

# Intern Skills and Knowledge Expectations:

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## 1<sup>st</sup> Semester:

- Establish a counseling environment (see 5-D model)
- Recognize, articulate and reflect feeling and thought
- Develop core skills of: 1) summary, 2) clarification, 3) restatement  
4) appropriate questioning, 5) timing, 6) use of immediacy 7) use of silence
- Engage a client therapeutically through effective timing and pacing of session
- Clarify and define client needs and goals
- Identify psychotherapeutic issues by basic themes of client
- Create appropriate treatment plans as requested by supervisor
- Self-reflect and self-critique on skill development and application of skills
- Recognize personal issues that may interfere with the counseling process
- Recognize personal characteristics that may interfere with the counseling process  
e.g. tendency to “over think” or over empathize, etc.
- Establish an effective and on-going working relationship with supervisor and peers
- Understand the use of common psychotropic medications and possible side-effects
- Organize and present client cases in group supervision
- Participate as co-therapist in Group Counseling,
- Participate in group supervision; understand and accept feedback; participate in appropriate critique of other’s practice
- Abide by FERPA regulations and HIPPA regulations when applicable
- Practice according the ACA ethical guidelines
- Understand and correctly use the Referral Process for making medical referrals
- Develop basic crisis intervention skills and suicide assessment skills
- Understand the 5-Dimensional Model of counseling
- Use office equipment appropriately

## 2<sup>nd</sup> Semester:

- Identify personal strengths and areas needing further development
- Refine ability to identify and work with client themes
- Use advanced empathic skills
- Utilize experiential techniques
- Articulate case conceptualization for clients
- Work effectively with resistance and challenge client effectively
- Participate in group supervision, providing appropriate feedback and receiving feedback
- Participate as co-therapist in Group Counseling
- Effectively navigate and apply the 5 Dimensional Model to counseling practice

