

Mental Health Therapy Intern

Overview: Work under the guidance of qualified supervision to help individuals, groups, and families affected by emotional, mental, behavioral, social, and adjustment issues cope with the challenges in their lives.

Duties and Responsibilities:

- Provide timely and appropriate assessment, interpretation, and diagnosis of mental, social, and emotional disorders.
- Research, recommend, and direct clients towards supplementary tests as indicated, including psychological, psychiatric, and medical tests to assist in determining diagnosis and treatment plans.
- Collect relevant supplementary documentation and information to assist in determining treatment plans and interventions.
- Develop and plan individualized treatment plans for the presenting problems.
- Implement treatment interventions including individual, couples, group, and family therapy, behavior modification techniques, coping strategies and specialized techniques (such as art therapy or play therapy) as appropriate.
- Effectively provide psycho-education, support, and resources to clients and family members.
- Research, recommend, and direct clients and family members towards other services where necessary (e.g., employment services, psychiatric rehabilitation services, medication management).
- Ensure that the treatment plan is being adhered to.
- Monitor and evaluate progress towards treatment goals and adjust treatment plans as necessary.
- Provide crisis intervention as necessary.
- Maintain current, accurate, and complete clinical records.
- Prepare required reports and documentation in a timely fashion.
- Comply with organizational, state and federal regulations and guidelines.
- Participate regularly in supervision sessions with a designated mental health professional licensed and board-approved in the state of Maryland to provide such supervision.
- Proactively solicit and implement guidance and feedback from other professionals when appropriate.

Competencies

- Understanding of human psychology.
- Understanding of human developmental stages.
- Cultural sensitivity to persons served, other personnel, visitors and other stakeholders.
- Empathy, to better understand client's points of view.
- Knowledge of interventions applicable to the specialty (i.e., marriage and family counseling, alcohol and drug usage, art therapy).
- Professional Boundary Setting, for ethical reasons and to maintain appropriate objectivity.
- Active listening skills, to ensure that communications are clearly and accurately understood.
- Critical thinking skills, to understand client issues and formulate appropriate treatment plans.
- Verbal and written communication skills, to effectively communicate with clients, other stakeholders, colleagues, etc.
- Organizational skills, to facilitate multi-tasking and permit prioritization of competing duties and responsibilities.
- Detailed note taking ability, to record client and colleague comments.
- Participation in and implementation of supervisory guidance through regularly scheduled supervision sessions with a designated supervisor in order to inform ethical and competent practice.
- Proactive solicitation and implementation of guidance and feedback from other professionals when appropriate in order to inform ethical and competent practice.

Entry-level Requirements:

Current enrollment and active participation in a Masters-level mental health counseling program or advanced placement (second year) clinical social work, alcohol & drug abuse counseling, marriage and family therapy, or psychology.