

Argosy University: San Francisco Bay

American School of Professional Psychology

Clinical Training Office

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Practicum Information Form (form ver 9/21/2006)

I. AGENCY NAME	<i>Crisis Support Services of Alameda County</i>
Date Completed:	January 17, 2007
Address:	P.O. Box 3120
City, State, Zip:	Oakland, Ca 94609
Phone:	510 420-2460
Fax :	510 420-2461
Agency Website address:	www.crisissupport.org
List multiple agency programs/sites:	24 hour crisis line; school based program; grief counseling; drop in stress counseling; geriatric mental health; teen for life program
Director of Training Name:	Chrissy Brewer
Director Degree and CA License #:	M. S., MFC33124
Director Phone:	510 420-2471
Director email:	CBrewerLMFT@aol.com

II. PRACTICUM TRAINING PROGRAM BASICS	
A. <u>Estimated Year Level Openings</u>	Estimated
2 nd Year (Grad School) Practicum Openings	3
3 rd Year (Grad School) Practicum Openings	3
-Total Practicum Openings	6
-Total Pre-Doc Internship Level Openings	0
B. <u>Student Data</u>	
Number of Total Practicum Applicants Last Year	32
Number of All Current Practicum Students at Agency	10
Number of Current Argosy Practicum Students at Agency	1
Number of All Current Pre-Doc Intern Students	0
Number of Current Argosy Pre-Doc Interns	0
C. <u>Practicum Dates and Times</u>	
Beginning Date	9/15/07
Ending Date	8/15/08
Number of weeks for practicum	46
Hours per week for practicum	12-16
Required days and times at agency	Weekend workshops Schedule TBA Choice of 3 groups supervision: Mon 10am.; Wed 11am; Th 3:30pm
D. <u>Stipend:</u> Is there Stipend? If yes, amount per year?	0

***Note:** Practicum requirements:
 -16 hours a week
 -minimum of 38 weeks -maximum of 52 weeks
 -minimum 500 hours
 -Primary supervisor is licensed psychologist
 -Training is 4 or more hours typically including:
 1 or more hours of individual supervision, 2 hours case conference, 1 hour didactic training per week.

III. AGENCY DESCRIPTION: Please describe below.

Crisis Support Services (CSS) began as a nonprofit, volunteer-based crisis intervention and suicide prevention agency in 1966. The goal was to provide free crisis counseling 24 hours a day to anyone who was suicidal or depressed. Since then, CSS has grown to provide a variety of mental health services to a wide range of persons in varying degrees of crisis. Our primary mission is to assist people in emotional distress, to offer supportive counseling to those in crisis and to prevent suicide

CSS is a training agency. For nearly 40 years, CSS has provided training, experience and supervision to students from over a dozen bay area colleges and universities. Over the years we have developed a unique training program as well as opportunities for students, trainees and professionals to work with a variety of client populations. CSS provides a variety of training opportunities from lay persons to seasoned mental health professionals. CSS offers a range of dynamic training and professional growth opportunities. Currently, CSS' services include:

- 24 hour telephone crisis line
- Grief counseling - individual, family, groups and debriefing services
- In-home senior counseling program
- Drop In stress counseling for displaced workers (based on disaster mental health model)
- School based counseling (elementary through high school)
- Suicide attempter's group
- Education and consultation (schools, professionals and hostage negotiation teams)
- Training and professional development

Lay persons receive supportive and thorough training in counseling, suicide assessment and crisis intervention. Graduate students and interns receive excellent supervision, participate in monthly ground rounds and have an opportunity to learn from some of the most seasoned mental health experts in the community.

Professionals are also afforded the opportunity to gain skills and further develop expertise in crisis intervention, assessment, gerontology, grief counseling, critical incident stress debriefing and supervision. CSS provides training, support and CEU's to licensed individuals affiliated with the agency.

