



Advanced Therapy Practicum 2024-2025 Information Sheet

Contact Information

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Address of downtown office and location of Practicum: 333 N. Michigan Avenue, Chicago, IL 60601

Practicum Type

This is an Advanced Therapy Practicum. Applicants must be currently completing or have completed a supervised psychotherapy practicum within a doctoral program in counseling or clinical psychology. **One year of supervised therapy experience is required by the start of the advanced practicum year.** A diagnostic practicum, or a year of supervised diagnostic and assessment work, does not qualify the student for the Advanced Therapy Practicum at Center Focused Therapy.

Overview

Center Focused Therapy (CFT) is a group psychotherapy practice located in downtown Chicago dedicated to providing the highest level of intentional, compassionate, and informed care for our diverse, adult client population. We often describe ourselves as a combination of a university counseling center, community mental health center, and private practice given the clients that we see and ways that we function. CFT is seeking advanced therapy practicum students who are committed to providing affirmative mental health care and pursuing their own clinical, personal, and professional growth.

We are hoping to have a cohort of 2 Advanced Therapy Practicum students for the 2024-2025 year. We also have a Post-Doctoral Fellowship and Master's level clinicians who are accruing hours for licensure and under the supervision of our licensed staff.

The goal of the advanced therapy practicum is to prepare advanced graduate students for doctoral internship and enriching careers in clinical and counseling psychology. We seek to balance a deep commitment to training and the provision of support with fostering Externs' increasing autonomy. The primary foci of the training program are to:

1. Foster Externs' ability to consistently provide intentional, high-quality psychotherapy with a heavy emphasis on intake assessment and individual psychotherapy, particularly long-term, insight-oriented, cross-culturally focused therapy
2. Assist Externs in refining their clinical skills and solidifying their theoretical orientation
3. Increase Externs' awareness and level of skill in navigating and addressing issues of culture, identity, social justice, and the socio-political surroundings within a relational framework
4. Consistently adhere to the highest ethical standards of our field and aspiring to practice with an anti-racist/anti-oppression and intersectional lens



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5. Support Externs in their professional development and completion of their doctoral program. This includes supporting them in their next steps in their journey, such as applying for internship, completing their dissertation, fostering the development of their specific areas of interest and emerging expertise, examining career options, and engagement in the fields of clinical or counseling psychology, as well as marketing, billing, and other skills necessary to maintaining a successful independent practice

Client Population

Our clients come from a broad range of social locations and present with a wide range of concerns. We see clients who are coping with anxiety, depression, other mood disorders, relationship concerns, body image/eating concerns, grief and loss, a range of traumas, oppression and concerns about political climate, and other difficulties. We work with adults across the lifespan and do see a fair number of university students given our relationships with local university counseling centers, including University of Chicago, University of Illinois at Chicago, Northwestern University, and others. Our clients are also referred by hospitals, group practices, community health centers, individual practitioners in private practice, and prescribing psychiatrists. People of Color, LGBTQ+, people with disabilities, immigrants, and members of other minoritized groups make up the majority of our client population. We are expanding to offer more services to trans-identified people given the need in this community.

We do accept insurance though we also offer sliding fee services given our commitment to serving those with limited resources. If you have particular clinical interests, we will make efforts to link you with clients who reflect your interests.

Supervision

Center Focused Therapy truly values providing training. We ensure that each trainee has regular meetings with a primary supervisor and opportunities to also consult with other senior clinicians. We have a large, interdisciplinary staff so that Externs have the opportunity to interact with a range of clinicians in the practice. Supervisors take a developmental and competency-based approach to supervision and are focused on training students to conduct insight-oriented, long-term, cross-culturally focused therapy. Supervisors individualize supervision to meet Externs' training goals and developmental needs. We recognize that each trainee is unique and also may have different needs over the course of the training year. It is our hope that trainees feel welcome and respected and, therefore, can use supervision and other training opportunities to advance their learning and growth. We do provide lots of feedback to trainees, including in response to their session recordings, in order to facilitate growth. We have ongoing direct observation of Externs' clinical work through the use of video recording of sessions. We work closely with academic programs with regard to upholding the training contract, completing the midyear and end of year site evaluations, and making proactive contact with the academic DCT if concerns arise regarding a student's performance. Clinical and Counseling Psychology students will be evaluated based on the APA Competency Benchmarks.

