



Counseling & Victims' Services: Graduate Counseling Internship

Practicing the Art of Therapy in a Fun, Supportive, and Engaging Setting

About the Organization: *People Can Change and They Do!*

The Counseling and Victims' Services Clinic (CVS), a program of Washington County Community Corrections (WCCC), was created to address the mental health needs of supervised offenders, restore peace of mind to those victimized by crime, and supply preventative services to the community. Counseling is typically provided through therapist volunteers and graduate intern counselors; though may also be provided by paid staff.

WCCC is a fun and engaging organization where workers are supported and encouraged to learn and grow. WCCC values interns and volunteers as important members of the organization. The department director and assistant director came into the agency as interns!

Internship at CVS: *Variety, Growth and Practice*

Counseling students at CVS work with an array of clients and concerns. It is common for an intern to have a caseload comprised of trauma survivors, offenders, and community counseling clients; and sometimes one client is all three. CVS students will receive valuable experience in addressing criminal behavior and thinking, as well as trauma recovery, domestic violence, addictions, family problems, and other community mental health issues.

WCCC is committed to supporting the development of student counselors. The counseling clinic is considered a learning environment and a hands-on classroom. Further, supervisors maintain a collaborative and communicative relationship with counseling program faculty to ensure that a student receives the best possible support and consistency in their learning. Student caseloads are kept low and manageable.

Supervision: *Development and Growth*

Clinical supervision is supplied by licensed clinicians who have a passion for this role; taking a developmental approach to supporting therapists' own strengths and potential.

Interns will meet with their assigned supervisor 1 hour per week for individual clinical supervision. Supervisors are also available other times as needed, and each student will have a clear structure for obtaining supervision for crisis and urgent situations. No counselor should ever feel alone in their work.

Administrative supervision is provided by the CVS Supervisor, and this person may also provide clinical supervision. There is also a required 1 hr/week group supervision/staff meeting to ensure students build and maintain a supportive team environment.

Best Fit: *Curiosity and Courage*

Therapists who have the curiosity and courage to counsel trauma and forensic populations will do very well at CVS. It is important that a student is able to work autonomously, to take initiative to solve problems, to accurately self-reflect, and to be very open to feedback and coaching.

CVS is a lively and professional team environment. Therapists are expected to demonstrate the prerequisites of maturity, good boundaries, wise judgment, team building, openness to new experiences, and willingness to explore vulnerabilities.





Approach and Training: *Engagement and Artful Individuality*

CVS supports student counselors to explore and develop their individual clinical orientations, while offering a strong emphasis on Rogerian core conditions and the importance of building an engaging therapeutic relationship. It is expected that interns will prioritize and strengthen these skills as they apply their own natural orientations and interventions to the process.

CVS promotes goal-directed, outcomes-based practices such as Motivational Interviewing, Cognitive Behavioral Therapy, and trans-theoretical/trans-diagnostic strategies. There is a robust focus on readiness for change; building counselors' skills to address resistance and help clients remove barriers to growth. Beyond that, our main interest is in helping each student discover and apply their own art of therapy. Students are able to attend/access department trainings throughout the year.

Couples and Families: *The More the Merrier*

CMFT students are welcome at CVS. It is important to know that the primary referral base trends towards individuals, though we do receive referrals for couples and families. Students who have CMFT hours requirements will need to be creative in building a CMFT caseload; whether it is developing family therapy through initial individual clients, doing informal marketing, or developing groups that address family issues such as parenting. Evening and weekend hours can be helpful.

We may or may not have a clinical supervisor available who has a CMFT specialty. Consult faculty if this is a concern.

Placement Process: *Nuts and Bolts*

Recruiting typically takes place during the intern fairs offered through the year or through contacts at the universities. At this time, students apply via email starting in December and interviews take place in December and January. The number of placements depends on departmental resources and needs each year, but is typically 4.

WCCC follows an "application, interview, offer, reference checks, background checks, placement" process. Group interviews are used for selection and 2nd interviews may be used as needed.

Work Environment: *Inviting and Practical*

Interns typically share assigned workspaces and laptops and have access to wireless internet for use of personal devices. Most counseling is conducted in the inviting CVS clinic, in reserved counseling rooms. CVS uses a cloud-based electronic records program for case management.

Students also provide individual and group counseling at the WCCC Community Corrections Center (CCC) to CCC residents and also for clients who require a more supervised setting. All interns will provide group counseling at our CCC for some or part of their time with us.

Location: *Worth the Trip*

CVS is located in downtown Hillsboro, just across from the Max station, and interns are also given a parking pass. The commute can be daunting, but the experience is worth it.

Application

To obtain an application for internship or for any questions, email Ken Rolfe, Program Supervisor: ken_rolfe@co.washington.or.us