

TITLE: Clinical Psychology Student Extern—**Wellness Center**
WORKING TITLE: Clinical Psychology Student Extern
REPORTS TO: Psychologist/Wellness Center Supervisor
ENTRY GRADE: N/A
STARTING SALARY: N/A **FLSA STATUS:** N/A
ESSENTIAL EMPLOYEE: No **CLASS CODE:** N/A **POSITION NO:** N/A

MAJOR RESPONSIBILITIES: The Wellness Center extern track is designed to continue the preparation of a doctoral student in clinical psychology by emphasizing the development of clinical and consultative skills within a community mental health setting. The extern will be working with our **West End Wellness Center (WEWC)**. The WEWC is a Psychosocial rehabilitation program designed for adults ages 18 and above with Serious Mental Illnesses. The purpose of the WEWC is to assist individuals in achieving personal, social, and vocational competency, while promoting mental health recovery and physical wellness. WEWC enhances opportunities for community integration through skills training, peer support, education, recreation, and vocational readiness. Members who participate in the Wellness Center strengthen their natural support networks and transition into the broader community.

Major training components for both programs will include clinical assessments, individual therapy, family therapy, group therapy, crisis intervention, psychological testing, and consultation as well as seminars, supervision, and clinical team meetings. Staff theoretical orientations include cognitive-behavioral, community and family systems, and psychodynamic. Due to the complex and challenging nature of the clinical cases, students currently in their third or fourth year of training are preferred.

- Provide clinical assessments, individual and family therapy within the Wellness Center
- Lead group therapy and dyadic seminars for clients
- Provide crisis interventions as needed
- Provides psychological testing for adults at the Wellness Center as needed
- Formulates diagnoses, assesses risk and mental status
- Consult with staff and participate in weekly externs seminars
- Participates in staff development, training, and clinical supervision
- Maintains clinical records in accordance with State, City, Departmental and Federal compliance requirements;
- Complete requirements to become a Certified Preadmission Screener by the end of the training year.

ESSENTIAL KNOWLEDGE, SKILLS AND ABILITIES: Graduate level knowledge of psychological and mental health issues adults. Knowledge and experience working with individuals impacted by Serious Mental Illnesses (SMI). Knowledge of relevant literature as it relates to presenting problems. Considerable knowledge of the social, cultural, behavioral, economic and health difficulties in the client population. Developing skills in evaluation and assessment in adults and a willingness to further develop skills and abilities in these areas. Knowledge of the impact of trauma and comorbid medical or substance use diagnoses on mental health. Experience with dual diagnosis populations. Knowledge of the American Psychological Association ethical guidelines. Skills in advocacy and interagency collaboration. Ability to communicate effectively both orally and in writing. Desire to work as part of a multi-disciplinary team.

MINIMUM REQUIREMENTS: Enrollment in a doctoral program in Clinical or Counseling Psychology. At least two years of graduate training. Treatment and psychological evaluation experience. Knowledge about and experience in working with individuals with SMI. The externship is expected to last from the beginning of September to the end of May but can be longer should an extern wish to earn more hours.

PREFERRED REQUIREMENTS: Three to four years of graduate work in Clinical or Counseling Psychology. Bilingual (English/Spanish) skills.



West End Wellness Center (WEWC)

The WEWC, formerly West End Clubhouse, was established by the Alexandria Community Services Board in 1985 to offer psychosocial rehabilitation for City residents with mental illness.

Wellness Center Philosophy

The Wellness Center philosophy embraces Mental Health Recovery as a journey of healing and transformation. Regardless of the nature or severity of one's psychiatric condition and/or co-occurring disorders of mental illness and substance use, each individual is able to contribute to the success of the community through his or her talents and skills. We believe that all members have the opportunity to learn, grow and recover through participation in curriculum based courses and/or training opportunities offered. The Wellness Center supports and teaches healthy lifestyle habits that can help individuals live a more satisfying, productive, happy life.



Wellness Center Purpose

The purpose of the WEWC is to assist individuals in achieving personal, social, and vocational competency, while promoting mental health recovery and physical wellness. WEWC enhances opportunities for community integration through skills training, peer support, education, recreation, and vocational readiness. Members who participate in the Wellness Center strengthen their natural support networks and transition into the broader community.

Services Available to Members

Psychosocial Rehabilitation is provided in the form of skill building classes that use a variety of approaches and interventions to promote recovery and provide successful community integration experiences. Classes are offered in ten week sessions which operate five days per week. Members of the Wellness Center are provided with a selection of educational courses and are given the opportunity to choose classes based on their personal goals and interests. Individualized and peer supports are also used to maximize self-sufficiency.