

Family Service Agency

Clinical Internship and Training Program September 1, 2007 – August 31, 2008

Family Service Agency is pleased to offer clinical trainee and internship positions for graduate and post-graduate M.A. students of counseling, psychology, and social work, and psychology doctoral students at the practicum level, of placement. Positions at FSA offer a multi-modal learning environment for clinical experience in a well-established, community-based counseling clinic that serves individuals, children and adolescents, couples, families, and groups. FSA has a very strong commitment to professional training for our pre-licensed staff; people who remain with our agency for two or more years demonstrate an exceptionally high pass rate in the professional licensing process on all examinations. Skills in the areas currently emphasized by the mental health profession are taught and practiced, along with more traditional counseling theories and methods. *A trainee/intern-friendly environment, challenging clients, warm and nurturing peer support, and intensive supervision and professional training are highlights of the placement at FSA.*

The agency

FSA is the largest non-profit mental health agency in Sonoma County, and we have provided a full spectrum of counseling and prevention programs to the community for the past forty years. *The mission of FSA is to support and strengthen the quality of life for individuals, families, and the community.* Our services pay particular attention to the needs of minorities, seniors, those affected by domestic violence and/or physical/sexual abuse, those with disabilities, and individuals and families of lower socioeconomic status. *FSA provides approximately 800 hours of counseling per month through a variety of programs: General Counseling, Domestic Violence Treatment Program, Employee Assistance Program, the Bilingual Services Program, the Widowed Services and Step-into-Life Senior Programs, and the Senior Peer Counseling Program.* Our sliding scale fees range from \$5 to \$70/hour, and services are not restricted based on any characteristics. We routinely accept referrals from Child Protective Services, North Bay Regional Center, Sonoma County Probation Department, the Sonoma County Family Court, the Southwest Community Health Clinic, Memorial Hospital's Community Benefit Department, Kaiser Permanente Medical Center, the YWCA, and local schools and churches. The clinical staff at FSA includes licensed marriage and family therapists, licensed clinical social workers, licensed psychologists, and approximately 15 mental health trainees and interns under appropriate supervision.

The traineeship/internship

Most traineeships/internships at FSA begin on September 1; occasionally trainees or interns begin earlier or later due to individual planning needs. FSA expects a one-year commitment to the placement, which includes approximately three weeks of vacation. Trainees and interns at FSA work on a volunteer and unpaid basis; the agency, in turn, rewards this service with intensive supervision and comprehensive professional training. Trainees and interns can anticipate being both ***supported and challenged*** as they work with a diverse client population.

FSA trainees and practicum placement students commit to working 16 hours per week, and interns commit to 22, with the hours divided approximately as follows:

10 hours per week of direct service for trainees and practicum students, 16 for interns, seeing clients in general counseling and group treatment programs, including individual adults, children and adolescents, couples and families, and a 2-hour weekly domestic violence treatment or children who've witnessed domestic violence group;

2 hours per week of group supervision, in a group of 8;

1 hour per week of individual supervision with a licensed and qualified supervisor;

2 hours per week of group training;

4 hours per month (two 2-hour meetings) of Clinical Issues Training;

1-2 hours per week of case management activities, including phone calls, record-keeping, etc.

2-4 hours per week of telephone intake and community resource referral, until a full caseload is established;

FSA interns, trainees and practicum students must agree to work 2 evenings.

Trainees and interns also work as group co-leaders in FSA's Probation Department-certified treatment program for Domestic Violence offenders. In addition to providing two group-therapy counseling hours per week, this program also offers the *state-required supervision and training for certification as a Domestic Violence Services Provider*. An additional 2-hour per week domestic violence training group is required. FSA is one of the few DV providers that use a group psychotherapy approach to the treatment of domestic violence issues.

The ***general goal for the first year of training*** at FSA includes development of skills in the following areas. Trainees can expect and will be expected to develop competence in:

Fostering ***the therapeutic relationship***: Building rapport, communicating accurate empathy, establishing the therapeutic container and frame, developing trust and safety, and enhancing sensitivity to individual client issues and needs;

Handling ***intake, placement, and community resource referrals***;

Assessment and diagnosis, including the assessment of treatment needs, dangerousness, personality and family systems processes, cultural identity, etc., use of the DSM-IV; case formulation;

Collaborative and outcome-oriented *treatment planning* and evaluation;

Understanding *transference and counter-transference*;

Multicultural psychotherapy, with an emphasis on working with Latino and low SES populations;

Case management issues, including collateral contacts, crisis intervention, etc.

