

# Social Work Field Placement Training in Psychodynamically-Oriented Psychotherapy

Counseling and Psychological Services (CAPS)  
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<http://studentaffairs.stonybrook.edu/caps/training>

## Introduction

SUNY Stony Brook University's Counseling and Psychological Services (CAPS) serves an undergraduate, graduate and professional student body of 25,000. The University is an ideal setting for field education, offering the opportunity to work with clients of diverse backgrounds and levels of functioning, as well as varied presenting problems

## Program Purpose and Description

Training goals for the Social Work Internship program are two-fold:

1. Improvement of clinical skills for 2<sup>nd</sup> year MSW students in working with a diverse population of traditional and non-traditional students
2. Provide an opportunity to apply classroom learning in the field in order to master and synthesize social work knowledge, values, and skills

The 10-month field placement will begin September 12<sup>th</sup>, 2011 and end May 6<sup>th</sup>, 2012. Social Work Interns carry a caseload of approximately eight to ten clients. Half of these clients may be seen in long-term psychotherapy (the academic year); the other half will be seen in brief (10-session) therapy. Social work interns will also have the opportunity to co-lead groups. In the spring semester, interns will have the opportunity to conduct intake interviews. Each intern will have two supervisors: one a SIFI trained senior staff clinician (LCSW/R) and the other an APA- affiliated psychology intern.

## Anticipated Weekly Schedule of Field Placement

8-10	individual psychotherapy (maximum)
2	Intakes (spring semester)
2	Group therapy
2	Individual supervision hours
1-2	Team Meetings, staff development
1.5	Seminar hours
2	Designated project hours

Approximately 21 hours total

*The one day of the week all interns are expected to attend is Tuesday*

## Program Philosophy

The primary theoretical orientation of the majority of supervising clinicians at SBU's CAPS is contemporary psychodynamic. In practice and training we have integrated alternate treatment modalities (CBT, SFBT, ACT, Motivational Interviewing, DBT, Mindfulness, etc) so that we now consider ourselves an *integrative psychodynamic* program. Techniques from these other modalities are woven into our psychodynamic philosophy of understanding clinical phenomena.

Our integrative approach to treatment is reflected in field education as follows: during the psychotherapy seminar, social work interns review Object Relations and Self Psychology theories leading to a strong foundation in contemporary analytic theory. While understanding personality development and psychopathology from this perspective, training also focuses on principles of change and varieties of therapeutic technique. Through didactics and supervision, interns learn how to hold true to a central philosophy of mind while at the same time expanding their technical repertoire, taking into consideration the presenting problems, deficits, and strengths of the individual client.

This approach is especially fruitful in working with a 'traditional' student population, whose developmental trajectories are still unfolding and whose diversity challenges clinical categorizations: some may come in simply needing solution-focused reminders of their strengths; others may need practice at challenging negative cognitions. Some present with complex interplays of history, culture, language and sexual orientation; while others need corrective relational experiences to challenge maladaptive internal representations of self with other. What is most exciting is that, as college students, they often have the mental capacities - and the willingness - to change. Thus, interns have the opportunity to actually witness the impact of their interventions: to see what works, for whom, and why.

## Application Procedures

All 2<sup>nd</sup> year MSW students with some sort of prior clinical experience may apply. Qualified applicants will be invited to interview with CAPS staff.

Interested applicants should send the following:

1. Curriculum Vitae
2. Two letters of recommendation (one from current field supervisor, one from school of social work faculty)
3. Sample report (Intake preferred, other reports will be accepted)
4. Letter of interest addressing the following questions:
  - How did you decide to enter the field of social work?
  - What do you see as your personal strengths and growth areas? Please be specific in discussing these aspects of yourself. They will be a component of your training goals as an intern
  - Why have you chosen to apply to CAPS as a field placement site?
  - At this point in your professional development, what theoretical orientations and what approaches to practice are you most familiar with or drawn to?

## Applications Should be mailed to:

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