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Shorehaven Behavioral Health, Inc Practicum or Pre-Masters Internship in Professional Counseling, Social Work, or MFT

A Practicum/Pre-Masters Internship training opportunity (termed practicum, internship, or field work) within a large private full-service clinic offering

- ✓ Outpatient Mental Health treatment for all age groups
- ✓ Outpatient Co-Occurring Disorders treatment
- ✓ In-Home Family-Based Therapy for all age groups
- ✓ Psychiatry
- ✓ Crisis Counseling

*"I wouldn't have gotten an experience like this anywhere else with the amount of in-depth training we get."
- B*

Shorehaven is one of the largest private mental health clinics in the region with a staff of over 70 Psychologists, Psychiatrists, Social Workers, Professional Counselors, MFTs, Substance Abuse Counselors, and Interns.

We specialize in working with complex cases with various combinations of co-occurring emotional, behavioral, substance use, and medical disorders.

Training Experiences

So that we can provide a meaningful training experience, our pre-Masters training is a minimum of nine to fifteen months and a minimum of 700 hours. If your university requires more than 700 hours, we will gladly accommodate.



The pre-Masters year may run from January, June, or September. We start with an intensive two week orientation and training to help our interns prepare. A few weeks before internship, we also send out readings so students are more prepared for this intensive experience.

*"Someone asked me the best place to go, I recommended Shorehaven."
- J*

In the practicum/internship year, the Intern will receive

- ✓ 250-400 hours of treatment experience with varied populations
- ✓ 50-75 or more hours of mental health group supervision
- ✓ 30-50 or more hours of individual supervision
- ✓ 30-50 hours of Mentoring Group designed to give support, answer questions, and bring students together
- ✓ Opportunity to participate in support and consultation teams for

**Child Therapy*

**Marriage and Family Therapy*

**Substance abuse*

- ✓ Opportunity to participate in up to 30 hours of some of these seminars that may be offered while you are with us:

*Introduction to Dialectical Behavior
Therapy*

Couples Therapy

Working with Behavior Disorders

Medication-Assisted Treatment for SUDs

Attachment-Focused Family Therapy

Alcohol and Drug Assessment and Intervention

Motivational Interviewing

Basic Psychopharmacology for Psychotherapists

*I appreciate the confidence and freedom
you give the interns to come to our own
judgement.
- B*

Family Systems Assessment

Family Systems Intervention

Introduction to Mindfulness

Assessment of Children for Psychotherapy

Child and Adolescent Therapy

Attachment Theory in Child and Adult Therapy

Writing Effective Goals

Trauma Assessment and Treatment

Cultural Competence

Ethics and Law in the Practice of Psychotherapy

Suicide Assessment and Treatment

- ✓ *Access to an online library of hundreds of short courses and webinars*

The amount of training I got at Shorehaven is infinitely more than I got before.
- PC

Vision Statement

We change lives through effective services and a culture of lifelong staff learning. All persons deserve the same high quality of services.

The pre-Masters internship program aims to improve the quality of professional services offered by entry level psychotherapists. The members of our training staff firmly believe that rigorous training results in higher quality services.

My supervisor was available for in-depth discussion.
- J

So, emphasis is placed on the attainment of measurable skills. Because 50% of the population served by SBH can be considered under-served, our selected applicants will be provided with a unique opportunity to improve the quality of services provided in the Milwaukee area.

We often hire graduates of our practicum as future Shorehaven therapists.

Virtual drop-in group supervision, which is offered from 9 to 18 hours per month, and Mentoring Group, are wonderful spaces for sharing cases and questions with colleagues from beginning interns to highly experienced therapists, where the discussion is lively, students can consider the clinical and ethical challenges in cases, learn by observation, hear about community resources, find out about the methods used by more experienced staff, and receive support.

Purpose of an Internship

Foremost, the practicum/internship year is a time of ...

- **intensive learning* about all components of participation in the clinical experience
- *application of the basic and clinical psychological knowledge acquired in school
- *intensive exposure to other professionals and their viewpoints and competencies
- *learning treatment methods not acquired in grad school and application of treatments already learned – but now applied in the complex real world environment
- *learning real world goal-setting and treatment planning
- *learning and applying interventions in complicated cases
- *begin to learn to manage a caseload, including planning, treatment, documentation, and payment – all the skills of *Practice Management*

*apply ethical reasoning integrated into clinical situations

*learn the business side of clinical work – how third party payment works, excellence in electronic documentation

*learn about yourself as a clinician-in-development, your strengths, areas to grow, “blind-spots” and challenges.