A. Population: Indicate <i>estimated</i> % of clients in each category.			
%	<u>Gender</u>	%	<u>Life Cycle</u>
43	Male		Infants (0-4)
57	Female	10	Children (ages 5-12)
	Transgender:	35	Adolescents (ages 13-17)
100%	<i>Total</i>	20	Adults (18-64)
		25	Seniors (ages 65+)
	<u>Ethnic/Cultural Identity</u>	100%	<i>Total</i>
45	African American		
8	Asian American		<u>Other Identified Groups</u>
27	Euro-American	15	Gay/Lesbian:
18	Hispanic/Latino American	1	Disabled Population:
1	Native American		International:
1	<i>Other:</i>		Other:
100%	<i>Total</i>		(Note, above will not total 100%)
	<u>Populations Treated</u>		
80	Individual		<u>Functioning Level of Clients</u>
3	Couples	25	Severe Dysfunction (i.e., psychotic, severe personality or substance abuse dx)
2	Families	45	Moderate Dysfunction (i.e., moderate personality dx, anxiety, depression)
10	Groups	30	Mild Dysfunction (i.e., adjustment dx, transitions, growth)
100%	<i>Total</i>	100%	<i>Total</i>
► Others notes about populations:			

B. Specialty Areas: Mark an X next to all specialties that apply at agency.					
	Behavioral Medicine		Hospital		Disabilities
	Health Psychology		Community Mental Health Clinic		Multicultural Therapy
	Psychopharmacology		Forensics		Spirituality/Psychology Integration
	Pediatrics		Management/Administration		Gay/Lesbian/Transgender
	Infant/Parent		Program Evaluation	x	Death/Dying/Bereavement
	Family		Vocational/Career Development		Domestic Violence
x	Geropsychology	x	Psychological Assessment	x	PTSD/Trauma
x	School Based		Neuropsychological Assessment	x	Serious Mental Illness
	College Based		Psychology of Men		Substance Abuse/Recovery
	Bilingual in treatment		Psychology of Women		Others (specify):

IV. PRACTICUM TRAINEE RESPONSIBILITIES AND FUNCTIONS

A. Treatment Modalities performed by student: (Mark X in all that apply.)

x	Individual Therapy	x	Crisis Intervention
	Couples Therapy	x	Brief Therapy
	Family Therapy		Long Term Therapy
x	Group Therapy	x	Psychological Assessment
	Community Intervention		Neuropsychological Assessment
	Consultation/Liaison		Case Management
	Others (specify):		

► Describe practicum trainee duties and responsibilities:

Certified by the American Association of Suicidology, CSS offers a variety of counseling services to the community including: individual, couples, family and group counseling for the bereaved, particularly those grieving sudden, traumatic deaths. Home-bound, frail elderly persons residing in Alameda County are eligible to receive free counseling as part of the Agency's Senior Program. Our Stress Counseling provide crisis intervention and drop-in counseling support to displaced workers through Oakland's Private Industry Council. We provide school based counseling to children elementary through high school. In addition to face-to-face counseling, CSS responds to nearly 60,000 calls per year on our 24-hour telephone crisis lines. Clients served by each of these programs represent a broad spectrum in terms of age, ethnicity, and socio-economic backgrounds.

Responsibilities of interns include: a one year commitment to the Agency; counsel a minimum of six client hours per week (clients may be chosen from bereavement program, school based program, senior program, and/or drop-in stress counseling); work one 4-hour shift per week on the crisis lines; co-facilitate at least one 10 week support group(optional); attend one hour of individual supervision per week (additional group supervision required for support group facilitators); attend 2 hours of clinical consultation twice (every other week) each month and fulfill all record keeping protocols established by the Agency.

CSS is looking for persons who are level-headed in crisis situations, who are committed to personal and professional growth, who have had or are in their own therapy, who can work independently, who are reliable and responsible and who recognize his/her limitations as a counselor. Interns who successfully complete our program gain valuable skills that will serve them for their entire professional lives.

