

Application deadline: Monday, February 22nd, 2021



INTEGRATIVE PSYCHOTHERAPY MFT PRACTICUM/INTERNSHIP OPPORTUNITY

11.20

Expressive Arts • Somatics • Transpersonal

September 2021—August 2022

Are you looking for a practicum or internship site that offers the opportunity to learn how to weave together expressive arts, somatics, and transpersonal approaches to psychotherapy in a community setting? The Integrative Therapy Department at California Pacific Medical Center in San Francisco is currently accepting applications for our intensive, no-cost one-year training program in Integrative Psychotherapy. Trainees/interns receive licensed MFT supervision and clinical training with diverse adult medical and psychiatric populations in a supportive, collaborative environment.

The Integrative Therapy Department is a team comprised of expressive arts, somatic and transpersonal psychotherapists. We are a community of professional clinicians who are developing innovative and effective therapeutic interventions in a medical environment. All of us share a deep belief in the wisdom of the body and the power of creative expression to foster psychological, physical and spiritual wellness.

The hospital setting offers a unique opportunity for clinical work that integrates the body, mind and spirit. As therapists, we view hospitalization as a rite-of-passage that holds the potential for healing and transformation. Our approach utilizes the arts and somatic practices to access the images that can catalyze our patients' healing process. As well, the issues that emerge through physical illness and the aging process necessitate a transpersonal focus in our work.

Trainees work alongside our professional staff and receive weekly group and individual supervision with licensed MFT supervisors. Supervision is oriented towards supporting each trainee's emerging capacities around becoming an effective psychological practitioner. Trainees work on developing an empathically attuned presence and a personalized integrative approach that can be applied in a variety of therapeutic contexts, such as coaching, community mental health, and private practice work.

Trainees are on-site for 20 hours per week, which includes individual and group supervision, mentoring, and didactic/experiential training. Trainees have 10 hours each week of direct client contact, including assessment, individual and group therapy sessions and milieu work. Unlike outpatient settings where trainees need to build up a case load, **the inpatient setting allows trainees to accrue maximum client contact hours from the start and throughout the year.** In addition to working directly with patients, there are opportunities for providing therapeutic support to families, caregivers and staff. Scheduling is flexible around school and work commitments.

Clinical issues that trainees work with include: Anxiety, Depression, Grief and Loss, Trauma, Cross-Cultural Issues, Aging, Dementia, End-of-Life, Family/Caregiver Support, Substance Abuse, Pain Management, and Existential/Spiritual Issues.

Training topics include: Arts & Medicine, Motivational Interviewing, Effective Short-Term Strategies, Pain Management, Mindfulness Practices, Leadership Development, Trauma & Attachment, Using Countertransference, Therapeutic Play, Sandtray, Understanding Grief and Loss, Psychodynamics of Illness, and Community Building.

We are currently accepting applications for training that begins in September 2021. Practicum applicants must be currently enrolled in a graduate MFT program. Internship applicants must be eligible to register with the BBS as an MFT Intern.

APPLICATION

Applications consisting of the following items should be sent electronically to the e-mail address below. Please send the cover letter/references, résumé, and personal statement as attachments to your e-mail:

- **Cover letter that includes 2 telephone references**, either professional or academic. Written references are not required, but can be included in support of the application. For written references, please email scanned copies along with the application.
- **Résumé.**
- **1- to 2-page personal statement** that expresses your particular interest in training in a medical setting and in integrative psychotherapy.
- **Photo (Optional)** Please note: This is not a requirement and it is fine to opt-out. We request a photo as a memory aid, to help us remember everyone we interview.

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Applications received after February 22nd will be reviewed pending availability.

CPMC Integrative Psychotherapy MFT Practicum Training

Integrative Therapy is a model that weaves together expressive arts, somatic, and transpersonal/community approaches to psychotherapy. We also strive to integrate various orientations to psychology. While our approach to patient work is highly relational and based on principles from Humanistic Psychology, the primary framework we use for understanding the clinical work is psychodynamic theory, drawing largely on Object Relations and Archetypal (Jungian) Psychology. We also incorporate cognitive-behavioral techniques as they are needed in clinical situations, especially around managing pain, crisis and behavioral issues.

