



## **MENTAL HEALTH AND WELLNESS CENTER** **TRAINEE COHORT 2023-2024**

### **DESCRIPTION OF PLACEMENT:**

Mental Health and Wellness Center at De Anza College (MHWC), previously Psychological Services, serves the community of De Anza College, enrolling an average of 20,000 students per academic year. With a focus on providing multiculturally responsive mental health care, MHWC provides brief therapy to actively enrolled students at no up-front cost. Enrolled students pay a health service fee which covers the cost of our services. Using PyraMed, the electronic health record system, MHWC is an ever-developing counseling center looking for motivated, open, engaging and flexible trainees who are passionate in providing support, psychoeducation, and therapeutic services to diverse students across the developmental life span. To learn more about the services we provide, please visit <https://www.deanza.edu/psychologicalservices/>.

### **QUALIFICATIONS:**

Preferably, applicants will have at least one year of practicum-level experience. Other preferred qualities include completed coursework in multiculturalism, trauma and working with the LGBTQIA+ population, experience in university counseling centers, and experience in providing treatment to diverse populations (e.g., marginalized and underserved communities, racial and ethnic minorities, low income or homeless populations, immigrants, international students, veterans and people who identify as LGBTQIA+). Those who are fluently bilingual in a language other than English are encouraged to apply.

### **ADDITIONAL QUALIFICATIONS AND SCREENINGS:**

Upon matching with MHWC, verification of immunization and background check with fingerprinting is required. Agency will pay cost. Background check with fingerprinting will be processed through campus police at De Anza College. *Per district regulations, documentation for receipt of a COVID-19 vaccination series and booster or completion of exemption form is required to work on campus.*

### **STIPEND:**

No stipend is provided to practicum interns at this time. Free parking, some seminar fees and group therapy materials are provided.

### **TRAINING AND SUPERVISION:**

MHWC at De Anza College follows the standards and regulations put forth by the California BOP and BAPIC. Trainees will be given the opportunity to develop skills in the following domains: individual and group therapy; brief psychological assessment; consultation; community outreach; didactic seminar training; professional conduct, laws, ethics and standards of practice and a culturally sensitive understanding of issues relevant to the areas listed above.

Training will be conducted using a seminar didactic method in addition to consultation, supervision, mentorship and socialization. Our program ensures that trainees achieve developmentally appropriate competency through outcome assessments performed by the Director of MHWC with feedback from additional secondary or group supervisor(s). Outcome assessments are evaluated in accordance with De Anza College's philosophy, training department goals and objectives, as well as California Board of Psychology and American Psychological Association's guidelines for practice. In addition, this plan for supervised training includes didactic seminars that focus on progressively more comprehensive and complex therapeutic methods with the expectation for the trainee to advance in knowledge, understanding and application over the training year.

Each trainee will be expected to present at least one formal case presentation *or* didactic training presentation; participate in and review at least one individual audio or video recorded session, per academic quarter, with their assigned individual supervisor in accordance with APA IRC-24; attend all training programs and outreach activities assigned to the trainee.

**PRACTICUM TRAINING DURING COVID:**

Currently for the 2022-2023 academic year, the training program is operating a hybrid schedule with opportunities to see individual clients face-to-face with necessary precautions. We anticipate the continuation of this mode of operation in the upcoming training year with the expectation that each intern will have *at least* one full workday on campus. However, this is subject to change based on district orders. *Per district regulations, documentation for receipt of a COVID-19 vaccination series and booster or completion of exemption form is required to work on campus.*

**TIME COMMITMENT:**

Mid-September 2023 through late-June 2024; 20 hours per week. During the training year, Tuesdays from 10 AM PST to 12 PM PST are mandatory for in-person group supervision and didactic training. This time and date is subject to change based on the needs of the clinic. Scheduled hours worked are flexible during clinic's hours of operation.

*Formal training for practicum includes two to three days of events on District and College Opening Days before Fall Quarter 2023. Tentative dates for this required orientation are 9/20/2023 (8 AM PST to 3:30 PM PST), 9/21/2023 (8 AM PST to 4 PM PST) and optionally 9/22/2023 (9 AM PST to 1 PM PST). These are subject to change based on district calendar.*

**TO APPLY:**

Qualified applicants may apply by sending all relevant materials [Cover Letter, Curriculum Vitae, three (3) letters of recommendation] in PDF format to our training program administrators, William Firmender, Ph.D. at [firmenderwilliam@deanza.edu](mailto:firmenderwilliam@deanza.edu) and Kimberly Lee, Psy.D. at [leekim@deanza.edu](mailto:leekim@deanza.edu). You may also contact the administrators at their respective emails above with any questions.



## MENTAL HEALTH TRAINEE FACT SHEET

**SERVICES PROVIDED:** Individual therapy, group therapy, community outreach, psychoeducation

**TYPES OF INTERVENTION:** Brief therapy modalities. Theoretical interventions are generally determined by client need and are flexible based on client conceptualization. Evidenced-based treatment is encouraged. Common modalities and interventions include client-centered therapy, CBT, strength-based CBT, trauma-focused CBT, unconditional positive regard, motivational interviewing, as well as strength-based humanistic, behavioral, and existential techniques.

**ELIGIBILITY:** P3, P4 or students with at least one year of prior clinical experience in an APA-approved doctoral (Ph.D. or Psy.D.) program.

**TIME COMMITMENT:** 20 hours per week, hours allotted to each activity varies based on trainee's university's training requirements and trainee interests.

A typical trainee schedule is broken down as follows:

- 50% individual therapy (maximum of 10 clients on a caseload)
- 15% supervision & didactic seminar training
- 10% administration & documentation (e.g., chart audit, note writing)
- 10% group therapy
- 10% community outreach activities
- 5% crisis intervention

**TRAINING AND SUPERVISION:** All trainees will receive 3 hours of supervision per week regardless of program requirements. One (1) hour of individual supervision with a licensed psychologist and two (2) hours of group supervision. Each week the trainees will attend and participate in didactic seminar trainings provided by a wide array of experts in a variety of topics. Please see current training schedule for example trainings. Trainings are subject to change.

**DIVERSITY:** De Anza College enrolls a wide array of diverse intersecting identities. As such, familiarity and comfortability with culturally responsive care is essential at the Mental Health and Wellness Center at De Anza College. MHWC is dedicated to providing equitable access to all students regardless of identity. As a part of client treatment, referrals and some case management may be necessary to facilitate continuing client care.

**APPLICATION:** Qualified applicants may apply by sending all relevant materials [Cover Letter, Curriculum Vitae, three (3) letters of recommendation] in PDF format to Dr. Firmender @ [firmenderwilliam@fhda.edu](mailto:firmenderwilliam@fhda.edu) and Dr. Lee @ [leekim@fhda.edu](mailto:leekim@fhda.edu).

**CONTACT WITH QUESTIONS:** Dr. Lee, [leekim@deanza.edu](mailto:leekim@deanza.edu) & Dr. Firmender, [firmenderwilliam@deanza.edu](mailto:firmenderwilliam@deanza.edu)