> | <p>Supervision Regular weekly on-site interaction with an average of one (1) hour per week of individual and/or triadic supervision (no more than two students per supervisor constitutes triadic) throughout the 600 hours.</p> <p>Bi-monthly faculty supervision sessions Internship class attendance</p> <p>Research and preparation for a session with a client Student intern may want to learn more about a particular disorder and review treatment manuals and other technique resources in order to be better prepared to work with a client(s).</p> <p>Case Notes The intern is to keep updated case notes on clients assigned; which includes progress notes, diagnoses, and obstacles.</p> <p>Case Management The intern will help in the assessing of service needs, care planning, implementation of treatment plans and scheduling of clients with the site supervisor.</p> <p>Creating activities for clients Creating activities that are original and relevant to the client and finding activities from creditable and relevant sources (i.e., Empirical tested workbooks, treatment manuals).</p> <p>Other activities Other activities may include in-services, trainings offered by the site, staff meetings (not parties); setting up appointments, filing paperwork/forms, making telephone calls/answering telephone, and other clerical duties to provide supportive resources for the site. Assisting other clients with the completion of paperwork or forms for the site (not the intern’s assigned clients).</p> |

NOTE OF IMPORTANCE:

Travel to and from sites is not counted as indirect or direct hours.