V. ASSESSMENT and PSYCHOLOGICAL TESTING

A. Assessment Overview

Will trainee have opportunity for assessment/testing experiences?	yes
Is there additional supervision/training for assessment/testing?	yes
Percentage of practicum time allotted for providing assessment services:	1-5%
Estimate of average # of Test Batteries completed per year:	>10

B. Assessment Modalities performed by student: (Mark X next to all that apply.)			
x	Projective	x	Intelligence
x	Personality		Neuropsychological
	Academic		Vocational
	Others (specify):		
<p>► Describe the Assessment Program: Dr. Terry Meyers provides supervision and training to practicum students at Crisis Support Services. Dr. Meyers is an adjunct faculty at Alliant University where she teaches assessment.</p>			

VI. TRAINING/SUPERVISION PHILOSOPHY and OBJECTIVES: A. Please describe below.			
<p>Our internship is fairly demanding. Interns receive over 100 hours of didactic and experiential training. Weekend seminars in conjunction with one-on-one crisis line work with a trainer, individual supervision and comprehensive printed training materials result in a unique and highly regarded training program. The Agency's supervisors come from richly varied clinical backgrounds. CSS offers ongoing training and supervision of the supervisors. Given the Program's distinct clinical settings, a variety of treatment modalities are utilized which are contingent upon the specific needs of the client(s), the individual supervisor's orientation and the intern's areas of interest.</p>			
B. Supervisor Licenses: Please note the number of supervisors with the following licenses.			
8	*Licensed Psychologists (PsyD/PhD/EdD)	8	MFT
	*Psychiatrists	1	LCSW
	Other (specify):		
<p>*Note: Primary Supervisor must be a licensed provider at the doctoral level of training. Primary Supervisor may be individual or group supervisor & must sign or co-sign evaluation and contract forms for students.</p>			

C. Supervision and Training	Hours per week
Individual Supervision	1
Group Case Consultation	2
Didactic Training	2
Other (specify):	4 (crisis line training lasts 4 months)
Total hours Training/Supervision	

D. Methods of Supervision: (Mark X next to all that apply.)			
x	Live Observation	x	Process Notes
	Two Way Mirror	x	Case Reviews and Discussion
	Videotapes Review	x	Audiotape Review
	Others (specify):		

E. Theoretical Orientations of the Supervising Staff: (Mark X next to all that apply.)			
	Biopsychosocial	x	Narrative
	Cognitive Behavioral		Psychosocial Rehabilitation
x	Family Systems	x	Psychodynamic/analytic:
	Feminist	x	Solution Focused
x	Humanistic/Existential		Transpersonal
x	Integrative		Recovery Based Model
	Others (specify):		
▶ Comments on theoretical orientation:			

F. Training Emphasis Areas: Please fill out the following classifications below to assist us in differentiating practicum placements. Indicate with "X" areas where <i>substantial</i> training program and experience exists such that it would qualify for graduate program training emphasis areas.			
	Community/Multicultural		Cognitive Behavioral
	Health Psychology		Assessment
	Forensic Psychology	x	Geriatric
	Family/Child		Gender
	Psychodynamic		Not Applicable
x	Others (specify): <i>grief and trauma; crisis intervention; school based counseling; traumatic incident debriefing</i>		
▶ Please add specific information regarding all Emphasis Areas you checked: CSS emphasizes crisis intervention in all aspects. See additional information at the end of this Practicum Information Form for list and sample schedule of training classes.			

G. Multicultural Training	yes	no
Agency provides formal multi-cultural didactic training for students.	X	
Agency integrates multi-cultural training into supervision.	X	
Agency makes multicultural issues an important part of case conferences.	X	
▶ Please describe or add information about your multicultural training?		

VII. PRACTICUM APPLICATION PROCESS FOR STUDENTS	
Application Deadline:	February 1
Selection Date Estimate:	Ongoing until filled
Standard required materials:	Vita, Letter of Intent, 3 Letters of Recommendation
Agency specific materials:	
Preferred Experience:	
Preferred Coursework:	
Interview Process:	Individual Interview, Group Interview, Role Play, Case Presentation, Vignettes
Other application/interview information:	

VIII. Verifying Information: I verify that the above information is current and accurate.	
Date:	1/17/2007
Directors Name:	Chrissy Brewer
Directors Signature:	<i>CB</i>

Additional Information from Agency

SAMPLE of Training Program from 2006

FALL TRAINING CLASSES

Sample Training Schedule from 2006 year

The following is a list of our training classes. **Orientations 1-8** are required for telephone crisis counselors. The remaining in-service trainings are specific to the Agency's face-to-face counseling programs; they are required for counseling interns and are optional for telephone crisis counselors. Please make a note of the date for any classes you need. If you are not clear about the requirements or do not know which classes you need, please talk to Chrissy Brewer.

