

# University of Delaware: Center for Counseling & Student Development (CCSD)

## 2021-2022

<b>Address:</b>	261 Perkins Student Center Newark, DE 19716
<b>Contact person for application submission:</b>	Valerie Faure, Psy.D. 302-831-2141 Externship Coordinator <a href="mailto:vfaure@udel.edu">vfaure@udel.edu</a>
<b>Covid-19 updates:</b>	During the 2020-2021 training year, externs are working remotely (over HIPAA-compliant zoom) and all required training activities have been maintained remotely (individual teletherapy, group teletherapy, individual and group telesupervision). While expectations regarding in-person versus remote training for externs for the 2021-2022 year remain unclear, the CCSD is committed to maintaining its externship program. The CCSD prioritizes the safety of its trainees and is committed to maintaining the quality of training experiences. Updates will be shared as the CCSD becomes aware of them.
<b>Provide description of Externship:</b>	<p>The mission of the Center for Counseling and Student Development (CCSD) is to contribute to the personal, educational, and career development of University of Delaware students. CCSD has served in this role on campus since its establishment in 1946. As an organization, we are committed to inclusive excellence and the promotion of social justice. The CCSD is accredited by the International Association of Counseling Services (IACS). The CCSD offers group therapy, individual therapy, crisis intervention appointments, referral support, outreach programming and career counseling. Additionally, CCSD offers specialized drop-in hours for students of color and LGBTQ+ students who wish to meet with a clinician who identifies within the community or provides specifically-affirmative care.</p> <p>CCSD is dedicated to training high quality psychology practitioners. In addition to the externship program, we have a post-doctoral fellowship and an APA-accredited doctoral internship (on hiatus for the 2021-2022 training year). The staff includes approximately 10 psychologists, a referral coordinator, 2 psychiatrists, 1 psychiatric nurse practitioner, 1 sport psychologist, 3 administrative assistants, and up to 4 postdoctoral fellows.</p> <p>Past externship cohorts include doctoral students from Immaculata University, LaSalle University, Lehigh University, Loyola University Maryland, Philadelphia College of Osteopathic Medicine (PCOM), University of Delaware, West Chester University and Widener University.</p>
<b>Agency Website:</b>	<a href="https://sites.udel.edu/counseling/">https://sites.udel.edu/counseling/</a>
<b>URL for Externship Brochure:</b>	<a href="https://sites.udel.edu/counseling/training/#externsFridayhip">https://sites.udel.edu/counseling/training/#externsFridayhip</a>
<b>Start Date – End Date:</b>	Friday, August 13, 2021 – Friday, May 27, 2022

<b>Hours per week? Specific days students must be available for rotation?</b>	<p>Externs commit to working either 16 hours/week (two, 8-hour days) or 20 hours/week (two, 8-hour days and one 4-hour half day) for the year. One of the full days must be Friday as this is when group supervision and seminar is held.</p>
<b>Average number of direct (face-to-face) service hours per week?</b>	<p>In a standard week, externship students will have 6-13 hours of direct clinical service, with most hours focused on individual therapy clients. Other direct service hours may be collected through group therapy involvement or outreach and initial triage appointments. The range of direct service reflects the range of hours working at CCSD (16 hours vs. 20 hours), as well as individual variability in terms of readiness and experience upon starting the externship year.</p>
<b>Intervention training experiences offered:</b>	<p>Individual therapy, involvement in group therapy program (e.g., structured group therapy, process observation of process-oriented group therapy). CCSD uses a time-limited treatment model and supports trainees in developing their skills in this modality. In addition to growing their skills in brief treatment, externship students are encouraged to carry one individual therapy client on a longer-term basis in order to diversify their learning experiences. Opportunities to conduct initial triage appointments, outreach programming, and career counseling (using the Strong Interest Inventory and MBTI) may be available. Externship students are invited to attend our weekly case conference meetings as well as our professional development sessions.</p>
<b>Assessment training experiences offered:</b>	<p>N/A.</p>
<b>Didactics:</b>	<p>In addition to two days of orientation complete with didactic and training seminars at the start of the externship experience, externs engage in a monthly social justice and multicultural humility two-hour seminar. Seminars are designed to support externs in increasing their awareness about their privileged/oppressed identities, increase skill in discussing social justice and multicultural humility, and sharpen externs interventions and case conceptualization skills with regard to cultural context and identities.</p> <p>Additionally, Externs participate in 6, two-hour didactic seminars in September and October, and then 6 additional two-hour didactic seminars are held during January. Examples of past seminars include: brief treatment models, career counseling, sleep psychology, substance use counseling for college students, working with LGBTQ+ college students. Winter seminar series is co-created with externship students based on their areas of interest and seminars are led by staff members with expertise and/or training in relevant areas.</p>
<b>Supervision:</b>	<p>1.5 hours of group supervision/week. 1.5 hours of individual supervision/week, to increase to 2-2.5 if at CCSD 20 hours/week. Additional supervision may be provided if extern is involved in group therapy program.</p> <p>Externs are expected to videotape all individual therapy work which is used in individual and group supervision. Individual supervision is protected time designed to review and provide feedback of externs direct clinical work as well as support exploration of externs professional identity development (e.g., theoretical orientation, multicultural humility, use-of-self in clinical work). Externs are supervised individually by postdoctoral fellows at the CCSD, who are in turn supervised by a licensed psychologist. Externs have the option to switch supervisors mid-year.</p> <p>Group supervision is consistently held on Friday mornings and is co-led by the Externship Coordinator and a member of the Externship Committee. This valuable time is designed to support externs in clinical work, issues related to college counseling, and professional identity development. Additionally, externs rotate writing up and presenting</p>

	a case and showing a few minutes of videotape. This provides space for the group to provide feedback to the extern.
<b>Who is eligible (i.e. prerequisites):</b>	CCSD is seeking doctoral students in counseling or clinical psychology who are interested in experience working in a full-service university counseling center. It is preferable for applicants to have had at least two semesters of supervised clinical experience as well as course work or background in counseling theories, multicultural theories, and ethics.
<b>Other information for potential applicants:</b>	While no stipend is offered, externship students are offered \$200 each semester to assist with commuting expenses (or professional development activities if the office continues to work remotely). Additionally, the CCSD covers the cost of parking on campus for externship students during the year.
<b>How to apply:</b>	While we are part of the PENDELDOT Uniformed Timeline, we absolutely welcome applicants from non-PENDELDOT doctoral programs. <b><u>Please submit application materials to Dr. Faure (<a href="mailto:vfaure@udel.edu">vfaure@udel.edu</a>) by February 1, 2021.</u></b> Interviews and offers will be made by early March, 2021. Please contact Dr. Faure with any questions about the process.
<b>Required application materials (CV, cover letter, etc):</b>	Cover letter CV Transcript from graduate school (unofficial is acceptable) Two letters of reference (at least one from a clinical supervisor)
<b>Interview process:</b>	Interview invitations will be made by email. Due to the Covid-19 pandemic, individual interviews will occur via Zoom. The interview will last approximately one hour and applicants will be interviewed by the Externship Coordinator and Externship Committee members. The interview is designed to get to know the applicant, their interest in University Counseling Center work, their clinical work, and training goals. Additionally, this is an opportunity for applicants to learn more about the externship experience and ask questions.
<b>Available Slots:</b>	4