

The Bridge Youth and Family Services Clinical Internship Program - Graduate Level

The Bridge Youth and Family Service is dedicated to providing a challenging and clinically sound internship program. The agency will provide opportunities for an intern compatible with the agency mission, intern's interest and the expectations of the university or college s/he attends. The opportunities and expectations of The Bridge Youth and Family Services are explained in the following manual. All interns are expected to maintain a minimum of 20 hours per week at the agency.

The Internship Program

The Bridge has a contemporary clinical orientation blending current psychodynamic, cognitive, behavioral, and family systems approaches. The Bridge offers individual, family and group therapy to children ages 6 through 17 and their families. Crisis intervention services offer acute, problem-solving intervention for adolescents and their families.

Intake Responsibilities

Interns are expected to participate in the intake responsibilities. Interns will initially meet with the Intake Coordinator in assessing families seeking services at The Bridge. Interns will then be expected to conduct diagnostic assessments individually. After assessments are completed the intern will present the individual/family client in the weekly team meeting where assessment continues and the client is assigned to a therapist.

Family Therapy

Each intern will carry a family therapy caseload. The number of families seen will vary with the number of hours an intern spends at the agency and the clinical expertise of that intern. The number will generally range from 5 to 10 families.

The intern and his or her supervisor will decide jointly what approach or combination of approaches would be most helpful to each family. The intern will be expected to take equal responsibility for the therapy and case management duties, as well as staffing the family in individual and group supervision.

Individual Therapy

Each intern will be responsible for a number of individual clients for which he or she will be the primary therapist. These clients evolve from their own or other therapists' caseloads. They generally involve a family component which supports the individual treatment.

Group Therapy

Interns will be provided with the opportunity to co-facilitate at least one group. Groups may be dynamic, cognitive/problem-solving, developmental, or psycho-educational. The intern will be responsible for the coordination, development, screening and facilitation of the group experience. The intern's co-facilitator will most often be a Bridge therapist.

Crisis Intervention Services

Interns may have the opportunity to participate in crisis intervention services during the final evaluation period. This would include being on-call for a 24 hour period and responding to area police departments, requesting services for runaway or ungovernable teens. Participation in these services would be decided by the supervisor on an individual basis.

Volunteer and Prevention Services

Interns may have the opportunity to participate in these Bridge programs. On-going services include a variety of parenting programs.

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Agency Meetings

Interns are expected to participate in the following agency meetings:

- **Weekly Staff Meeting:** This is a one hour meeting for the entire Bridge staff to educate other departments as to their service issues as well as to brainstorm and problem-solve agency concerns.
- **Child and Family Team Meeting:** This is a weekly meeting for the clinical team to discuss programming concerns and staff clients in group supervision.

- **Consultation Meeting:** The Bridge has a monthly clinical consultation. In addition to case consultation there are didactic presentations on specific issues in therapy.

Supervision

Interns are provided and expected to participate in the following supervision opportunities:

- **Individual Supervision** will be scheduled weekly or more often to discuss the intern's clinical assignments. As a part of his or her supervision the intern will participate in writing process recordings, audio-visual recording or live supervision. Particular emphasis will be placed on assessing a family from family systems and dynamic theories. Particular use will be made of transference/counter-transference issues in both the therapeutic and supervisory relationships.
- **Group Supervision** will be provided at the weekly team meetings. This is an opportunity to get input from a variety of clinical orientations as a team of professionals seeks to understand and provide input on more challenging clients.
- **Intern Group Supervision** will also be provided. This is an opportunity to staff clients and discuss issues related to the student role at the agency. Educational information is also provided on a variety of topics chosen by the interns themselves.
- **Consultation** is provided monthly as mentioned above. This is an enriching experience in which all clinical teams participate. Interns will have the opportunity not only to attend, but also to staff one of their own clients.

Evaluation

Formal evaluation tools are to be supplied by the educational institution which the student attends. These will be completed by Bridge supervisors as required by the educational program, however, evaluation of skills and clarification of learning objectives is an on-going process via the intern-supervisor relationship.