



# Marriage & Family Therapy Intern

Internship Position Description

## *Position & Responsibilities*

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### **Role Summary**

The Marriage and Family Therapy Intern will conduct individual therapy, build their own caseload of clients, and co-facilitate therapy groups. The intern will have opportunities to work with youth, couples, and families while gaining experience completing diagnostic assessments, treatment plans, progress notes, discharge summaries, etc.

The Marriage and Family Therapy intern will work primarily at Tubman's Chrysalis Center and occasionally in our shelters or at an off-site community center in St. Paul, depending on interest. Tubman's Chrysalis Center primarily serves adult women but welcomes individuals of all genders. Our clinical practices are organized according to state licensure guidelines for outpatient mental health and chemical health clinics, Rule 29 and Rule 31.

### **Impact & Benefits**

- Provide a healing and empowering experience and environment for clients with mental health and/or chemical health issues
- Put acquired knowledge of mental health treatment into practice as a therapist in a state licensed Rule 29 and 31 Clinic; gain experience conducting intake appointments and individual, couple, family, and group therapy
- 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; learn about Co-Occurring Disorders in our COD outpatient treatment program, learn trauma work approaches including Sensorimotor Psychotherapy, Internal Family Systems, and Eye Movement Desensitization and Reprocessing; learn and apply family therapy models
- Collaborate and learn from staff who represent a wide range of therapeutic styles and conceptual frameworks; become part of a multi-disciplinary team, observing and practicing a wide range of therapeutic styles and modalities

### **Position Responsibilities**

- Maintain confidentiality regarding the agency and its clients
- Work on the days that are appropriate for the group you are assigned to (group assignment is based on intern's interest and availability)
- Provide individual, couple, family and group therapy to clients
- Maintain records, such as paperwork and charts, pertaining to clients
- Attend case consultation meetings, individual supervision meetings, and intern group supervision meetings

## *Qualifications & Expectations*

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### **Position Qualifications:**

- Must be in the second year of a Marriage and Family Therapy Master's program
- Prior direct service experience
- Strong organizational skills, commitment to work with empathy and respect while building relationships
- Ability to work with diverse teams and clients to foster a culturally inclusive environment

### **Time Commitment & Availability**

- 15-20 Hours per week with at least a one year commitment
- Must have daytime and evening availability on weekdays (evening availability specifically needed particular to obtain family therapy hours)

### **Supervision & Training**

- Attend Tubman's five-part Volunteer/Intern Orientation and Training
- Supervised by a licensed Marriage and Family Therapist and MN Board Approved Supervisor

## *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.