Writing *professional documentation*;

Proficiently *using documentation*;

Knowledge and use of *professional, ethical, and legal principals and standards of practice*.

Trainees and interns at FSA often choose to do a second, third, or even fourth year of training at the agency, and the *general goals for the advanced internship* include:

Integration of theories of individual and family counseling with clinical practice;

Clearer *awareness and use of counter-transference*, especially in case formulation;

Greater *confidence and sophistication in handling legal and ethical issues*;

Gradual shift from *supervision to case consultation* model;

In some cases, development of specific *knowledge and experience in a particular clinical specialty*, such as domestic violence, working with children or couples, or working with depression, anxiety, trauma, etc.

Supervision at FSA focuses on the development of sound clinical judgment, including differential diagnosis; assessment and treatment planning; legal and ethical concerns; case management; choice of theoretical orientation consistent with the trainee/intern's personal interests and style; and the clinical use of transference and counter-transference. Formal, professional-quality case presentations are required in the second half of the year in group supervision. Individual supervision includes instruction in accurate, timely, and highly professional record-keeping, and utilizes audiotape reviews.

The application process

The Clinical Director is responsible for professional training and development at FSA. Joe Petzel can be reached at 545-4551, extension 215. Hiring decisions are made by March. *Please call for an appointment, and forward a cover letter, current resume or CV, and two letters of recommendation from most-recent supervisors or faculty to:*

Family Service Agency
751 Lombardi Court, Suite C
Santa Rosa CA 95407
Attention: Joe Petzel, MA. MFT, Clinical Director

Or

jpetzel@sonic.net

Or

Fax to 707-545-4590



FAMILY SERVICE AGENCY

Programs and Services

Family Service Agency provides a broad spectrum of both traditional and innovative mental health services and educational programs to assist individuals, children, couples, and families with the challenges of life.

Services for Individuals, Children, Couples, Families, Seniors

General Counseling and Bi-lingual Counseling Professional counseling and psychotherapy services are offered to individuals, children, couples and families on a sliding scale fee basis for treatment of a wide variety of clinical issues such as anxiety and depression, stress, low self-esteem, stage-of-life issues, grief and loss, impulse control problems, anger management, post-traumatic stress, marital discord, communication problems, family conflict, physical or sexual abuse, drug or alcohol abuse, parenting difficulties, blended family issues, etc.

Jay's Family Assistance Program Designed to help those who can least afford our counseling and psychotherapy services. Priority is given to children and their families. *Generously funded by local donors in honor of Jay Stromgren, former FSA Board President and community activist.*

Family Violence Treatment and Prevention Program Provides individual and group treatment for men and women who have been or are at risk for being violent or abusive towards their partners or children. Focus is on development of anger management techniques, as well as understanding the root causes of power and control attitudes and behaviors. Clients may be court-ordered or voluntary.

HIP HOPE Program for Youth: A program of hope to address the needs of children who have witnessed domestic violence. This program empowers children to understand that violence is not an acceptable way of dealing with problems and that they are not to blame for the violence they have witnessed. Groups and individual therapy sessions are open for a nominal fee to children between the ages of 7 and 16. This program is sponsored by foundation and corporate grants and general contributions.

Senior Counseling Program Trained volunteer senior peer counselors provide counseling to home-bound seniors, helping with issues of aging, grief and resources. The Senior Peer Counseling Program Counselors assist fellow seniors to cope with the developmental challenges of aging through individual counseling and support groups. Several other services that promote connections between seniors: the *Widowed Services* groups provide weekly peer counseling and support for seniors who are experiencing recent losses, and *Step Into Life* groups meet weekly to allow seniors to encourage one another in reclaiming their lives. A monthly potluck and small special interest groups through membership in a social group called the Classics are additional opportunities available in this program.

Employee Assistance Program FSA provides employee assistance and mental health services to many businesses and corporations throughout Sonoma County. Assessment, referral, and treatment.

INTERN TRAINING PROGRAM

Family Services Agency has one of the most respected training programs in Northern California for psychology and mental health students and interns. Internships are available for graduate and post graduate students.

Visit us at: www.familyservicesonoma.org

