

FAMILY SERVICE AGENCY OF MARIN
555 Northgate Drive, San Rafael, CA 94903-3680
Phone (415) 491-5700 - FAX (415) 491-5750

AGENCY OVERVIEW

MFT & MSW Intern-Trainee Program 2010-2011 Training Year

- Non-profit mental health agency established in 1945
- ***Recipient of the CAMFT School and Agency Award for 2009***
- Clients from diverse ethnic groups, primarily low-income, with wide range of presenting problems
- Training program for MFT and social work students for over 25 years
- Pre- and post-doctoral psychology training program since 2004
- Weekly Training and Supervision—four hours of training and three hours of supervision per week, as follows:
 - Consultation in child and family therapy (Tuesdays 12:30-2 p.m.)
 - Staff development on advanced topics related to adult treatment (Fridays 9:15-10:45 a.m.)
 - Team meetings with licensed staff, interns, and trainees including outside consultants (time varies)
 - Individual (one hour) and group supervision (two hours)
- Psychodynamic orientation, with other models supplementing this base:
 - Training in assessment and case formulation from a psychodynamic perspective
 - Training in treatment planning incorporating techniques from psychodynamic, cognitive-behavioral, crisis-intervention, biopsychosocial, and psychoeducational perspectives
- Training in evidence-based treatments including:
 - Dialectical Behavior Therapy (DBT)
 - Motivational Interviewing
 - Exposure-based Treatment for Anxiety Disorders
 - Brief Family Therapy using Evidence-Based Principles
 - Trauma-Focused Family Therapy
 - TeenScreen
- Specialized training available in:
 - Substance abuse and addiction
 - Childhood trauma
 - Pregnancy and early parenting, including parent-infant psychotherapy
 - Suicide prevention hotline
 - Intake screening and interview by telephone
- ***Multi-cultural placement*** available in our Southern Marin Services office
- Training year September 1-August 31 (4 weeks vacation permitted)
- One-year commitment 16-22 hours per week; varies somewhat by program
- Requirement for one evening (5-8 p.m.) or Saturday (3 hours) for client appointments
- ***Stipend for bilingual*** Spanish-speaking interns/trainees.

If interested in applying, please send
resume, cover letter and FSA application by March 15 to:
Diane Suffridge, PhD, Clinical Director
dsuffridge@fsamarin.org

FAMILY SERVICE AGENCY OF MARIN OPEN HOUSE

A Gathering to Share Information on
FALL 2010

MFT, MSW, & Pre- or Postdoctoral Internships

This informational Open House will offer participants:

- Introductions to **FSA's clinical staff**
- Presentation concerning **supervision, trainings, and consultations** offered by FSA
- Opportunities to have your **questions addressed** by experienced staff and interns

WHEN: Monday, February 22, 2010

6:00 – 7:30 p.m.

Presentations 6:30 – 7:00 p.m.

WHERE: Family Service Agency of Marin

555 Northgate Drive

San Rafael, CA 94903

For questions, please call **(415) 491-5700**

Or e-mail dsuffridge@fsamarin.org

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DESCRIPTION OF GENERAL TRAINING PROGRAM
MFT & MSW Intern-Trainee Program 2010-2011 Training Year

Client Population and Treatment Modalities:

Family Service Agency of Marin is a non-profit mental health agency that provides psychotherapy to individuals, couples, and families. Clients come from diverse ethnic groups and are primarily low-income. They represent a wide range of psychopathology and often have multiple problems. Frequent presenting problems are: depression, marital discord, parent-child problems, school failure, divorce-related issues, and troubling personal relationships. In addition, many of our clients have experienced the effects of domestic violence and other trauma, substance use and addiction in the family, and the psychosocial stressors associated with poverty and mental illness.

There are opportunities to work in a variety of treatment modalities including individual therapy, couple and family therapy, child treatment and groups. Some interns can also participate in school-based counseling with elementary school children. Because of recent changes in treatment authorized by Medi-Cal in Marin County, we have expanded our group treatment services for adults. Interns/trainees will have the opportunity to co-lead a group with one or two other therapists. These groups are generally offered in eight-week modules which are repeated throughout the year. Current groups include Dialectical Behavior Therapy, Mind over Mood (a cognitive-behavioral group for symptoms of depression and anxiety), Recovery and Wellness for Women (using the Seeking Safety model for addiction and trauma), and a WRAP group for Parents (Wellness Recovery Action Plan). Children's trauma recovery groups and other parenting groups are also offered when possible.

Orientation to Training and Supervision:

We provide a rich, comprehensive training environment. Interns/trainees receive training in assessment, diagnosis, case formulation and treatment planning using a psychodynamic theoretical orientation which encourages a conceptual perspective incorporating different aspects of the clients' internal and external experience and behavior. Treatment planning integrates the psychodynamic conceptual formulation with techniques appropriate to the clients' developmental level, symptoms, and strengths.

Interns/trainees have the opportunity to learn from their individual and group supervisors, other FSA supervisory staff, senior clinicians and consultants with expertise in child therapy, family therapy, couple therapy, adult treatment, and addiction. There are a number of opportunities to present cases and receive expert individual consultation.

On average, at least one-half of our interns/trainees stay at FSA for two years or more which contributes an additional source of clinical strength and support to that available from supervisors, senior clinicians, and consultants. Our training program includes MFT trainees and registered interns, MSW students and post-graduates, and predoctoral and postdoctoral psychology trainees. This provides a wide range of colleagues who share their knowledge in clinical meetings and trainings.

