



Motivating Youth to Succeed

啟導青年 邁步向前

CYC Traineeship/Internship Training Goals and Philosophy

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CYC aims to provide the interns with the generalized professional practice skills expected of a psychologist or marriage, family and child therapist or clinical social worker. The goal is to establish proficiency for the biosocial and clinical assessment and conduct of psychotherapy (individual, family); skills for intervention with the more disturbed and troubled patient; and clinical sensitivity to diversity.

Development of cultural competency, particularly, in regard to working with Asian and Pacific Islander minorities, is the hallmark of the CYC internship. The mission of our program is part of a larger organizational mission: to increase the mental health resources for Asian Americans as well as Asian speaking immigrants and refugees, to enhance the relevance and utility of psychology theories for these populations and other minority groups we serve, to educate other institutions on minority mental health issues, and to promote mutual support and the exchange of ideas among psychologists and counselors/therapists interested in working with clients of diverse backgrounds.

The interns receive training in brief and longer-term psychotherapy, crisis intervention, and case management. Because of the nature of the client populations they also learn culturally specific treatment strategies and counseling related to post-traumatic stress, mourning, and adaptation to major life changes. While mastering clinical assessment, the interns learn to make the evaluation data relevant to functional life skills, especially for those who are adapting to the American culture. Further, since CYC emphasizes providing services in naturally occurring environments, the interns become skilled at integrating clinical approaches with community psychology prevention concepts.

CYC's grounds all of its work on the foundation of the following five theories:

- I. Empathic and Humanistic-Existential Approach
- II. Empowerment Theory
- III. Youth Development
- IV. Harm Reduction
- V. Process of Change – Motivational Interviewing

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Clinical supervision takes a number of different formats. Interns receive needed Supervision, including two hours of weekly group supervision. Additionally, there is In-service Training for the entire CYC staff, which occurs throughout the year. Both supervision and didactic seminars include a strong emphasis on cultural competency which gives our interns the opportunity to develop clinical sensitivity to cultural issues.

The content of the training program includes, but is not limited to, the following:

- CYC Clinical Manual orientation and training
- CYC Staff Orientation
- Intake: Clinical Issues, CYC Procedures
- Risk Assessment and Initial Paperwork
- Beginning of Treatment Issues
- Therapeutic Legal and Ethical Issues
- Confidentiality vs. Safety and Mandated Reporting
- Documentation for Adult and Child Clients
- Treatment Consent; Grievance Information; HIPAA Form
- Patient Financial Information (PFI); Episode Opening
- Client Episode Summary; Information Release Form
- Clinical Assessment and Annual Assessment Update
- Plan of Care (Initial and Annual);
- Child Outpatient Treatment Report and CANS
- Request for Medical Evaluation;
- Progress Notes & ongoing maintenance of records

- Billing for Services
- Billing Codes and Transaction Documents
- Culturally Competent Assessment
- Dealing with Crisis: Clinical Issues & Crisis Intervention
- Effective Treatment Planning and
- Clinical Documentation
- Working with Trauma: Assessment
- Substance Abuse: Clinical Issues
- Working with Crisis

- Core fundamentals in counseling and therapy
- DSM-IV TR training and case studies
- Cognitive-Behavioral Therapy training
- Family therapy systems training
- Emotional Intelligence assessment

TO APPLY: Please email your resume and cover letter to Dr. Bradford Woo, Community Youth Center. Email: bradfordw@cycsf.org. Telephone: (415) 681-4957. The CYC website is www.cycsf.org.