



Clinical Internship Info Sheet

Before you apply, you should know:

- A **minimum** of 8 **consecutive** months (or 2 **consecutive** semesters) is required given the extensive training process for interns; you must be enrolled in school during both semesters.
 - Fall-Spring cohort runs August through May
 - Spring-Summer cohort runs January through August
 - Summer-Fall cohort runs May through December
- Students are expected to **continue seeing clients over extended breaks/between semesters** (or arrange for clients to be seen) for continuity of care.
- Two (2) evenings per week is **expected**. A flexible schedule allows more availability and opportunities to work with clients. No weekend or late evening hours allowed the first semester (done by 8:30 p.m.)
- There is a **mandatory week of training** before your classes begin, and it is only offered three times per year – generally the week before semester classes begin in January, May/June, and August.
- Since interns regularly conduct intake assessments and utilize their DSM-5 diagnostic skills, a working knowledge of the DSM-5 is expected, and **completion of a DSM-5/diagnostic class is required** prior to starting internship.
- Previous clients of the Center must have terminated services at least 2 years prior to starting internship position.
- Accepted applicants will be required to complete a drug screening prior to starting, and are required to be COVID-vaccinated.
- Bilingual interns are always an asset!

Application Process:

- Summer-Fall cohort & Fall-Spring cohort - Applications are accepted from January through March. Interviews and selections are made in late March/early April.
- Spring semester – Applications are accepted September-October, then interviews and selections made by late October.
- Applicants should submit a **cover letter** indicating your interest in working with the LGBTQ+ community as an intern at the Montrose Center and a focus on development of clinical counseling skills, as well as a **resume or curriculum vitae (CV)** that includes clinical classwork you have completed.
- Indicate which 2-semester cohort you are seeking placement for – Fall-Spring, Spring-Summer, or Summer-Fall.
- Submit application and documents on the [Montrose Center Employment Page](#) under the [Clinical Student Intern listing](#).
- Once we review applications, we will invite selected students for interviews. Interviews are 30 minutes in length and are conducted by a panel of agency clinicians and intern supervisors.
- The interview panel will provide feedback to the internship coordinator on the interns they feel are the best fit for the agency, and we will make offers to the student directly. If your school has a match process, then accepting this offer will mean that we submit your name for the match process, rather than moving to the next person on the list.

Questions? Email interns@montrosecenter.org



Clinical Internship Expectations

- **Training** – As a student intern, you will complete the same level of training as our staff therapists and case managers, which is why there is a mandatory training week before you begin. There are additional topical trainings due at 14, 60, and 90 days after you begin, and there will be monthly opportunities for training and clinical growth, such as case consultation groups, staff meetings, and on-site continuing education training.
- **Individual Therapy Caseload** - Actively engage in co-facilitating at least 1 group weekly, or as many as schedule allows. Groups are a primary way to attain client hours. You will build your own individual therapy client caseload over the course of the semester, between 6 and 12, if possible.
- **Group Facilitation** – Students will co-facilitate 1-2 groups per week, and will switch to a new group each semester, to get more diverse experience. Groups may include therapy groups like our Substance Use Disorder IOP, or peer groups, like the Coming Out Support Group.
- **IE & CSS** – You will be trained, shadow other therapists, and be supervised conducting intakes (IE) and crisis stabilization sessions (CSS) at the beginning of your internship. Once you have completed the training process, you will be expected to sign up for at least one IE/CSS time each week, as this will give you a wide range of assessment experience. Practice, practice, practice!
- **Weekly Supervision** – All students are expected to have supervision weekly. Individual supervision will be scheduled with your assigned supervisor each week. Group supervision is 2 hours per week and will be scheduled based on the availability of all the students, though we try to keep it the same day/time each semester.
- **Theory Presentations** – During group supervision, you will be asked to give a 15-20 minute presentation on at least one therapeutic model/theory that you find relevant to your academic development, interesting or challenging, personally inclined to use with clients, or are generally curious about. You will research the theory’s history, theory of change, interventions, and give an example of how you would write a treatment plan and conduct treatment using it.
- **Mock Treatment Planning** – After a theory has been presented on, the audience (other student interns) will create a mock-treatment plan of how they might treat one of their own clients using that theory/treatment modality.
- **Case Conceptualization Presentation** – In your second semester, you will give a case conceptualization presentation to all the clinical staff at the Center. Case presentations are 15-20 minutes long and include a client summary and treatment overview of your sessions together. Highlight issues the client presented with for treatment, efforts to build rapport, interventions that went well, obstacles that were either overcome or persist, etc. Staff will be asked to provide input and ask questions, but will not be evaluating your work. This is an opportunity for you to practice your case presentation skills and to share with staff the work you’ve done during your practicum/internship. Make it fun and don’t stress!
- **Live or Recorded Supervision** – By the end of the second semester, you will either make an audio-only recording of at least one session and review it with your individual supervisor, or have them join a session for live supervision.
- **Other Projects** – You and your cohort may be asked to complete other tasks or projects as well. Some cohorts may be reading a counseling or cultural competency-related book each semester, either with the group or with their individual supervisor. You may be asked to plan and record an intake training video. You may be asked to help update sections of the training manual. We are always looking for ways to help improve the program, so make suggestions if you see a need!

Some Group Supervision Topics	
Effective use of supervision	Suicide Prevention
Crisis Intervention	Motivational Interviewing
Solution-Focused Brief Therapy	Vicarious trauma, burnout
Personality Disorders	Self-Care for therapists
Group Therapy	Ethics & Ethical Conflicts
Couples & Family Therapy	Abuse & Domestic Violence
Therapy with adolescents	Self-Disclosure
Reporting to DSHS/State Boards, DFPS, , etc.	Community Resources & Referrals
Termination	Mindfulness & Relaxation
Recovery Coaching	Diagnosis

