



# Mental Health Intern

Internship Position Description

## *Position & Responsibilities*

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### **Role Summary**

Mental Health Interns will work with individual clients and co-facilitate therapy groups, working primarily at Tubman's Chrysalis Center and occasionally in our residential shelters. Interns become part of the multi-disciplinary team, working alongside staff who represent a wide range of therapeutic styles and conceptual frameworks. Tubman's Chrysalis Center primarily serves adult women, but welcomes people of all genders and ages, and there are opportunities to work with groups, children, couples, and families.

### **Impact & Benefits**

- Foster a healthy community by providing each individual with the resources needed to improve their mental health, creating a healing experience and environment for clients, and offering supporting counseling.
- Put acquired knowledge of mental health treatment into practice as a therapist in a clinic licensed according to state guidelines Rule 29 and Rule 31.
- Practice in an environment that is: trauma-informed, disability-informed, person-centered, strengths-based, and uses holistic and harm reduction approaches.
- Opportunity to learn DBT in a DHS certified program, and to learn about Co-Occurring Disorders in our COD outpatient treatment program.
- Gain experience giving and receiving support as part of a multi-disciplinary team.

### **Position Responsibilities**

- Follow agency guidelines as you interact with clients, clarifying the client's concerns and needs, providing support, and referring clients to community resources and programs
- Provide immediate response and support to individuals in difficult situations or crisis
- Practice conducting intake appointments and individual and group therapy
- Maintain confidentiality while documenting client participation
- Communicate and collaborate with your team to provide coordinated services to clients
- Work on the days that are appropriate for the group you are assigned to (group assignment is based on an intern's interest and availability)

## *Qualifications & Expectations*

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### **Position Qualifications:**

- Must be in the second year of a Masters or Doctoral program
- Ability to work well under pressure and remain calm in challenging situations and in response to crisis situations
- Excellent organizational and communication skills, including active listening skills and the ability to respond appropriately to client needs
- Prior direct service experience (volunteer, professional, or practicum) required
- Knowledge and skills of empathy, respect, and relationship building



### **Time Commitment & Availability**

- Minimum of 15 hours a week for 9 months
- Must have some day time and evening availability on weekdays

### **Supervision & Training**

- Attend Tubman's five part Volunteer/Intern Orientation and Training series
- The Mental Health Intern is directly supervised by a licensed staff therapist
- Supervision includes case consultation meetings, individual supervision meetings and intern group supervision meetings

### **Application Process and Deadline**

- Positions can be from either May through December or September through May
- Email cover letter and resume to Joanie Braun, Intern & Volunteer Program Manager, at [jb Braun@tubman.org](mailto:jb Braun@tubman.org)
- Call 612-767-6680 with any questions

### *Organization*

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For 40 years, Tubman has been leading the way to hope for women, men, youth and families who have experienced relationship violence, sexual exploitation, addiction, mental health challenges or other trauma. We provide countless ways to help including safe shelter, legal services, mental and chemical health counseling, elder abuse resources, youth programs, community education and much more. [www.tubman.org](http://www.tubman.org)

We encourage applications from people of color, all genders, multilingual speakers, veterans and those who have disabilities.