



Clinical Internship Info Sheet

Before you apply, you should know:

- A **minimum** of 8 **consecutive** months (or two **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.
- Minimum of **16 hours per week** on site. Most interns find they need 16-20 hours per week, depending on the size of their caseload, and usually spread this out over three or more days of the week.
- **Minimum of two evenings per week** is expected due to the schedule of our groups, which end by 8:30p. A flexible schedule also allows more availability and opportunities to work with clients.
- No weekend hours allowed the 1st semester, as we want to ensure you always have access to a supervisor if needed.
- There is a **mandatory week of training**, and it is only offered three times per year – in January, May/June, and August - scheduled for the week before most traditional semesters begin.
- A working knowledge of the DSM-5 is expected, and **completion of a DSM-5/diagnostic class is required** prior to starting internship, as biopsychosocial assessment training starts at the beginning of your internship.
- Previous clients of the Center must have terminated services at least two years prior to starting their internship position, and acceptance is at the discretion of the program director.
- Accepted applicants will be required to complete a drug screening and are required to provide proof of COVID-19 vaccination records.
- Acceptance into the internship program is always subject to final approval by the student's school/program and completion of an agreement with the school.
- 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)**. We also need a list of the classes you have completed and are currently enrolled in, which you can add to your CV, or you can submit an unofficial transcript.
- Indicate which two-semester cohort you are seeking placement for – Fall-Spring, Spring-Summer, or Summer-Fall. Three-semester internships may be available, if students are in good-standing and meet the agency requirements above.
- Submit application 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 director on the applicants 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 onboarding 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.
- **Therapy Caseload** - You will build your own individual therapy client caseload over the course of the semester, up to as many as 12 active clients, if possible. Couples/relational and family counseling opportunities are very limited.
- **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 therapeutic groups like our Way Out Recovery IOP and SOP program, or peer support groups, like the Beyond the Binary (BTB) and Coming Out Support Group (COSG).
- **Biopsychosocial Assessments & Crisis Intervention** – You will be trained, shadow other therapists, and be supervised conducting biopsychosocial assessments and crisis stabilization sessions at the beginning of your internship. Once you have completed the training process, you will be expected to sign up for at least one open slot on the calendar each week for the front desk to schedule for you, 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 two hours per week and will be scheduled based on the schedule of the entire student intern cohort.
- **Theory Presentations** – During group supervision, you will be asked to give at least one 15-20 minute presentation on a therapeutic model/theory that you find relevant to your clinical 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 Consultations** – You will complete at least one case consultation during our monthly clinical staff meeting. Case consultations are generally 10-15 minutes long and should cover relevant clinical information, such as 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 feedback and consultation. This is an opportunity for you to learn from all our therapists and their wide range of experience and expertise!
- **Live or Recorded Supervision** – By the end of the second semester, you will complete either live or recorded supervision of at least one session and be given feedback in supervision.
- **Other Projects** – You and your cohort may be asked to complete other tasks or projects as well. Examples might include reading a counseling or cultural competency-related book, planning and recording an intake training video, updating sections of the intern training manual, making calls to the wait list, etc. We are always looking for ways to help improve the program, so make suggestions if you see a need!

Example 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
LGBTQ+ Affirmative Practices and Issues	Bipolar, Depression, Psychosis