



## Master's Level Counseling Practicum/Internship

The Master's Level Counseling Practicum/Internship training program through the University of Wisconsin-La Crosse Counseling and Testing Center (CTC) offers trauma- and multiculturally-informed training across a variety of theoretical orientations, disciplines, and presenting concerns. The program is designed to be individualized to each trainee's unique areas of interest while meeting the requirements of the CTC as well as the requirements of the trainee's academic program.

### Training Program Overview

The University of Wisconsin-La Crosse Counseling and Testing Center offers a 9-month practicum/internship (from August to May) designed to provide clinical training and supervision to aid in the development of trainees' evolving professional identity, clinical skills, and multicultural humility. Trainees will be provided with training and supervision in individual and group psychotherapy, crisis intervention, assessment, consultation, and outreach. Trainees **must commit to a minimum of 16 hours per week on-site** (with Monday and Thursday morning meetings/trainings being required; Note: weekly hours can be increased to comply with graduate programs that require additional weekly hours on site and clinicians-in-training often find a minimum of 20 hours per week helpful in meeting program hour requirements). Trainees will be expected to abide by the established policies and procedures of the CTC as well as the ethical standards of the counseling profession.

The CTC training program emphasizes clinical and professional development, personal growth, consultation, and a collaborative approach to learning. Strengths of the training program include the dedication and passion of the CTC staff to the provision of supervision from a trauma- and multiculturally-informed lens, the ability to individualize your training experience, and specialized training in risk assessment and risk management. The initial stages of practicum are highly structured to support trainees in developing strong foundational clinical skills and building professional confidence. Our training program has been developed to offer advanced clinical opportunities as the trainee's skills progress. The CTC offers excellent facilities, including video recording and subsequent review of clinical work as a primary training tool. All trainees are expected to video record all psychotherapy sessions, to be reviewed within the context supervision. The master's level practicum/internship training experience is stipend-free.

### Training Activities

- **Direct Service** —Practicum-level trainees can generally expect to conduct individual psychotherapy intake sessions and to carry an individual caseload. During internship, trainees may also conduct triage assessments and urgent care sessions, as appropriate. Co-facilitating psychotherapy groups and workshops is highly encouraged, based on the trainee's experience and interests.
- **Outreach and Consultation** — The Counseling and Testing Center has developed outreach programs in a variety of topics including, but not limited to self- and collective-care, helping a student in distress, suicide prevention, and coping with specific mental health concerns (e.g., depression and anxiety). Trainees are encouraged to contribute to these efforts and/or develop original outreach programs based on student needs as well as trainees' areas of interest.
- **Supervision and Training** — The Counseling and Testing Center is comprised of a broad interdisciplinary staff representing various theoretical orientations, clinical interests/areas of expertise, and disciplines.

Trainees will receive 2 hours of individual supervision per week (1 hour from a primary supervisor and 1 hour from a secondary supervisor), 1 hour of group case consultation per week, and 1 hour of professional development training per week. Based on areas of interest and availability, trainees will be matched with a licensed primary supervisor and a secondary supervisor. Provision of both primary and secondary supervision allows trainees to experience a wider range of theoretical and diagnostic approaches. Trainees are strongly encouraged to learn from all CTC staff. Philosophically, CTC staff are highly committed to helping trainees develop their skills in an atmosphere of support and openness to diverse perspectives/experiences. At the CTC, we value and welcome the contributions and feedback of our trainees and are grateful for the pivotal role trainees play in the work and culture of the CTC.

## Prerequisites

Applicants wishing to complete a practicum and/or internship placement through the CTC must:

- be currently enrolled in a CACREP-accredited graduate level program in Clinical Mental Health Counseling, Counseling Psychology, Clinical Psychology, or the equivalent;
- have met all of the aforementioned program's requirements for practicum/internship;
- obtain and provide documentation of their own professional liability insurance prior to the start of their training experience through the CTC; and
- successfully complete a criminal background check prior to the start of the training program.

Due to ethical considerations, individuals who have received counseling services through the CTC may not be eligible for CTC training and employment opportunities. If you have any questions regarding your eligibility, please contact the Training Coordinator, Bec Johnson (see contact information included below).

## Application Process

Applications will be reviewed as they are received. **Priority will be given to applications received by March 1st.**

To Apply:

1. Submit the following application materials via email to [rjohnson@uwlax.edu](mailto:rjohnson@uwlax.edu):
  - a. Cover letter including interest in the CTC as a training site and how the CTC relates to short- and long-term career goals
  - b. Copies of all graduate transcripts
  - c. Statement of readiness/qualification for practicum/internship sent directly from academic program training coordinator
  - d. Current resume or curriculum vitae
  - e. Two letters of recommendation from professional references, at least one of whom must be familiar with your clinical skills (within the context of academic coursework or clinical practice)
2. Selected candidates will be scheduled for interviews.

We look forward to the prospect of receiving your application and being a part of your professional journey. **For additional information, please feel welcome to contact:**

### **Bec Johnson, MS, LPC**

Training Coordinator

Counseling and Testing Center

University of Wisconsin-La Crosse

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