Classes will be held at CSS

(note the day and time of each class)

Sunday, September 17, 2006

1:00pm – 3:00pm

Establishing the Therapeutic Alliance

This workshop will focus on how to establish a therapeutic relationship with clients. Part of this workshop will focus on the first telephone contact, initial session, setting up fees and other issues related to establishing the framework for counseling. Time permitting, we will explore interviewing and those skills needed to bring your client back after the first session. **This is an excellent class for telephone crisis counselors as well as those interested in pursuing a career in mental health.**

Sunday, September 17, 2006

3:30pm – 5:30pm

Working with Elderly Clients (Part 1)

Home visits and institutional visits to senior clients pose many challenges and offer many rewards. We will address common circumstances facing counselors who make "house calls" and explore strategies for handling such issues. Counselors will learn how to administer Dr. David Burns mood survey.

Saturday, September 23, 2006

3:30pm – 5:30pm

Working with Elderly Clients (Part 2)

How can we best work therapeutically with frail elderly, many of whom, or not particularly psychologically minded nor familiar with the process of psychotherapy. In this seminar we will explore the art of counseling the aged population. We will examine the unique issues pertaining to seniors, particularly with regard to grief.

Sunday, September 24, 2006

1:00pm - 5:00pm

The Grief Process

Issues pertaining to death and the process of grief are typically outside the day to day experience of most individuals. In modern day society, it is the “death industry” that responds to end of life and death issues. This workshop provides an opportunity to explore personal attitudes about death, learn about grief reactions, the process of healing and goals for grief counseling.

Saturday, September 30, 2006

1:00pm – 3:00pm

School Based Counseling

The challenges of working with children and adolescents in schools is multifaceted. The school setting itself poses challenges to confidentiality, scheduling regular sessions, obtaining an office space, interacting with administrators, teachers, parents and caregivers. Many of the children CSS interns provide counseling to in schools are at risk for suicide and depression, may be grieving and live in a violent/chaotic home environment. Learn how to navigate the institutional setting in order to provide much needed services to this vulnerable population.

Saturday, October 14, 2006

1:00pm – 3:00pm

Couples Counseling

Working with couples can be extremely challenging, and rewarding. Research shows that on an average, couples wait 6 years before seeking help from a mental health professional. CSS now offers general counseling to ambulatory seniors at our office. Individuals, couples and group services for people age 60 and beyond. Learn general principles for working with couples, with special emphasis on working with seniors.

Sunday, October 15, 2006

3:00pm – 5:00pm

Facilitating Bereavement Support Groups

Co-facilitating a bereavement support group can be a profound, richly rewarding experience as well as a challenging one. This class will provide an overview of the group process, how a group develops, the difference between support and therapy groups, issues of co-facilitating and how to handle various issues presented by group members.

Saturday, October 21, 2006

1:00pm – 3:00pm

Orientation 1 – CSS Computer System 101

Get hands on experience with CSS’s unique and dynamite computer client care system! Learn how to look up our current crisis line callers, enter new callers, review essential Update information from staff, obtain instant emergency service information and access our referral data base. This is a wonderful opportunity to bring your questions, observe a live demonstration from our reigning experts and gain hands-on practice.

Saturday, October 21, 2006

3:30pm – 5:30pm

Orientation 2 - After Hours Programs

This class will address procedures and protocols for handling separate crisis lines managed by CSS “after hours.” These special lines include calls from programs serving individuals with profound, long-term mental illness through ACT programs (Assertive Community Treatment) including HRC, STRIDES, Stages, Mission ACT, and Westside’s ACT Program. Regional Center of the East Bay (RCEB) provides services to people with developmental disabilities. CSS also provides after hours services to several counties when their respective outpatient clinics are closed which includes Alameda County ACCESS, Madera County, Mariposa County, Kings County and Tuolumne County. Presentation will include day-to-day operations, the special needs of these populations and the role CSS plays in helping to reduce client hospitalizations and increase the quality of life for consumers.