Training Activities

Advanced Therapy Externs will receive:

- * **Orientation at the start of the year**



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Advanced Therapy Practicum students will participate in structured orientation activities at the start of the year to orient them to practice policies and procedures. These activities will assist them in being successful at the practice and in learning about our supervisors and staff. Part of this orientation will include ethical and legal issues and clear guidelines about how to manage client emergencies while onsite and working remotely.

***1 hour of weekly individual supervision**

Primary supervision with an experienced, Licensed Psychologist. The supervisor will have at least 2 years of experience post-licensure and would have previous supervision experience.

***1 hour of weekly individual supervision with a secondary supervisor**

Secondary supervision is with either a recently Licensed Psychologist, Counselor, Social Worker or a Post-Doctoral Fellow. Secondary supervision will be focused on 1-2 cases and will allow time for more in-depth exploration of these cases.

***1 hour of weekly group supervision**

In group supervision, there is an alternating focus on case consultation and professional development. Case consultation is structured in such a way to allow for Externs to present cases and consult with peers and co-facilitators.

Professional Development meetings will include support around the internship application process, dissertation, as well as other relevant topics about careers in psychology, private practice, professional engagement, etc. Both supervisions will be co-facilitated by 1 senior staff person and 1 recently licensed staff person or Post-Doctoral Fellow.

***2 hours of Didactics per month (1 hour each)**

We have 2 hours of didactic trainings per month open to anyone in the practice. Some sample titles of trainings in the past:

"Group as an Intervention in Private Practice"

"Fatphobia in Clinical Practice"

"BP-What? Identifying and Assessing Bipolar Presentations and Considerations for Treatment"

"Racial Trauma and Liberation Psychotherapy"

"Being a Clinician and Ally to Trans-identified Clients in a Time of Political Scrutiny. Pt 2: Impact on Clients and Therapeutic Approaches"

"Assessing and Documenting Risk"

"How to Engage in Active and Accessible Self-care"

***2 hours of Case Consultation per month**

We have a monthly consultation group open to anyone in the practice. It is facilitated by our Clinical Director, Dr. Calingaert.

*If interested, the option of **observing and later co-leading an interpersonal process group** and receiving supervision (90 minute group, 30 minutes supervision per week)



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***Opportunities to network with other professionals** as we have a vibrant, large group practice with clinicians with differing disciplines and areas of expertise

Schedule

Externs will have a fixed weekly schedule and will be required for 20 hours per week from July 16, 2024 to June 6, 2025. There is an opportunity for a “soft launch” if Externs would like to begin earlier. Externs will need to be present on site at our downtown office on Tuesdays and Wednesdays and work remotely one additional weekday. Externs are required to offer times until 7pm one day per week, which could be the remote day.

Extern Weekly Schedule

Individual Counseling	10-12 hours (dependent on whether or not co-leading a group)
Group counseling	0-1.5 hours
Individual Supervision	2 hours
Group Supervision	1.5 hours (on average with monthly Case Consultation)
Supervision of group therapy	0-1 hour (.5 with coleaders, .5 per month in Group consultation space)
Didactics	.5 hour
Note writing/Preparation	4 hours
Total:	20-20.5 hours

Stipend

Center Focused Therapy is able to offer a modest, monthly stipend which could be used for transportation or other expenses.

Application Procedure

*Center Focused Therapy abides by ACEPT Guidelines <https://acceptchicago.org/#>

*All application materials will need to be submitted electronically. **No paper materials will be accepted**

*Procedures for submitting applications will be on the Center Focused Therapy website in mid-January



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Application Requirements

*Cover letter explaining why you are drawn to Center Focused Therapy's Advanced Therapy Externship

*Current resume/curriculum vita

*Current Doctoral program transcript

*Three letters of recommendation, including **at least** one from someone who directly supervised your clinical work

Other Requirements

*Orientation dates: July 16 and 17, 2024

*Winter retreat date: TBD, early December 2024

*Weekly group supervision and didactics twice per month: Tuesday and Wednesday mornings

*General scheduling: Required in person on Tuesdays and Wednesdays, see above.

Applications Accepted*: Friday, January 26th at 9am

Application deadline: Wednesday, January 31st at 5pm

*Center Focused Therapy will abide by all ACEPT Guidelines for those students who are in ACEPT programs