(Description Of General Training Program)

Training Year 2010-2011

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Expectations and Requirements:

Meeting the requirements of our training program requires an average of 16-22 hours per week. We expect that at least 50% of these hours will be client appointments. One evening (5-8 p.m.) or Saturday (3 hours) is required for client appointments. The usual case load is 6-10 client hours for MFT trainees and MSW students and 10-12 client hours for MFT interns and ASW post-graduates. Attendance at all trainings, supervision and clinical meetings is required and four weeks of vacation is permitted. Our training year begins with a two-day orientation on the Tuesday and Friday after Labor Day.

Most of the required meetings and trainings are held Tuesdays, 10 a.m. to 2 p.m. (3 p.m. for school-based counseling training and family therapy training) and Fridays 9 a.m. to 1 p.m. Some trainings may require attendance on other days, to be specified during the application and acceptance process.

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CLINICAL TEAMS

MFT & MSW Intern-Trainee Program 2010-2011 Training Year

Services for Adults and Youth (SAY):

Clients served by the SAY team represent a wide range of ages (five years to older adult) and come from diverse ethnic backgrounds (40% are people of color). They call for help with a wide range of problems. They are adults struggling with depression and anxiety, parenting issues, severe mental illness, divorce-related problems, grief and loss, or trauma. They are children who have suffered loss, abuse, or abandonment. They are teens who grapple with learning disorders or Attention Deficit Disorder and the secondary self-esteem problems associated with those disorders.

The SAY team is the most general of the three clinical teams. Interns and trainees will have a case load of individuals, couples, and families with a wide variety of presenting issues. There is an opportunity to work with a broad age range in a variety of treatment modalities. The weekly team meetings center around case presentations to two outside consultants and the team of supervisors, licensed therapists and interns/ trainees.

The SAY team meeting is on Fridays from 11-11:55 a.m. Group supervision is on Tuesdays from 10 a.m. to 12 noon.

Services for Addiction Recovery (SAR):

The biopsychosocial stressors and personal crises that motivate individuals and families to seek psychotherapy are frequently linked to abuse of alcohol and other substances as well as other addictions. Commonly, people requesting services are individuals with a dual diagnosis requiring a clinician knowledgeable in both mental health and substance abuse treatment. Interns/trainees interested in this knowledge can receive intensive training and experience in treating substance abuse and co-occurring problems.

Interns and trainees on the SAR team have the opportunity to work with a wide variety of clients affected by substance abuse and other addictions. A typical client case load will include clients in varying phases of recovery from abuse of alcohol and other drugs, gambling and sexual addictions, and eating disorders. Interns also see children and adults who are affected by the presence of addiction in their families. Although these clients are affected by substance abuse and addiction, they seek treatment for wide-ranging issues in addition to substance abuse. The SAR team meetings provide didactic training in Motivational Interviewing and other harm reduction approaches to addiction as well as case presentations.

The SAR team meeting is on Fridays from 12-12:55 p.m. Group supervision is on Tuesdays from 10 a.m. to 12 noon.

(Description Of Clinical Teams)

Training Year 2010-2011

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Child and Family Treatment (CFT):

Many families are at particularly high risk, due to the parents' history of trauma and current psychosocial stressors such as multiple children under the age of 5, addiction, domestic violence, separation and divorce, child abuse and neglect, poverty, and mental illness. These families are served by therapists on the CFT team who receive specialized training and supervision in working with high-risk families and who work closely together to meet the families' needs for multiple services.

Interns and trainees on the CFT team will work with high-risk families in individual, couple and family therapy. Group treatment for children who have survived recent trauma as well as support groups for parents are also offered. Training in parent-infant psychotherapy and trauma-focused family therapy is provided in the CFT team meetings as well as case presentations.

The CFT team meeting is on Tuesdays from 10-10:55 a.m. Group supervision is either Mondays from 12 noon to 2 p.m. or Thursdays from 11 a.m. to 1 p.m.

SPECIALIZED TRAINING OPPORTUNITIES

The following placements are available to interns/trainees on any of the three clinical teams.

Multi-Cultural Placement at Southern Marin Services:

The Southern Marin Services office serves an ethnically, racially and culturally diverse population. The office was established to provide access to mental health services for individuals and families who are under-served by traditional mental health programs. SMS is committed to having a diverse staff who are flexible and responsive in providing both traditional psychotherapy, as well as non-traditional services at alternative sites (homes, community organizations, schools). Community outreach is a vital part of the SMS mission.

Suicide Prevention Hotline:

Interns and trainees can receive training to provide telephone counseling and support to individuals in crisis. After an intensive 40-hour training in the fall, interns will work four hours per week answering calls on the hotline. The hotline experience contributes to therapeutic skills of assessment, crisis management and immediate problem-solving that are important in all clinical work.

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INTERN/TRAINEE APPLICATION MFT/MSW 2010-2011

Your status in September 2010 (*please check one*):

MFT Trainee _____ MFT Intern _____ MSW Student _____ ASW _____

School _____ Department _____

Date of degree _____ or *expected* date of degree _____

Name _____
Last First Middle Initial

Address _____

_____ *City State Zip Code*

Phone Home (_____) _____ Work (_____) _____

Cell (_____) _____ Which is best to call? _____

E-Mail _____

Days/Dates *NOT* available for interview: _____

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Clinical Teams:

(*please list order of preference*)

___ **Services for Adults and Youth**

___ **Services for Addiction Recovery**

___ **Child and Family Treatment**

Specialized training: Open to interns/trainees placed on any clinical team
(*check any areas of interest*)

___ **Multi-cultural placement** in our Southern Marin Services office

___ **Suicide Prevention hotline**

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