



PRACTICUM APPLICATION PACKET

The Counseling and Mental Health Center at the University of Texas at Austin offers two comprehensive practicum experiences. The General Psychotherapy Practicum includes training in two central areas of clinical work, namely individual psychotherapy and group psychotherapy. The Integrated Health Practicum focuses on health psychology and interventions with clients referred for services by medical professionals.

Before you begin completing the application, please make sure you carefully read through the information and instructions below. Also, please make sure you have read the description of the practicum options carefully and are willing and able to meet the requirements outlined.

General Psychotherapy Practicum

Eligibility Requirements:

Applicants for the General Psychotherapy Practicum at CMHC must meet the following criteria:

1. Be enrolled in the doctoral program in Counseling Psychology or Clinical Psychology at UT-Austin
2. Have successfully completed (or be in the process of completing) all coursework required by the doctoral program to be eligible for practicum training.

Selection Criteria:

In addition to the requirements listed above, preference will be given to applicants who:

1. Demonstrate a strong and genuine commitment to the study and application of multicultural counseling principles
2. Are interested and invested in participating in a training program that encompasses a "Use of Self" training model, and possesses the necessary characteristics to be successful in such a program (e.g., self-awareness, openness, willingness to self-disclose)
3. Are interested in training in a multidisciplinary university counseling center
4. Have a desire to receive training in brief and longer-term individual psychotherapy skills
5. Have accumulated clinical experience with various populations and presenting issues
6. Have experience with conducting clinically-focused intake assessments
7. For those candidates interested in the group psychotherapy experience, having completed a course in Group Psychotherapy is considered useful but is not required.

Integrated Health Practicum

Eligibility Requirements:

1. Enrollment in UT-Austin Clinical Psychology or Counseling Psychology doctoral program
2. Successful completion of a 2-semester practicum with an emphasis on individual therapy
3. Background training or education in health psychology (e.g., completion of or concurrent enrollment in EDP 381 Health Psychology)

Selection Criteria:

In addition to the requirements listed above, preference will be given to applicants who have:

1. Completed a practicum at CMHC
2. Completed more than two semesters of therapy-based practicum training
3. Have a background in mindfulness meditation practice and skills

Application Process:

To apply for either the General Psychotherapy Practicum or the Integrated Health Practicum at CMHC, please submit the following:

1. The CMHC Practicum application form
2. A current resume/vita
3. The names of at least two mental health professionals/professors who may be contacted as professionals references.

If you have any questions about the practicum or application process, please contact the Practicum Training Director, Mark Zentner, Ph.D., who may be contacted by phone at 475-6922 or via email.

Please return application electronically to: mzentner@austin.utexas.edu

Application Form is below

**APPLICATION FOR PRACTICUM TRAINING
UT-AUSTIN COUNSELING AND MENTAL HEALTH CENTER**

Applications Accepted Through February 5, 2016

NAME:

ADDRESS:

PHONE NUMBERS: Home: _____ Work: _____

Cell: _____ Other: _____

EMAIL Address:

PROGRAM NAME: _____ YEAR IN PROGRAM: _____

Which Practicum Experiences are you interested in being considered for at CMHC?

General Psychotherapy Practicum _____

Integrated Health Practicum _____

Either _____

PREVIOUS PRACTICUM EXPERIENCES

Site: _____ Hours: _____

Population: _____ Supervisor: _____

Site: _____ Hours: _____

Population: _____ Supervisor: _____

Site: _____ Hours: _____

Population: _____ Supervisor: _____

RELEVANT CLINICAL WORK EXPERIENCE (if applicable):

Additional Questions Related to the General Psychotherapy Practicum

1. The description of the practicum at CMHC emphasizes our focus on the “Use of Self” model of training. Please briefly share your thoughts and reactions to the “Use of Self” and how this approach fits with your goals for the up-coming training year.

2. What experience/training have you had with regards to working with diverse populations?

3. Individual Therapy Goals -- What are some of your areas of growth as an individual therapist and what are some goals you have in this area?

4. Are you interested in co-leading a group at CMHC?

_____ Yes _____ No

5. If you answered "yes" to question #4, please complete questions 5 and 6.

6. What experiences and training have you had, to date, related to group theory, group process, and group leadership issues?

7. Group Therapy Goals -- What are some of your areas of growth as a group therapist and what are some goals you have in this area?

Question related to the Integrated Health Practicum

1. The description of the practicum at CMHC emphasizes our focus on the “Use of Self” model of training. Please briefly share your thoughts and reactions to the “Use of Self” and how this approach fits with your goals for the up-coming training year.
2. Please provide information about any training in mindfulness or any mindfulness practice that you are engaged in.
3. Please provide information about any previous experience working in a medical setting or collaborating with medical or nursing providers.
4. What experience/training have you had with regards to working with diverse populations?
5. What particularly interests you about this IH Practicum? What are your goals for the practicum?