



# The Marina Counseling Center Internship Program

## INTRODUCTION

The Marina Counseling Center offers an advanced internship which provides opportunities to explore and integrate contemporary psychodynamic models with spiritually based perspectives and values. We work together in a close-knit community by sharing the responsibilities of running the Center, participating in decision making and governance groups, and most importantly, through our deepening contact with one another in supervision, training, and other small group meetings.

The Marina has three main areas of activity: we offer low and moderate fee psychological services to the wider Bay Area; we train interns to become skilled and sensitive therapists, able to make a positive contribution to the psychotherapeutic field; and we develop our own community atmosphere by honoring individual differences and contributions, within a spirit of openness, authenticity and mutual support.

## THE COUNSELING CENTER

The Marina is a non-profit, charitable counseling center offering outpatient psychological services to adults, couples and adolescents (and occasionally families and children). Our emphasis is on short and long term individual psychotherapy and couples counseling, with some opportunity for family and group work. We have an established client referral base with a steady flow of intakes coming from many sources.

Our clients seek counseling here for a variety of life problems, and bring a range of capacities and personal skills. Some want to move through transitional crises, while others have more severe and long standing characterological problems. Many seek help in working through states of prolonged anxiety or depression, relationship conflicts, low self esteem, identity and boundary confusion, and the effects of childhood trauma and unresolved grief. Additionally, some clients come to the Marina primarily to make a deeper connection to their feeling and spiritual lives, and to actualize their creativity and career potential.

Our counselors are advanced level trainees as well as interns who have completed, or nearly completed, Masters or Doctoral level degrees in psychology (or a related field). They are continuing to accrue hours towards their MFCC requirements (or in some cases fulfilling their Psychology practicums).

## THE TRAINING PROGRAM

Our training program in professional psychology and marriage, family, and child counseling provides weekly: one hour of individual supervision; two hours of group supervision and case consultation; and one and a half hours of didactic and experiential training. The internship experience and supervised clinical hours received at The Marina Counseling Center are accepted by the Board of Behavioral Sciences and the Board of Medical Quality Assurance toward meeting requirements for licensure as a Marriage, Family, and Child Counselor (MFCC), Licensed Clinical Social Worker (LCSW) or a Psychologist in the State of California.

Our therapeutic orientation is an integrative approach which embraces the most relevant teachings from humanistic-existential, analytic-developmental, and transpersonal paradigms. While helping interns build a solid psychodynamic foundation, influenced by humanistic-existential values and inspired by the spiritual traditions, we also encourage development of their own authentic "voice" as a helping professional.

This integrative approach is actualized through skilled supervision and comprehensive training. Our supervisors are experienced PhD's, MFCC's, and LCSW's who incorporate the above paradigms in their own practice and personal lives. We have numerous staff and adjunct supervisors with whom interns may work.

Our weekly training seminars are designed to provide didactic and experiential education on a variety of psychological and professional issues. Theoretical approaches presented include, among others: self-psychology, intersubjectivity, Jungian and depth psychologies, dreamwork, transpersonal approaches and brief therapy models. Training also address working with specific client issues, such as eating disorders, borderline dynamics, incest survival and depression. Additionally, we provide training on the practical and business dimensions of practicing psychotherapy, including marketing oneself as a psychotherapist, working with fee issues in a clinical setting and preparing for the licensing exams. We also encourage interns to experiment with and integrate therapeutic training concepts by discussing them with peers and supervisors in process, community and supervision groups.

Lastly, we strongly encourage interns to participate in their own ongoing psychotherapy; and although it is not a requirement of our program, we also seek people with an interest, background, or on-going practice in a spiritually based study.

## COMMITMENT REQUIREMENTS AND DURATION

The Marina seeks interns who are able to make a whole-hearted commitment to both professional, personal and interpersonal growth, as well as the maintenance and well being of our community. Ample opportunity is given to form friendships, professional collaborations and support networks to create a rich environment for training.

Our governance structures involve the entire community in visioning and planning processes. We rely on each individual's willingness to look deeply and connect with their own truth and to balance personal and collective needs. Out of this process emerges action that hopefully is well informed, heartfelt and realistic.

**Interns make a one year commitment to the program, averaging about 20 hours per week.** This includes carrying a caseload of 8 clients or more; attending supervision, training and administrative meetings; conducting intakes, phone shift, and keeping process notes. In addition, interns participate in community gatherings, quarterly day-long retreats, two weekend retreats per year, and give service to many aspects of the Center's operating and governing processes.

Upon successful completion of an intern's first year they may, upon mutual agreement, continue into the second tier of our training program called Associateship. This tier supports more autonomy in the

counselors and allows them (14 months after their start date at the Marina) to begin to receive a portion of the fees they generate through client services. After eight or nine months the intern meets with the Directors to assess whether the counselor has demonstrated an ability to utilize the resources of the Marina to grow professionally. This extended tenureship of our program may allow the counselor to stay at the Marina until licensure, thus supporting their long term work with clients and professional contact with colleagues.

### **HOW TO APPLY TO THE MARINA COUNSELING CENTER**

The written application has three parts: a cover letter, resume and the names of three references. Qualified applicants are invited to a group screening interview, which is then followed by a more in-depth individual interview.

The application should include the following:

**A cover letter** stating preferred starting date, and responses to these three questions:

What do you want to receive from an internship, and what do you want to give -- special loves, talents, skills, and commitments? Why at The Marina? What personal and professional goals currently motivate you?

**A current resume** which includes dated information on education and learning situations; descriptions of positions and responsibilities, with name of supervisors; and life experience relevant to counseling

**Three reference names:** names and phone numbers of persons familiar with the applicant's academic and counseling work, including at least two from former supervisors or clinical directors.

We accept applications throughout the year for internship start dates in January, July and September. We tend to interview candidates several months before the start date, so we encourage applicants to apply early.

Email completed applications to: [cody@marinacounseling.com](mailto:cody@marinacounseling.com)

If you have any questions or would like further information, call us at **(415) 563-2137**.

*Please visit our website at [www.marinacounseling.com](http://www.marinacounseling.com)*