



INTERNSHIPS

in Clinical Social Work, Clinical Counseling and Expressive Therapy

Training Facility

As one of the largest health systems in Illinois, Ascension Illinois includes 19 hospitals, and over 150 sites of care. Ascension Alexian Brother Behavioral Health Hospital, which is located in Hoffman Estates, is the 10th largest behavioral health hospital in the country offering specialized services for mental health and substance use disorders.

Master's students will train in one of our speciality outpatient programs which includes:

- **Adolescent program** (located both in Hoffman Estates & Crystal Lake)
- **Child program** (located both in Hoffman Estates & Crystal Lake)
- **School Anxiety program** (located in Hoffman Estates)
- **Eating Disorders program** (located in Hoffman Estates)
- **Anxiety/OCD program** (located in Hoffman Estates)
- **Adult program** (located in Hoffman Estates)
- **Center for Addiction Medicine** (located in Hoffman Estates)
- **Perinatal program** (located in Hoffman Estates)
- **Autism Resource Center** (located in Hoffman Estates)
- **Expressive Therapy program** (located in Hoffman Estates)

Students will gain experience working collaboratively with staff and other students from various professions, including:

- Licensed professional counselors
- Licensed clinical social workers

- Expressive therapists
- Nurses and nurse practitioners
- Psychiatrists

We take pride in our strong commitment to quality training, supervision and mentoring. Our highly experienced social workers, counselors and expressive therapists work closely with students to ensure that the training experience at Ascension Alexian Brothers Behavioral Health meets all the requirements of a student's graduate program and educational goals.

Training Program Details

- Mandatory summer orientation: Two days in August; dates to be determined
- Training start date: The last week of August 2024
- Training end date: The second Friday in June 2025 (or during the week of your graduation, if earlier)
- One-hour weekly individual supervision with a licensed (or credentialed, if appropriate) supervisor from your field of study
- One-hour group supervision twice per month

Weekly individual supervision, group supervision, informal impromptu supervision, team meetings, case staffings and formal didactic training opportunities are provided. We are committed to providing quality training that emphasizes evidence-based practices and inter-professional collaboration. Students are placed in one clinical program for the year in order to gain a solid clinical experience. Students must be able to work flexibly within a treatment team in the clinical program in a fast paced outpatient environment.

All students are expected to be on-site three days per week for an average of 18-20 hours per week. The number of hours per week will be determined before training begins to ensure that each student will meet their required hours of training by year's end. Our didactic "Professional Seminar" is held on Wednesdays from 12–1 pm. During this seminar, students will receive training from staff throughout behavioral health on numerous clinical topics.

Clinical Training Opportunities

ADOLESCENT PROGRAM

(5 positions)

The student in this program will gain exposure working with adolescents and their families.

Patients present with anxiety, depression, attention deficit/hyperactivity disorder (ADHD), substance use, conduct disturbance and other mental health disorders. Learning to conduct initial assessments, facilitate psychoeducational groups, conduct group therapy and do individual work with adolescents are the primary aspects of this clinical training opportunity. The student must be able to work adaptively as a member of the treatment team within the context of a structured program in a fast-paced environment.

CHILD PROGRAM

(1 position)

Students learn to use Behavioral and Cognitive Behavioral Therapy in a highly structured environment through a team-based approach. Learning to conduct initial assessments, to facilitate psychoeducational groups and to run group therapy with children are the main clinical aspects of this training opportunity. A range of treatment modalities are utilized including; group therapy, family interventions and milieu treatment. Children in the child program present with a wide array of clinical disorders including disturbances of mood, conduct, and thought disorders.

SCHOOL ANXIETY/SCHOOL REFUSAL

(1 position)

The school anxiety/school refusal treatment program provides care for adolescents ages 12–18. The treatment model is based upon the essentials of exposure with response prevention (ERP) and cognitive behavioral therapy (CBT). The program focuses on avoidance and refusal behaviors that occur due to anxiety. Students take an active role in educating adolescents in the evidence-based practice of ERP to overcome their anxiety about school. Students will have the opportunity to learn to conduct initial assessments, facilitate psychoeducational groups, run group therapy, provide individual treatment and work with the patient's families.

EATING DISORDER PROGRAM

(1 position)

The eating disorders program treats patients presenting with a wide range of diagnoses, including anorexia nervosa, bulimia nervosa, binge eating disorders, and other eating disorders. Highly structured group interventions and milieu treatment with an adolescent and adult population are the main approaches to treatment. The model of treatment includes DBT, CBT, ACT, ERP and motivational interviewing. Students will have the opportunity to learn to conduct initial assessments, to facilitate psychoeducational groups, to run group therapy, to provide individual work and to train within a multidisciplinary treatment team.