Beginning (Sept—Dec)	Middle (Jan—May)	End (June—Aug)
Present Theory	Apply theory	Integration
Topics include: Hospital as Patient Object Relations Archetypal/ Ritual Narcissism/Initiation Trauma/Attachment Motivational Interviewing Grief/Death & Dying Pain Management Substance Abuse Mindfulness	Case conference/ Discussions drawing on theory Special topics : Group Facilitation Brief Therapy Leadership Development Imaginative Play Arts in Medicine	Reflecting on key moments Extracting learnings, principles based on theory and practice. Apply learnings to other contexts Describing hospital experience for résumés/interviews

WEEKLY SCHEDULE: 20 hours/week, as follows:

1 hour	Individual Supervision <i>Trainees receive a weekly 1-hour individual supervision that focuses on developing therapeutic capacities and exploring the transference and countertransference that arises in the clinical work.</i>
2 hours	Group Supervision <i>Our supervision groups are co-led by 2 supervisors who both contribute their unique expertise in expressive arts, somatic, and transpersonal approaches to psychotherapy.</i>
1 hour	Didactic Training <i>Curriculum is based on the above topics.</i>
1 hour	Department Meeting <i>The first half-hour is patient rounding: giving and receiving updates on current patients. Afterwards, the meeting includes: trainings/in-services, leadership development, art-making, department topics.</i>
Up to 13 hours	Individual, Family and Milieu Therapy <i>Trainee dyads are assigned a group of hospital rooms, and provide individual therapy for all patients in those rooms, and their families. Trainees also provide supportive, milieu therapy, aimed at catalyzing a therapeutic environment in the hospital..</i>
Up to 2 hours	Group Therapy <i>Trainees often co-lead therapy groups with staff or other trainees and debrief afterwards to maximize learning opportunities.</i>



INTEGRATIVE PSYCHOTHERAPY MFT PRACTICUM/INTERNSHIP INFORMATION SHEET

The CPMC Integrative Therapy Training Program offers opportunities to train with medically hospitalized adults and seniors at 3 campuses in San Francisco. Our units at Davies, Mission Bernal, and Van Ness Campuses all have younger and older adult patients with a wide range of medical diagnoses. Patients may also have psychiatric comorbidities, alcohol/substance abuse, and/or psychosocial issues.

Interns will receive placement either at Davies Campus (Castro & Duboce, by MUNI N-Judah), Mission Bernal Campus (Cesar Chavez and Guerrero, walkable from 24th Street BART and near all-day street parking) or Van Ness Campus (cross street: Geary).

There is a required training day throughout the year that all trainees must be able to attend on a weekly basis on Wednesdays (Mission Bernal/Van Ness) or Thursdays (Davies) 9 am – 2:30 pm. The time includes a two-hour supervision group, patient rounding, didactic training and a department meeting.

Trainees are on-site for 20 hours per week (during normal business hours 8:30 am – 5:30 pm), which includes individual and group supervision, mentoring, and didactic/experiential training. Interns have approximately 10 hours each week of direct client contact, including individual, milieu and group therapy sessions. **The inpatient setting allows interns to accrue maximum client contact hours from the start and throughout the year.** Scheduling is flexible around school and work commitments. Weekend shifts are also available.

Our department provides services 365 days a year. During the internship year, all trainees are given 5 weeks (100 hours) of time off, which includes time for vacation, holidays, sick leave and school commitments (special classes, completing assignments at the end of the semester, etc.), to use during the year as you wish.

CPMC requires trainees to pass a health screening which includes testing for immunities to childhood diseases. CPMC requires that trainees without immunities receive vaccinations in order to protect the health of our vulnerable patient population. All trainees are required to pass a background check and drug screening before beginning practicum and to be vaccinated for the flu at the start of flu season.

Because this is a challenging site, in the interest of supporting both your self-care and your learning process, we require all trainees/interns be in psychotherapy throughout the practicum year. If assistance is needed for finding low-cost therapy, we can provide a list of affordable referrals.

If you have any further questions, please contact the Director of Training, Craig Garfinkel, Ph.D. at GarfinC@sutterhealth.org.