Sunday, October 22, 2005

3:00 – 5:30pm

Orientation 1 & 2 Suicide Assessment and Intervention

Learn about suicide and depression through experiential exercises and didactic presentation. Participants will examine their own attitudes and beliefs about suicide, separating myth from fact. This workshop will include discussion about demographics, warning signs, assessment of lethality, and appropriate responses to suicidal depressed individuals. In Part 2 of this workshop, participants will gain practical experience utilizing intervention skills through numerous role-play scenarios

Orientation 7 - Saturday, October 28, 2006

1:00pm – 3:30pm.

Emergency Procedures

This class focuses on those crisis calls that require emergency intervention by the volunteer. There will be a “mock rescue” and a step-by-step demonstration of how to contact and use Trace, Poison Control, local police and ambulance. Practice cases involving potential rescues will be presented for role-play and discussion. The second half of this class will focus on mandated reporting of Tarasoff cases (where the caller is threatening to harm an identifiable victim), child abuse cases, and elder or dependent adult abuse cases, including when to report and the use of staff for consultation.

Saturday, October 28, 2006

4:00pm – 6:00pm

Orientation 6 – Chronic Callers

Many of the calls to CSS are from regular callers who are not experiencing a crisis at the time they call. What are the needs and aspirations of these people who call us day after day? What are the similarities and differences between a crisis call and a regular call? What feelings come up when having to focus on both kinds of calls during a shift and how can we take care of ourselves?

Sunday, October 29, 2006

1:00pm – 3:00pm

Orientation 3– Micro Counseling Skills

Micro counseling skills introduces new counselors to skills necessary for connecting on a feeling level with agency clients and crisis line callers. We will explore motivations for helping as well as common myths about helping people in emotional pain. Tools for positive therapeutic interactions will include group process and role-plays.

Sunday, October 29, 2006

3:30pm – 5:30pm

Orientation 4 - Crisis Intervention Counseling

The second part of this workshop includes presentation and discussion of the structure of a call, including the appropriate use of lethality assessment, limit setting, making use of staff guidance and when to make a referral. Several types of particularly difficult callers are discussed (hostile, threatening, drinking, manipulative) and you will look at appropriate ways of responding to these demanding situations

Saturday, November 4, 2006

3:00pm – 5:00pm

Stamp Out Stigma (Peninsula Network of Mental Health Clients)

The purpose of this class is to give additional insight into what it’s like to have mental illness and to help us respond as appropriately and positively as possible to the mental health clients who use the services provided by CSS. All team members giving this presentation have been diagnosed as having severe, persistent mental illness. Members will describe individual experiences with mental illness and mental health services as well as provide information to destigmatize the label of mental illness.

Sunday, November 19, 2006

3:00pm – 5:00pm

Homicide Bereavement

Sudden deaths are those that occur without warning and require special understanding and intervention. Such deaths are more difficult to grieve than other deaths in which there is some prior warning that the death is imminent. Loss due to homicide is particularly complicated due to a number of factors ranging from the criminal justice system, safety issues and complicated grief. Jean O’hara from “Friends and Family of Murder Victims” will discuss the unique experiences of homicide survivors and share her story of loss and recovery.

Saturday December 2, 2006

3:00pm – 5:00pm

Self-Soothing for Counselors & Burn out Prevention

Recent research finds that therapists have one of the most stressful professions next to emergency workers. Crisis intervention counseling can be stressful. This class is designed to help you identify the warning sings of burnout, address

common obstacles that get in the way of asking for help and/or self-care and reviews the expense and limits of crisis counseling.

Sunday, December 3, 2006

3:00pm – 5:00pm

Multi-Cultural Issues on Death and Dying

"Multicultural knowledge or education, has become of critical importance not only at a time of globalization but because we are confronted with so many different cultures in our country today. In the field of Psychology, Thanatology, Education, Behavioral Sciences & Religion, to name a few, it has become a Must."