

LifeSkills

Internship program - guidelines & procedures

LifeSkills, Inc. – Internship program

I. INTRODUCTION

Program overview -- LifeSkills, Inc. routinely has interns and practicum students fulfill some functions within our agency. This packet is intended to provide guidelines for students and staff regarding the different types of internships, application procedures, travel requirements, and other pertinent information about the internship program. LifeSkills has operated in Bowling Green and the 10 surrounding counties since 1966. During this time LifeSkills has distinguished itself as a leader among Community Mental Health Centers in Kentucky for our consistent use of new and innovative approaches in the treatment of Behavioral Health disorders. In keeping with this leadership role LifeSkills strives to offer quality educational internship experiences to individuals seeking to further their expertise and advancement in a variety of mental health fields and settings.

Each of the freestanding clinics in our 10 county region is staffed with fully certified and/or licensed Psychologist, Social Workers, Marriage and Family Therapists, and/or Professional Counselors. During the course of an internship, an individual may also come in contact with Psychiatrists, Psychiatric nurses, occupational therapists, speech therapists, school counselors, vocational rehabilitation counselors, and/or recreational therapists. Each of these professionals offers a unique perspective and approach to the identification, understanding, and treatment of individuals with behavioral health disorders from which the intern can gain insight and understanding.

Interns will receive exposure to a wide range of mental health problems and treatment approaches. Practical experience in working with children, adolescents, and adults may be offered. An integral part of any internship program is the clinical supervision. Interns will be assigned a primary clinical supervisor with whom they will be responsible to for all aspects of their clinical work. Each intern will also be assigned an administrative supervisor or mentor that may or may not be the clinical supervisor. This mentor will provide oversight and supervision to all aspects of the intern's duties and will work in consultation with the primary clinical supervisor when they are not the same person.

All interns will receive training in traditional mental health theory and practice as well as some new and innovative treatment options. Master's level training will include instruction and practice of individual, group, and family therapy. More specialized training may also be offered for interns in particular fields of study (e.g. Psychology interns will receive training in the performing of psychological testing and measurement). Other possible areas for specialized training include domestic violence, juvenile sexual abuse and offending, substance abuse, geriatric patients, etc.

Internships are educational experiences offered in conjunction with LifeSkills and a University as part of a student's overall educational program. As such interns are required to have University approval and supervision to be considered for an internship and must provide liability insurance through the university.

