

Non-Credit Internship in Systemic Family Therapy

The Calgary Family Therapy Centre (CFTC) offers several types of training programs and internships. Both for-credit and non-credit training opportunities are open to psychiatrists, psychiatric residents, pediatric residents, family practice residents, medical students, psychologists, educational psychologists, social workers, nurses, and educators. The focus in all these programs is on Systemic Family Therapy as practiced at CFTC.

The for-credit internships at the CFTC are structured to fulfill specific requirements of graduate students at Athabasca University and the University of Calgary and run for two academic terms (eight months). Non-credit internships are usually undertaken as part of a practitioner's continuing education or personal professional development. Non-credit internships vary in length from four to twelve months. Longer internships may be negotiated on an individual basis. Any offering of a non-credit internship is dependent upon the availability of space and supervisory resources.

The physical facilities at the CFTC include shared offices; interview rooms equipped with two-way mirrors; telephone and "bug in the ear" intercom systems; sound and video systems for use with reflecting teams; and remote control, multiple camera systems for technician-provided recording of therapy sessions.

Eligibility

Non-credit interns are expected to:

- Be at the master's or doctoral level of professional preparation in some mental health area
- Indicate the intention to use the Family Therapy Training in their future professional work
- Have their own professional liability insurance coverage
- Be in possession of a current police clearance document
- Due to conflict-of-interest previous clients who have sought therapy at CFTC will not be considered as eligible candidates.

Fees:

Participants in a non-credit internship are expected to pay for infrastructure support and supervision during their internship at the following rates:

First 6 months \$500/month (\$3000)
Months 7 onwards \$ 300/month

The total cost for a 9-month non-credit would be \$3900. These fees (in Canadian dollars) are to be pre-paid monthly to the CFTC's Administrative Officer.

Expectations:

Non-credit interns are expected to be on site half to full time. CFTC internships usually focus on three major areas of experience: clinical, educational, and research. Since non-credit interns are expected to be functioning at an intermediate or advanced level of learning and clinical practice, their internships are designed to facilitate personal professional growth and development, and to provide ways for these interns to be involved in different aspects of the clinical practice conducted at the CFTC.

Clinical Expectations:

- Interns will attend weekly screenings and participate on the reflecting team.
- Interns will observe other therapists conduct therapy during the first 2 weeks and begin meeting with their own families in therapy (under supervision) during their third week. Interns will gradually build their clinical caseload so that during the second month three to four families will be seen per week, and by the third month, five to six families will be seen each week.
- Interns are responsible for completing all the related paperwork.
- Interns will receive different forms of supervision including: live supervision (with a supervisor behind the screen or in the therapy room), video supervision (review of DVD and discussion of recorded therapy sessions), verbal supervision (discussion of intern's verbal report) and written supervision (feedback on clinical records). Frequency of individual clinical supervision will be determined in accordance with the candidate's level of proficiency.

Educational Expectations:

- Interns will attend weekly seminars, which typically cover a variety of topics relating to clinical practice and learning at the Centre.
- Interns will attend other ad hoc academic seminars as scheduled.
- Interns will provide a detailed outline of their learning objectives for skill development during their first month. This outline will be discussed with their primary supervisor to determine agreed-upon learning objectives and may be reviewed and revised during the internship.
- In the first month of the internship, interns will prepare a DVD recording of their work. These recordings will be compared with subsequent recordings to be made in the last month of their training. Interns will review these recordings and discuss their skill development with their supervisors during the final evaluation.
- All interns will be expected to write and submit a brief summary (2-3 pages) of their major learnings at the Centre during their last week.
- A letter of acknowledgment will be provided to interns upon completion of the program.

Research Possibilities (optional):

- Interns will have an opportunity to participate in various research projects being conducted at the Calgary Family Therapy Centre.
- Interns are encouraged to initiate small research projects of their own in discussion with their primary supervisor and the Director of the Centre.
- Interns are also encouraged to read widely in any area of personal interest related to family therapy and to write a publishable paper or simply present the topic to the rest of the student group and staff.

The Application Process:

- Applications will be accepted throughout the year and the start date will be negotiated with each applicant.
- Email the following documents to cftc@familytherapy.org
 - Letter of intent indicating the applicant's learning goals for the Non-Credit Internship and plans for using the training in Systemic Family Therapy in their future career
 - An up-to-date curriculum vitae
 - Two letters of recommendation from persons who are able to comment on the candidate's present clinical skills and future potential.
 - Academic transcripts
- A personal interview will be arranged after the above documents have been submitted.
- Successful applicants will receive a letter of acceptance indicating the date that the applicant's training will commence.
- To secure the internship, applicants must submit a non-refundable deposit equal to their first month's supervision fees (\$400.00) by the date specified in the acceptance letter.

International Applicants:

- If admissible, a letter of offer will be sent to the international applicant indicating the proposed internship dates. The intern will need to accept or decline the offer of admission by the specified date. If the offer is accepted, a non-refundable deposit equal to the first month's supervision fees (\$400.00 CAD) must be submitted by 30 days.
- International applicants are personally responsible for obtaining all documents required by Immigration Canada prior to their final acceptance into the program.