If the student is in a Substance Abuse Training Track, he or she can work with SUD cases.

As a result, we structure the Internship experience to accomplish these objectives to the extent possible in an 700-800-hour time-frame.



Above all, Internship is about the development of the Therapeutic Self, sometimes called the Therapeutic Ego. That means developing your

- 1) professional identity, with its clinical values and stance towards clients, families and community
- 2) careful, reliable, conscious, planned use of your personality, interpersonal relatedness, empathy, awareness, introspective capacity, insights, perceptions, knowledge, ability to affirm and validate the client, and clinical judgments on behalf of clients you treat and clients you are invited to consult about
- 3) consistent self-awareness of your thoughts, feelings, reactions, and behavior, and how your personal history affects you
- 4) building and maintaining a therapeutic alliance with clients, with connectedness and openness
- 4) ability to shift between experiencing mode and observing mode, that is, from being with the client to observing and thinking about the client's content, process, and patterns
- 5) judicious use of personal experiences and self-disclosure
- 6) learning how to help *without* relying upon advice, suggestions, and recommendations
- 7) endless curiosity about the inner truth of each client.

Beyond the Hours. Many of our interns continue to accrue hours *beyond 600-700 hours* so they can continue to learn. If the student completes the required hours and still has a semester or two before graduation, he or she may still have some internship graduate credits to use and may continue the experience at Shorehaven in order to continue to learn and grow. For example, students at one school can use up to 12 credits for internship. By using 9 for the actual 700 hours, those students who may not yet be ready for graduation (due to writing a thesis or having another course to take) may enroll for additional credits and continue to learn at Shorehaven.

The interns and trainees support one another.
- SA

Internship Staff

Training Director

Don D Rosenberg, LP, LMFT, CSAC
Child, Family, and Adult Psychologist
President

Lynn Godec, MSW
Executive Director



Supervisory Staff

Clare Lewis, MSW, LCSW
Todd Thomas, MSW, LCSW, LMFT
Jessica Weyer, MSW, LCSW, CSAC
Don Rosenberg, MS, LMFT, CSAC, CICS

Who Should Apply and When

The training experience at Shorehaven is designed to meet the needs of students at local universities who are studying

- counseling,
- clinical psychology,
- social work,
- substance abuse counseling as a sub-specialty in a mental health program
- or marriage and family therapy.

It's eye-opening how much there is to learn and how much we develop in a short time.
- B

Apply early! Slots fill up quickly. Please apply 3-6 months before your intended start date. Later applicants may find we do not have space and may have to wait for a future start date.

Those who want a general experience and those who want to specialize in Substance Abuse, Marriage Family Therapy, or Child & Adolescent Therapy are encouraged to apply.

We generally do not accept students who are in their first semester in graduate school or who are looking for a one-semester experience. We may take students after just one semester as long as they agree to a 12-16 month experience. We prefer students with at least two semesters of schooling, especially with courses in counseling, diagnosis, and psychopathology.

We recommend students who want to work in an outpatient setting try to take courses that cover most of these subjects (in addition to the basic curriculum):

- Assessment and Treatment of Trauma
- Diagnostic Assessment, Diagnostic Interviewing
- Psychopathology and the DSM-5
- Child and Adolescent Therapy
- Marriage and Family Therapy
- Cultural Awareness, Bias
- Psychopharmacology

You receive a plethora of knowledge.
- SS

To apply or to make inquiries, email your inquiry cover letter **and** resume to drosenberg@shorehavenbhi.com. In the subject line. **Put "Internship Inquiry - School - First Name, Last Name."** For example, "Internship inquiry - UWM - Sally

Hanover” or “Internship inquiry - Capella - James Silverton.” This will help us keep track of inquiries.

Other comments by recent interns:

I'm enjoying it. I've learned a lot about clients and myself. I can't say it's easy. But it's enjoyable. It's something I always wanted to do.
- Q

I never expected so much support.
- JJ

I feel good about the way you supervise the students.
- J