



# Clinical Internships



New Leaf Behavioral Health

## Choosing the Right Internship

If you are looking for a site to do your practicum or internship, it means that you are likely preparing for the home stretch of your training. The practicum and internship are the most essential piece of your training, where you'll be able to apply what you've learned, get supervision and continue to learn new concepts to apply to your clinical work. The information in this booklet is provided to help students decide whether New Leaf Behavioral Health would provide the experience aligned with their interests.

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## Our Approach

NLBH is a training site for clinical interns, with the experience structured for students to gain a real-world experience while having the support of experienced supervisors. Interns are not an after-thought at our practice, but an integral part of the team. Each intern has his or her own office, which is fully-furnished and technologically equipped to allow you to get begin gaining experience in a typical practice setting.

NLBH typically has 3-4 clinical interns from counseling, clinical psychology, marriage and family therapy, and social work programs. Students are given the opportunity to engage in collaborative discussion and consultation with other students, which provides the ability to learn from others facing many of the same challenges.

## Program Requirements

Practicum and internships are developed to meet direct practice and supervision requirements for a range of academic program accreditation, with features including:

- The ability to do video recording for supervision
- Hourly supervision with a credentialed supervisor
- Wide range of client experience, including individual, couples, family and group work.
- Direct clinical hours considered to help you meet your hourly requirements.

## Start With the End in Mind

A broad range of applied experience is essential for being marketable for employment after graduation. All too often we interview recent graduates that report that they didn't get much direct experience in their internship, being limited to co-therapy and observation. We understand the importance of providing students with direct experience in a variety of modalities, including individual, couples, family and group work. Ask questions of potential practicum and internship sites to determine:

- The types of clients you'll be gaining experience with
- The training and background of your supervisor
- The amount of training and support you'll receive as an intern
- The level of autonomy you will be given as an intern
- The availability and accessibility of your supervisor
- The volume of clients that you will be able to see

## Supervision

Supervision is a process where a new therapist learns about his or herself as a variable in the therapeutic process. This process helps therapists develop both personally and professionally, developing greater introspection and self awareness, a better understanding of interpersonal dynamics and an improvement in clinical skills. Initially, supervision will provide more guidance and support to help a developing therapist learn new concepts. As supervision progresses, the guidance given slowly decreases to allow the student to be more autonomous, with supervision shifting to a more consultative process.

### Skill Development & Training

Students will be involved in a variety of activities, including:

- Assessment & Diagnosing
- Clinical work with a wide range of clinical presentations
- Treatment Planning
- Documentation Practices
- Coordination of Care
- Clinical Conceptualization
- Effective Consultation

## Clinical Models

Students typically feel more comfortable and have more success in applying structured treatment models as they begin to learn the dynamics of counseling and adjust to the role. For this reason, we provide a structured training in use of Cognitive Behavior Therapy (CBT) for practicum students. CBT is widely applicable to a wide range of presenting issues and is one that students often can quickly see beneficial outcomes with their clients. We encourage students to expand to thinking through the lens of other theories and have supervisors trained and knowledgeable about the following therapies:

- Cognitive Behavioral (CBT)
- Behavior Therapy/Behavior Modification
- Dialectical Behavior (DBT)
- Acceptance & Commitment Therapy (ACT)
- Metacognitive Therapy
- Schema Therapy
- Play Therapy/Projective Techniques
- Mindfulness-based Cognitive Therapy (MBCT)
- Motivational Interviewing (MI), (MET)
- Interpersonal Psychotherapy
- Reality Therapy (Choice Theory)
- Family Systems (Structural & Strategic FT)
- Rational Emotive Behavior Therapy (REBT)
- Existential/Gestalt Therapy
- Psychodynamic models
- Adlerian
- Solution-focused/Brief
- Rogerian/Humanistic/Supportive
- Gottman Method Couples Therapy
- Emotionally Focused Therapy (EFT)
- Internal Family Systems
- Constructivist Approaches
- Object-Relations
- Trauma Therapies, including:
  - Eye Movement Desensitization and Reprocessing (EMDR)
  - Trauma-Focused CBT (TF-CBT)
  - Cognitive Processing Therapy (CPT)
  - Somatic Experiencing

Students will be able to make use of free time by accessing a tremendous accumulation of training materials, resources and programs that will help them learn various treatment models.

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**CONTACT US** for more information if you are interested in a practicum or internship at New Leaf Behavioral Health. Schedules are arranged well in advance, so students are encouraged to contact us as soon as possible. Interested individuals may contact Patrick Malloy at [pmalloy@nlbh.org](mailto:pmalloy@nlbh.org) and are asked to provide information on their program requirements.

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