



A New Leaf Therapy's

Graduate Student Internship Program 2022-2023

A New Leaf Therapy is a counseling center established in 2015 and we are entering our fifth year of having a Graduate Student Internship Program! We would like to share information so that you know what to expect and can decide if this setting is right for you.

Internship Program Logistics

The mission of our internship program is to give our interns an exceptional hands-on learning experience in a positive and supportive environment. We want to help our interns develop new skills and build confidence in themselves as therapists. Our graduate interns are usually in school for social work, community counseling, psychology, or marriage and family therapy. We understand that many students have to fit internship around other life obligations, so we try to help students set schedules in a way that allows self-care and a healthy work life balance. We can accommodate schedules based on availability of open office space and we can usually make schedules work most days of the week, including weekday/weekends and daytime/evening hours. One unique thing about our internship program is that we have 11 graduate intern spots so there is an internship team. To provide a team experience, we require all students to attend our virtual internship team meeting every other Thursday from 12-1, which may be attended through Zoom from any private location.

Internship Program Description

We specialize in helping helpers and many of our clients attend weekly therapy sessions for issues like depression, anxiety, trauma, OCD, addictions, relationship problems, family conflict, and job/school dissatisfaction or performance issues. We ask interns to complete a specific number of therapy sessions each week based on the number of hours that their schools require for internship. Fifteen hours per week with 10 completed sessions per week is the least number of hours and sessions a student can participate in.

Number of Internship Hours Per Week	Number of Completed Therapy Sessions Per Week
20	12
18	10
15	11

We aim to provide experiential learning that will help prepare our interns for post graduate employment as therapists in clinical settings. Interns start out accepting clients of all ages and populations and as internship progresses, they are able to narrow down their preferences as they discover what populations they enjoy working with most so that they can tailor their experience to their interests. Students start out with providing individual therapy and then may add choose to add couples or family therapy if they are interested in those areas. Students will gain experience in providing in-person therapy and telehealth (virtual) therapy. Most documentation is completed during therapy sessions so the extra time outside of sessions is spent doing a variety of learning-based activities that broaden interns' perspectives and experiences. We have a checklist that we ask students to complete during their time with us that includes activities such as attending one AA meeting and one Alanon meeting, reviewing videos of sessions with a supervisor, preparing a 10 minute presentation with a partner about a therapy skill for the internship team during the biweekly team meeting, and participating in a book discussion in the internship team meeting about a therapy related book. We make sure there is plenty of extra time during internship hours to complete these projects over the two semesters.

Supervision and Training offered at A New Leaf Therapy

We know it can be intimidating for students to think about being a therapist, which is why we offer a lot of support within our program. Every intern receives one hour of weekly supervision from their licensed supervisor and one hour of supervision in the biweekly internship team meeting mentioned above. Weekly supervision starts off individually and then might become dyadic supervision (with two interns) as internship progresses to expose interns to other cases and approaches. These supervision sessions are focused on case consultation, personal growth as a therapist, and education about therapy techniques and approaches.

A New Leaf Therapy also offers additional education about specific evidence-based therapy approaches to help students further develop their clinical skills. When interns first start, they participate in our video orientation about topics like how to do an intake assessment, how to write a measurable and realistic treatment plan, how to write progress notes, etc. We also offer optional video trainings given by therapists at A New Leaf Therapy on our private YouTube channel about how to do specific therapy approaches like Cognitive Restructuring, Exposure and Response Prevention, biofeedback using Heartmath and Great Wild Divine, etc. We also include example videos about how to talk with clients about treatment issues they're experiencing.

We offer opportunities for formal training. We offer the voluntary option of getting certified through an online Trauma Focused Cognitive Behavioral Therapy (TF-CBT) training that A New Leaf Therapy will purchase for you. We have a library that includes DVD trainings students can check out in Cognitive Processing Therapy, Seeking Safety, and Gottman couples therapy approaches. There is also an opportunity to take a voluntary three-day training in Brain Synchronization Therapy (BST), which is also open to outside therapists and interns and is similar in some ways to EMDR and EFT (there is a discounted \$200 student cost for that training, and attendance is 100% optional- all other training and supervision at A New Leaf Therapy are completely free of cost).

Practicum

Sometimes we have inquiries from practicum students about doing their hours with us. We are open to accepting practicum students if they also commit to doing internship hours at A New Leaf Therapy as well. Practicums generally require around 100 hours over one semester and it's not long enough for us to provide training to the intern and give clients the experiences they are looking for, but it gives us more time if practicum and internship can both be completed at A New Leaf Therapy. Internships are generally between 500-700 hours over 2-3 semesters, depending on the school.



Kristin Brown

LPC, Clinical Director and
Internship Program Manager.

Regan Young

LCSW, CAS, CEO

Rewards

Our goal is that by the end of internship, our students will feel confident and competent in doing intake assessments, diagnosing, writing treatment plans, and providing various models of therapy. We have received excellent feedback from our students and clients about the internship program. We also love being able to offer this service to the community, as it allows us to offer lower cost therapy and accept more clients with Medicaid so that we can broaden the services we provide and help more people.



Testimonials

"I have had an immensely valuable and positive experience being an intern at A New Leaf Therapy. There are no doubts in my mind that future interns will have an equally positive, unique, and profound experience." Ben Graf, MA

"I would encourage anyone who is interested in a field placement where you can learn and develop clinical skills, be provided opportunities for training and mentorship, and work as a team player to consider A New Leaf Therapy." Mona Moncibais, MSW

Group therapy

We have plans to have a variety of therapy groups available in 2022. Starting in the spring, we plan to offer three weekly equine (horse) assisted psychotherapy groups, a weekly hiking experiential group for adolescent girls, a grief group, a group for family members who lost someone to suicide, and an art-based coping skills group for teenage girls. We can't guarantee group experience due to possible issues related to the pandemic, but we hope to be able to offer groups for interns who want to volunteer to help co-facilitate. We also partner with many community organizations, so there will be opportunities for participation in those programs as well.



Contact Us

You can learn more about A New Leaf Therapy on our website at **anewleaftherapy.org**.

To apply, email your resume to Regan Young, LCSW, CACIII, CEO at **info@anewleaftherapy.org**.