



Practicum Application Packet

The Counseling and Mental Health Center at the University of Texas at Austin offers three comprehensive practicum experiences. The Counseling Practicum includes training in two central areas of clinical work, namely individual counseling and group interventions. The Integrated Health Practicum focuses on health psychology and interventions with clients referred for services by medical professionals. The Counselors in Academic Residence (CARE) Practicum allows practicum trainees to provide services alongside CMHC therapists who are embedded in various academic colleges on campus.

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.

Counseling Practicum

Eligibility Requirements:

Applicants for the Counseling Practicum at CMHC must meet the following criteria:

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

Additional 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 model of providing individual counseling
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 intervention 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)

Additional 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

CARE Practicum

Eligibility Requirements:

1. Enrollment in UT-Austin Counselor Education, Counseling Psychology doctoral, or Clinical Psychology doctoral program
2. Successful completion (or in the process of completing) all coursework required by the academic program to be eligible for practicum training

Additional 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 an academic setting
4. Have a desire to receive training in brief individual psychotherapy skills
5. Have clinical experience with various populations and presenting issues

Application Process:

To apply for the Counseling Practicum, the Integrated Health Practicum, or the CARE 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 FOR PRACTICUM TRAINING
UT-AUSTIN COUNSELING AND MENTAL HEALTH CENTER

Applications Accepted Through February 5, 2016

Name: _____

Address: _____

Phone Numbers: Home: _____ Cell: _____

Email Address: _____

Program Name: _____ Year in Program in Fall 2016: _____

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

Counseling Practicum _____

Integrated Health Practicum _____

CARE Practicum _____

Previous Practicum Experiences:

Site: _____ Hours: _____

Population: _____ Supervisor: _____

Site: _____ Hours: _____

Population: _____ Supervisor: _____

Site: _____ Hours: _____

Population: _____ Supervisor: _____

Relevant Clinical Work Experiences (if applicable):

Questions Related to All CMHC Practica

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. The CMHC has adopted a Statement on Diversity, which outlines the Center’s values in terms of providing services to the students on our campus. The Statement can be found at <http://www.cmhc.utexas.edu/diversity.html> Please tell us briefly about your thoughts and reactions to this statement, including your thoughts about training in an environment with these values.
3. What experience/training have you had with regards to working with diverse populations?

Questions Related to the Counseling Practicum

1. What particularly interests you about Counseling Practicum at CMHC? What are your goals for the practicum?
2. Individual Counseling Goals -- What are some of your areas of growth as an individual therapist and what are some goals you have in this area?
3. Are you interested in co-leading a group at CMHC? If “yes”, please respond to questions 5 and 6 below.

_____ Yes _____ No
4. What experiences and training have you had, to date, related to group theory, group process, and group leadership issues?
5. Group Intervention Goals—What are some of your areas of growth as a group therapist and what are some goals you have in this area?

Questions Related to the Integrated Health Practicum

1. What particularly interests you about the IH Practicum? What are your goals for the practicum?

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.

Questions related to the CARE Practicum

1. What particularly interests you about the CARE Practicum? What are your goals for the practicum?
2. Please provide information about your training and education in providing professional services in a higher education setting.
3. What are some of your areas of growth as an individual therapist and what are some goals you have in this area?

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