



Holden High School
10 Irwin Way
Orinda, CA 94563
925-254-0199

HOLDEN COUNSELOR TRAINING & INTERNSHIP PROGRAM

2009-2010

Counselors are a valuable resource and an integral part of the Holden staff team. The ever-evolving Counseling Program supports, challenges and enriches the lives of the students, their families and the staff here. Interns and Trainees have the opportunity to work and learn with supportive and diverse staff, and with intriguing, questioning teenagers in an interdisciplinary community which emphasizes personal, social, creative and spiritual growth as well as academic development. Counselors are able to have contact beyond the client hour, and to move therapeutic insight into implementation during the entire week, creating ways for clients to easily integrate the therapeutic experience into their lives.

In order to facilitate continuity, a feeling of belonging and effective scheduling, we ask Counselors to commit to a minimum of 20 hours per week. Wednesdays are required for all. Any partial days must include a 9am or 4pm to be available for family meetings. We welcome any additional commitment based on your time availability and interest. While there is always room for initiative and creativity, the starred items (*) listed below are mandatory activities – to ensure a solid training and to help you keep pace with the heartbeat of CCAS.

HOURS PER WEEK	MEETING OR TASK
* 3-4	GROUP SUPERVISION with one of our two MFT Counseling Directors, and COUNSELING MEETING (Wednesdays) with Holden Counselors and all Directors, where we discuss: individual students; their relationships with family, other students and staff; therapeutic interventions and strategies; the healing environment as a whole; staff needs, in-service trainings and counseling program components as related to student, staff and school needs, change and growth. Psychiatrist Dr. Larry McReynolds and Dominic D'Ambrosio, MFT, come to counseling meeting for half-hour professional consultations bimonthly and monthly, respectively.
* 1	INDIVIDUAL SUPERVISION with Renee (TBA).
* 1-2	COUNSELOR TRAININGS (Wednesdays). Trainings are one-hour in-depth case presentations or trainings (by staff and guest speakers) on various topics of interest to the Counselors, such as Adolescent Development, Suicidality, Self-Harm, Drugs and Alcohol, Separation, Transpersonal Personality Systems and Family Work, or The Therapist's Adolescent Shadow. Counselors are encouraged to arrange for volunteers to come in and teach the Counseling staff.

- * 1/2 **COMMUNITY MEETING** (Wednesdays). Students and staff gather for announcements, messages of concern or celebration, discussions of the program, issues arising within the community and problem solving. Training focus for Counselors is on large group/community process, a vital aspect of our work.

- * 1 **COUNSELOR BRUNCH and PROCESS** (Wednesdays). A time for Interns and Trainees to connect for support, process, case discussions, professional development and brainstorming.

- * 4-10 **INDIVIDUAL and FAMILY COUNSELING**. All students have weekly Resource and Support (R&S) time: a one-on-one check-in of 30 minutes, an hour or two half-hours. Some students may want to schedule more than one R&S meeting a week, especially during crises.
 Each family has a Family History Intake meeting when they sign up, and agrees, in their contract, to do family therapy if Holden feels it is necessary for the student to succeed in school. Some families request family therapy. Family therapy training occurs with the Counselor initially acting as Student Advocate for their R&S kid during family meetings, and eventually being therapist or co-therapist for families of other counselors' R&S kids.
 Families also have the opportunity to do a series of Family Goal-Setting meetings around their relationships and process.
 There are also plenty of opportunities for mediations and crisis counseling.

- * 1-2 **GROUPS**. We usually have a fair number of groups on the schedule, varying with Counselor interest and student need. Some examples: Family Roles; Relationships; Women's Group; Guy Stuff; Peer Counseling; Clean and Sober; Dreamwork; Alcohol in the Home; Journaling; Tarot; Anger; Good and Evil; Eating and Image; Death, Dying and Suicide; Art as Self-Expression.
 Groups will be discussed in individual and/or group supervision.

- * 2+ **COMMUNICATIONS COORDINATION and CLIENT NOTES**. Each Counselor is responsible for connecting with their R&S folks' outside professional supports (family therapist, psychiatrist, aftercare worker, etc.). Counselors will also keep process notes for their client sessions, as well as develop treatment plans and write end-of year case summaries.

- Varies** **MILIEU WORK** to be filled as necessary with crisis intervention, drop-in counseling, connecting and developing trust with trust with students by hanging out with them at lunch, after school, etc.

- Varies** **PARENT EDUCATION SERIES** meets one evening a month when we have an available counselor or two and enough interested and available parents. Topics are based on student input: Teen Development & Realistic Expectations, Talking with Your Teen, Power, Independence & Identity, Parental Self-Care & Personal Growth, e.g.

- Varies** **UNSCHEDULED BREATHING and HANGOUT TIME**. We encourage Counselors to take some time off-campus during the day. While you can't gain hours for this, if this isn't part of the Internship, the Counselor may become prematurely crazed.

20-24 hours per week

Other opportunities for participation in the Holden community include Drama productions, the Spring Arts Festival, field trips, camping trips, parent events, home visits, new student conferences, end-of semester student conferences, end-of-the-year student and family conferences, National Coalition of Alternative and Community Schools events, the occasional prom, and, of course, graduation.

HOLDEN COUNSELOR TRAINING PROGRAM MONEY 2009-2010

There are no fees. Supervision, Trainings and professional liability insurance are provided free of charge.

There is a small semesterly stipend, which can help defray your transportation costs.

For interns, there may be a chance of doing ongoing family or couples therapy, which would be paid for by the families, outside of your regular internship hours. Families, of course, would pay Holden, who would then pay you.

REQUIREMENTS for ADMISSION to the PROGRAM

- You must be enrolled in or have a degree from a Master's Program in Psychology (Clinical, Transpersonal, Pastoral, Feminist, Art or Movement therapy, etc.) or Social Work.
- You must like teenagers and show them the same respect you do adults. If you're not sure whether you like teenagers or not, you must be willing to drop any judgments you might have about them as a social caste, and be willing to approach them as you would an adult.
- You don't need to have previous counseling experience, but you do need to be willing to honor your clients' experience, their process and resistance, and your relationship with them.
- It's necessary to be willing to discover and work with your own adolescent issues.
- You should be able to communicate your wants, needs, appreciations and dissatisfactions, receive construction criticism, and enjoy working collectively as a staff.
- You must have a sense of humor, a delight in surprises, and an appreciation of the absurd.
- You need to be able to put the kids first, ahead of your own issues.
- Although it's not required, the ability to thrive or at least enjoy surviving in a genuinely creative and slightly chaotic environment is highly recommended.

APPLICATION PROCEDURE

For more information, contact Renee Beck, MFT, Clinical Co-Director and Counseling Supervisor or Jenn Payne, Head Counselor, at Holden – (925) 254-0199. We'll talk on the phone and send you our information and application. For 2009-2010, we have one Counselor slot open and will be only doing interviews after reviewing applications. If you are invited to interview, we'll set up a time for you to come see the school and meet with Renee. Other steps could include a second interview, coming to Community Meeting on Wednesday to get a feel for how we work, attending a Counselor training or process brunch, or sitting in on classes.

The application/interview process occurs January through mid-March; applicants will be informed of decisions in early April

If the combination of you and Holden looks promising, you'll be invited to be a Counselor. During the first 2 months, we'll give each other feedback, and we can figure out what you need and what Holden needs to work well together. When we agree we're a great match, we'll commit to working together for the rest of the school year. (If you start in the spring semester, the commitment is through the end of the following school year.)