

<b>Center for Religion &amp; Psychotherapy of Chicago</b> Education Program in Self Psychology and Religion 30 N. Michigan Ave., STE 1920, Chicago IL 60602	
Course Number and Title	FE 950: Internship for Licensure 2022-2023 Academic Year
Meeting Time	TBD
Instructor:	Rev. Gloria Grasse, PhD
Supervisors:	Chantelle Bittings, LCPC, NCC Erica Carter, DMin, LCPC LaSaundra Gordon, MA, LCPC Bethany Henrichs, MA, LCPC Diane Leamy, PhD, LCSW Celia Zanayed, PsyD, LCP

**Course Description:**

The purpose of the internship is to provide students with professional counseling skills by increasing their experience with assessment, individual (and group) counseling, documentation procedures, and case management while working with an assigned, licensed supervisor. Students continue (a) seeing a small number of clients for longer-term, in-depth counseling, including both individual and group work (as it becomes available), (b) engaging in ongoing supervision with a licensed supervisor, (c) participating in a weekly, clinical peer group, (d) learning and following CRPC and other appropriate documentation procedures, and (e) carrying out case management interventions (e.g., psychiatric referrals, etc.) where necessary. Students must complete a total of six-hundred (600) hours. CRPC prefers that 40% of those hours (240) be face-to-face, whenever possible. This course is taken concurrently with CT 950.

**Course Objectives:**

1. Continue to develop the basic skills required to build a clinical practice. These skills include but are not limited to: following up with a referral, setting up an initial session, negotiating and collecting fees.
2. Continue to cultivate the deeper skills required for developing a robust caseload when working out of a psychodynamic modality.
3. Expanding their understanding regarding the assessment of clients from a psychodynamic modality.
4. Continuing to recognize and interpret their countertransference in the clinical space.
5. Hone a more developed sense of what constitutes case management skills and when to use them.

### **Course Expectations, and Evaluations:**

Students who are treating clients through The Clinic at CRPC or any one of CRPC's externships should only plan to take two (2) weeks total for vacation in any given calendar year. Students should not plan any other absences, whether for professional or personal reasons, throughout the course of working with clients during their internship. Full participation in all aspects of the program, including the process of terminating with clients at the end of their work through The Clinic at CRPC or their externship, is a requirement for successful completion of the program and preparation for licensure.

Students are expected to attend sessions for individual supervision with a licensed supervisor who works out of a psychodynamic perspective and holds one or more of the following credentials:

- LCPC
- LCSW
- PsyD

Supervisors will use the following questions as the basic means of evaluating student progress:

1. Does the student demonstrate continued growth and the capacity to apply the theories they are learning to their clinical work?
2. Is the student developing a greater awareness of the role their countertransference plays in the clinical space?
3. Does the student have the capacity to hold a caseload relative to their level of experience?
4. Does the student demonstrate the ability to reflect on their clinical work?
5. Is the student deepening in self-awareness and their ability for self-reflection?

Students are required to attend peer group each week during the academic calendar. For more information, see below.

### **Course Requirements**

1. **Clinical work:** Students are expected to continue to schedule regular, weekly sessions with their clients. Some students may have developed enough ability in assessment and strengthening of the therapeutic alliance that they begin working with some clients twice a week. Each student is guaranteed three referrals through the CRPC intake line or their externship over the course of the second academic year. Once students receive a referral, it is important for them to contact that referral within the next twenty-four hours to set up an initial appointment. In a robust clinical practice, the student should have developed the capacity to hold four to six clients by the *end* of the internship year.

Students are expected to keep consistent progress notes and documentation. They must also keep track of any fees submitted by their clients. All documentation will be regularly audited by the Director of Education.

It is incumbent upon the student to keep track of all clinical hours in the *Catalogue of Clinical Hours for Internship* provided by CRPC. These forms should be signed by their supervisor and submitted to the Director of Education each month.

## 2. Weekly Peer Group:

*“In the mature work group, members are committed to exploring significant problems and have learned to pay attention to some of the dynamics that trigger anxiety in the group.”*

—Mary B. McRae and Ellen L. Short, Racial and Cultural Dynamics in Group and Organizational Life

Students will meet with their cohort once weekly during the academic year. This *peer group* will begin the year by formulating the basic objectives of the group. These include the overall work task of the group and an agreement or covenant that describes the boundaries that make the peer group a constructive space for all members of the group. The proposed document should be submitted to the Director of Education no later than the fourth week of classes.

Students should understand that work groups, such as their peer group, have several objectives that are unique to the work of the type of group in which they are participating—in this case, the clinical peer group. A clinical peer group requires collaboration around clinical work, and support for one another as members of the same group going through similar experiences. Members of the group should also spend time observing the group’s dynamics as well as *themselves within the group*. Specifically, students should consider what elicits an intense feeling within themselves as they *observe* the group and *interact with* the group.

## 3. Supervision:

*Sessions and Schedules.* Students will meet with their supervisors on a *weekly* basis until they have terminated with all clients at CRPC, and any externship in which they participate, in relation to CRPC’s clinical program. The time and place of these appointments are arranged between the supervisor and the supervisees.

*Focus of Supervision.* Supervision focuses on the basic clinical processes of working with any number of cases. These sessions are crucial in developing the professional personality of the student. In addition, work with the supervisor should offer instruction, while simultaneously attending to the clinical nuances of a student’s caseload.

*Vignettes.* Students should bring vignettes of their casework into supervisory sessions, which should transpire *often*. Vignettes should focus on *key points*, which probe into the clinical process of any given case. Vignettes should be prepared before session, if not in written format, with points prepared for discussion. All vignettes should demonstrate an understanding of confidentiality, by changing names (or replacing names with initials), using generalized places (e.g., this client grew up in a large Midwestern city), etc.

*Process Recordings.* At least once per term, students should bring a typed process recording (verbatim) that features a portion of a particular session with a client with whom or about which the student has difficulties, problems, or questions. The format for process recordings should be created according to standards set forth in conversation between the student and the student’s supervisor.