ANXIETY AND OBSESSIVE COMPULSIVE DISORDERS PROGRAM

(4-5 positions)

Students learn the essentials of exposure with response prevention (ERP) and cognitive behavioral therapy (CBT) from our expert team in the field of treating anxiety disorders, including OCD. Students will have the opportunity to learn to provide individual treatment and conduct psychoeducational groups plus work with the patients' families. The student must be able to work adaptively within the context of a structured program in a fast paced team environment.

ADULT PROGRAM

(1 position)

The adult program treats individuals diagnosed with mood and anxiety disorders, with the emphasis on mood stabilization and skill development, utilizing the treatment modalities of cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT) and acceptance and commitment therapy (ACT). Learning to conduct initial assessments, run group therapy, conduct psychoeducational groups with adults and provide individual treatment are the central clinical aspects of this training opportunity.

CENTER FOR ADDICTION MEDICINE (CAM) PROGRAM

(1 position)

Students in the Center for Addiction Medicine learn to treat individuals with the full range of substance use disorders within a treatment team. Cognitive Behavioral Therapy (CBT), motivational enhancement and Acceptance Commitment Therapy (ACT) are the main treatment interventions utilized. Students will have the opportunity to learn to conduct initial psychosocial assessments, conduct group therapy, facilitate psychoeducation groups and work individually with patients.

PREGNANCY AND POSTPARTUM MOOD & ANXIETY DISORDERS PROGRAM (PMAD)/ PERINATAL INTENSIVE OUTPATIENT PROGRAM (IOP)

(1 position)

These two programs work closely together to provide services and support to pregnant and postpartum families. The student in this setting will experience the integration of medical and behavioral health social work. In PMAD, the training experience will include meeting with at-risk patients post delivery, in the neonatal intensive care unit, and other medical units in the hospital to assess for mental health concerns, provide education and appropriate referrals. In addition, PMAD meets with outpatients from within the Ascension Health system and from the community to complete psychosocial assessments, education, support and referrals, as well as runs a support group. In the perinatal IOP, the student will have the opportunity to run group therapy, conduct individual work and co-facilitate family interventions.

AUTISM SPECTRUM AND DEVELOPMENTAL DISORDERS RESOURCE CENTER (ASDDRC)

(1 position)

ASDDRC provides assistance to individuals with autism spectrum disorders and development disorders at all ages. Treatment includes a wide range of modalities including CBT and behaviorism. Students provide triage assessments and brief screenings in locations throughout the hospital system. This track also includes training opportunities in the child and adolescent partial hospitalization programs; conducting a social skills group and will include working individually with patients and their families. The team is looking for students with a strong interest in working with the autism spectrum population and/or other developmental disorders, who can work independently but collaboratively within a multidisciplinary team.

EXPRESSIVE THERAPY

(5 positions)

This track is reserved for students from accredited expressive therapy programs. Students will receive training in one or more modalities of expressive therapy as a means of helping patients address mental health issues. Expressive therapy interventions in a group setting will be the primary mode of treatment that students will learn. Training occurs in our partial hospitalization programs, our inpatient units, at our residential treatment facility and includes work with all patient populations. The student must be able to work adaptively with the treatment team within the context of a structured program in a fast paced environment. The various modalities of expressive therapy that are taught at Ascension Alexian Brothers Behavioral Health include:

- Art therapy
- Drama therapy
- Music therapy
- Dance/movement therapy

INPATIENT PSYCHIATRIC CASE MANAGEMENT

(1 position)

Students interning with the inpatient psychiatric Case Management team will gain exposure to a variety of DSM diagnoses and learn a diverse set of clinical skills. The primary aspects of this clinical training opportunity include initial psychosocial assessment, development of a multidisciplinary Master Treatment Plan, and coordination of care and discharge planning. Students will meet with patients individually and act as liaison with other stakeholders including family members, outpatient providers, treatment facilities, etc. Students will gain experience with mental health code, psychiatric advance directives, and a range of patient acuity.

How To Apply

In order to apply for a master's level internship training position at Ascension Alexian Brothers Behavioral Health, please submit the following materials:

- Ascension Alexian Brothers Behavioral Health Application Form. On this form, please indicate your primary, secondary and tertiary training track of interest. If you are only interested in one or two of the training tracks, you do not need to rank any others.
- Cover letter
- Resume
- Two (2) letters of recommendation (if a student had a previous placement or job experience or volunteer experience in the field, a letter of recommendation from someone familiar with your experience is preferred)
- A copy of your unofficial graduate school transcripts (does not need to be an official copy)
- Applications can be submitted starting December 15, 2023. Please note we do the majority of our interviewing from January through March. We will continue to accept applications until all our positions are filled.

Send your application materials in **one** email to:

Marie Duetsch, LCSW
Ascension Alexian Brothers Behavioral Health Hospital
Director of Student Training
Marie.Duetsch@ascension.org

Please email Marie with any questions about our training opportunities or our application process.