



THE
CENTER
for TRAUMA, STRESS AND ANXIETY



Internship and Practicum Opportunities

Overview

The Center for Trauma, Stress, and Anxiety, LLC (CTSA) offers unpaid internships and practicum opportunities to qualified students who seek to gain experience working in specialty private practice settings. Each internship or practicum opportunity can be tailored to meet the needs of the student's learning objectives. Our integrative, multidisciplinary team provides an exceptional opportunity for professional growth in an encouraging and supportive environment.

CTSA is a group private practice that offers traditional mental health services, coaching, therapeutic massage, reiki, yoga, vibrational sound healing, and other Complementary and Alternative Medicine (CAM) approaches. We do accept select health insurance plans, but interns work with clients who might not otherwise be able to afford treatment in support of our social justice values.

CTSA offers a variety of training opportunities, to include:

Undergraduate Internships

Undergraduate students who are interested in pursuing further education in mental health related fields are welcome to participate in a part-time internship experience with The Center for Trauma, Stress, and Anxiety, LLC in partnership with AE Counseling & Healing Services, LLC. Undergraduate interns are given opportunities to experience, under supervision, the diverse functions of a professional Psychologist and a Licensed Clinical Professional Counselor. Training includes didactic seminars, scholarly research, outreach and consultation, and some exposure to clinical work through our seminars and workshops, retreats, and the Equine Assisted Psychotherapy program. Undergraduate interns will also assist with administrative tasks such as scheduling, billing, event planning, seminar/workshop development, and will participate in all staff meetings and functions.

Master's Level Practicum/Internship

The Center for Trauma, Stress, and Anxiety, LLC offers training opportunities for graduate students from all mental health disciplines. We operate within a multidisciplinary framework and offer a cooperative and enthusiastic learning environment suitable for a vast array of developmental needs. Master's level interns and practicum students will carry a clinical caseload with supervision, participate in workshops and seminars, and co-lead group therapy for direct clinical experience. Interns and practicum students will be afforded weekly individual and group supervision and participate in ongoing training. We recognize the importance of learning about the administrative and business roles that will be required to be effective, profitable clinicians in the "real world." Therefore, our interns and practicum students are also provided opportunities to learn about building and sustaining a private practice (e.g., marketing, sales, outreach, scheduling, billing, event planning, and more).

Doctoral Level Practicum

The Center for Trauma, Stress, and Anxiety, LLC offers training opportunities for doctoral practicum students under the supervision of Dr. Michelle Perry in Clinical and Counseling Psychology. We do not provide Internship placements at this time as we are not an APA-accredited site. Doctoral practicum students will gain competence in the following areas: ethical and legal standards, individual and cultural diversity, professional identity development, communication and interpersonal skills, assessment, intervention, supervision and consultation. Practicum students will carry an average caseload of 10-15

individual therapy clients per week, and have the opportunity to participate in group therapy, workshops/seminars, retreats, and supervision of other trainees. Practicum students will be afforded weekly individual and group supervision and participate in ongoing training. We recognize the importance of learning about the administrative and business roles that will be required to be effective, profitable clinicians in the “real world.” Therefore, our practicum students are also provided opportunities to learn about building and sustaining a private practice (e.g., marketing, sales, outreach, scheduling, billing, event planning, and more).

Our Training Philosophy

Our training program is based on the values inherent in the Practitioner-Scholar model. Scholar-practitioners bridge the gap between academia and the real world. Students apply research within their clinical practices in order to solve complex problems, pose innovative solutions, and utilize strategies that lead to meaningful and lasting change for clients. We value maintenance of a scholarly attitude (questioning, searching for answers, using sound investigative methods, critical thinking, and remaining curious), using research to inform the methods one employs to assess and intervene with clients, and the value of critically evaluating one’s practices.

We take a developmental and individualized approach to training, recognizing that interns and practicum students have varied interests, experiences and needs. We recognize the impact and importance of individual and cultural differences on all of us as professionals and people, and we are committed to promoting awareness of diversity and multicultural issues, and to training clinicians who provide culturally competent services.

Finally, we believe that the internship year is a critical year of professional development, identity formation, and transition. Our role is to facilitate that process through instruction, experiential training, and supervision.

Our Values

- We believe in life-long learning and have a passion for developing a deep understanding of their profession and specialty.
- We are deeply curious, driven, and committed to provide the best services to our clients and solve pressing problems within our field.
- We have an innate desire to alleviate suffering and improve the human condition.
- We are inspired by core values of social justice, equity and advocacy.
- We deepen our knowledge and share our ideas with other professionals through open, transparent and humble dialogue, workshops, publications, and other events.
- We recognize our careers are constantly evolving as we continue to learn, teach, and grow.

Our Training Goals:

The program is dedicated to developing clinicians who...

1. Engage in lawful and ethical practice and function in accordance with professional standards;
2. Effectively utilize and generate research and psychological knowledge in one’s professional activities;
3. Competently engage in a range of evidence-based intervention activities and CAM approaches that are responsive to individual and cultural diversity; and

4. Effectively manage complex practice environments.

We pursue these training goals through the provision of supervised experiences in assessment, counseling and psychotherapy, consultation, training and supervision, program development and implementation, and exposure to the business of private practice. The program is graded and sequential that affords training seminars, individual and group supervision, and participant-observational learning opportunities to facilitate the transition from graduate student to independent professional therapist. More information is available upon further inquiry.

To Apply

For more information on establishing a practicum or internship placement with us, please submit a cover letter and resume/CV to Michael Senko, LCSW-C, our Director of Education, at Michael@CTSAttherapy.com