

**Clinical Residency Program**

Care and Counseling’s Clinical Residency is a post-graduate training program focused on psychodynamic, family systems, and spiritually integrated therapy.  There are many aspects to the program, a summary of which is below.  The resident therapist is a paid position, though there are fees associated with the coursework and supervision.  All other aspects of training are funded by Care and Counseling.

The residency program offers two certificates: 1) Certificate of Study in Psychodynamic and Systems Counseling, and 2) Certificate of Supervised Experience in Clinical Practice of Psychodynamic and Systems Counseling. The duration of the residency is dependent upon which certificates the resident pursues, as well as ongoing evaluation by the individual supervisor, group supervisor, faculty, and the Training Director.

**Psychotherapy Enrichment Program**

This aspect of the program is didactic course work, and it is completed in the first year of the residency.  The courses run on the academic calendar of September through April.  Courses include: Nuts and Bolts of Being a Therapist; Psychodynamic Theory: Drive, Ego, Self, and Object Relations; Attachment Focused Family Therapy; Interpersonal Theory; Psychodynamic Psychopathology; Family and Faith of Origin and the Helping Professional; Therapist and Client Relationship; Integration of Spirituality and Psychotherapy.  Resident therapists are provided a 50% discount on tuition for PEP classes.  This amounts to $825 after the tuition discount (full tuition is $1650).

**Clinical Work**

Upon registering supervision with the state and receiving the provisional license, the resident therapist begins to provide psychotherapy to patients.  Care and Counseling has a strong referral network, thus there are many opportunities for developing a practice.  Resident therapists see patients through our Client Assistance Fund.  This is a fund that allows us to provide psychotherapy to patients who may be uninsured, underinsured, or lacking financial resources for treatment.  Also, resident therapists are encouraged to build their own referral networks and accept patients through these direct referrals.  Resident therapists are paid 50% of fees collected for billed client sessions.

**Individual Supervision**

The individual supervisor guides the resident in the learning process at Care and Counseling, as well as provides the clinical supervision required for licensure.  Individual supervision occurs 1 hour per week for 46 weeks of the calendar year.  If a resident is seeking licensure, the individual supervision occurs 1 hour per week for all weeks of the calendar year, except for vacations.  The purpose of supervision is to attend to the development and progress of the resident, both in course work and clinical work.  Upon initiation of supervision and at the beginning of each semester the supervisor and resident work together to develop learning goals for each semester of training, which are submitted to the Clinical Director.  The sessions focus on the following aspects of clinical work: intake process; assessment and diagnosis; conceptualizing therapy in the opening, middle, and termination phases of therapy; working with transference and countertransference, projective identification, and other psychodynamic constructs; integrating spiritual and faith issues into the therapy; developing strategies and interpretations for responding therapeutically to the patient.  At the discretion of the supervisor, residents are asked to record sessions with patients, provided the patient agrees and signs a consent, and / or writes process notes of sessions with patients.  The supervisor also assists the resident the development and writing of psychodynamic formulations and case presentations.  The resident therapist pays $40 / session as a first year resident therapist and $60 / session as a second or third year resident therapist for individual supervision.

**Group Supervision**

Group supervision occurs four times per month during the academic year.  The sessions are facilitated by the Clinical Director, and focus on the following aspects of clinical work: intake process; assessment and diagnosis; conceptualizing therapy in the opening, middle, and termination phases of therapy; working with transference and countertransference, projective identification, and other psychodynamic constructs; integrating spiritual and faith issues into the therapy; developing strategies and interpretations for responding therapeutically to the patient.  Resident therapists rotate opportunities to present clinical work in the group supervision.  The general format includes a genogram, presenting issues / symptoms, description of relevant history, initial understanding of underlying meaning of symptoms and / or psychological conflicts, DSM diagnostic possibilities, psychodynamic diagnostic possibilities, and process notes.  Also, the resident brings to the group some points of discussion related to the case.  The resident therapist pays $40 / month for group supervision.  Group supervision occurs September through May.

**Seminars**

During the academic year, Care and Counseling hosts a series of seminars, which are educational events open to the staff and the community.  The seminars occur on the 2nd and 4th Wednesday of the month, 10:30am until 11:45am.  The speakers present on a variety of topics related to psychodynamic theory, spiritually integrated psychotherapy, marriage and family systems theory, and cultural diversity.   The seminar speakers, content, evaluation, and documentation meet the standards established by the National Board for Certified Counselors to provide continuing education units as an Accredited Continuing Education Provider (ACEP #5706).

**Case Conference**

The clinical staff of Care and Counseling gather on the 3rd Wednesday of the month, 10:30am until 11:45am, for Case Conference.  This educational event is an opportunity for a comprehensive and depth-oriented review of a patient’s treatment.  Through a presentation that includes presenting problem, psychosocial history, family genogram, and process notes, there is an opportunity for considerations of clinical applications of theoretical frames (i.e. psychodynamic, family systems), analysis of the dynamics in the therapist / patient relationship, review of the treatment plan, and opportunity for consultation regarding impasses in the treatment.  The Case Conference speakers, content, evaluation, and documentation meet the standards established by the National Board for Certified Counselors to provide continuing education units as an Accredited Continuing Education Provider (ACEP #5706).

**Resident Book Study: Working with Parents Makes Therapy Work**

An exciting addition to our training program this year is a Resident Book Study.  Each year we will select a book to study with the intention of deepening our knowledge and clinical applications of an area outside of the main focus of the PEP courses. This year we will focus on the work on the Novick’s by reading Working with Parents Makes Therapy Work.  The Resident Book Study will occur on the 3rd Wednesday of each month, 12:00pm until 1:00pm, September through April.  The schedule for reading is listed on the training schedule, and there will also be time for case presentations. Staff therapists are also invited to participate in this training opportunity.  However, I do ask that you commit to attending the entire program (of course, excluding vacations) so that we have a cohesive group.

**Group Consultation with Psychiatrist**

Care and Counseling is affiliated with a psychiatrist that provides consultation services for the clinical staff.  This sometimes occurs in the context of individual consultation, but is regularly scheduled on the 2nd and 4th Wednesday of the month, 12:00pm until 1:00pm.  The meeting provides an opportunity to discuss psychiatric issues, assessment and diagnostic clarification, psychiatric medication questions, and other issues related to the care provided to our patients.

**Staff Meetings**

On the 1st Wednesday of the month, 10:30am – 11:45am, all leadership, administrative, and clinical staff members of Care and Counseling attend a Staff Meeting.  This meeting starts with a reflection by the Executive Director, and includes an update from the administrative department, clinical department, and marketing department.  Additionally, it is standard to provide an educational piece on HIPAA and reminder about upcoming seminars and continuing education events.

**Individual Therapy**

Part of the training program is engaging in your personal work with a psychodynamic therapist while you are learning the theory and working with patients.  This is essential in a psychodynamic process, as you will develop insight into your own inner world and have greater awareness as to how that impacts the therapist / patient relationship.  Within the first month of the program we will just need a letter stating that you are in an ongoing treatment.

The application for this program is accessible through our website: <https://careandcounseling.org/about-us/career-opportunities/careers-resident/>.