



Our Counselling Internship Program is designed to provide training in intermediate and advanced counselling skills for those pursuing a graduate degree in counselling.

Interns provide counselling to adult individuals through PCFSA Short-Term Affordable Counselling Program and to youth under 30 through our Youth Talk E-Mail Counselling Program. There may be opportunities, depending both on intern interest and ability, and programming requirements, for interns to work with couples and with clients from other PCFSA programs such as Youth Services and Stopping The Violence.

We find that interns who seek a broad-based clinical training experience thrive at PCFSA! Clients come to our programs from a diverse population. Clients may have histories of abuse (childhood sexual abuse, violence in their families of origin) and can be struggling with suicidal ideation/behaviour, self-harm, substance use, and systemic issues such as poverty. At a minimum, interns should have strong active listening skills, risk assessment skills and be comfortable working across difference from a strengths-based perspective.

We view the internship program as an opportunity for interns to both hone and develop new counselling skills and to support use of self for therapeutic development. We know therapeutic growth can be both fruitful and challenging. We encourage awareness of self because being aware of one's identity, cultural perspective, goals, motivations, needs, limitations, strengths, values, feelings, and personal areas of growth allows us to serve clients' better.

Our supervisors have training and expertise in many areas including Adlerian, EMDR, CBT, EFT, ACT, Solution Focused and DBT.

We approach counselling from a trauma-informed, client-centred, attachment-based lens. Our workplace is collaborative and supportive.

Eligibility requirements

Internship applicants must meet the following requirements:

- enrolled in a master's degree in an accredited clinical counselling program
- have completed courses in counselling theory, counselling skills, groups, and ethics
- provide their own professional liability insurance, either personally or through their academic institution.
- undertake a successful recent criminal record check for working with children and vulnerable adults prior to commencement of the internship.

Counselling Internship Program

Our Internship Program is typically 8 months in duration from September to April (though we may offer block placements depending on our programming needs).



We expect interns to commit to 15 hours per week. This may include some evening and weekend work, according to program needs. Interns' schedules are arranged between supervisor and intern at the start of the internship (balancing intern, supervisor, and programming needs).

We also ask interns to provide a minimum of 75 hours of email counselling through PCFSA's Youth Talk E-mail Counselling Program.

Counselling services are offered in person from PCFSA (324 Goldstream Ave) and/or Langford Business Centre (2840 Peatt Rd) and over Zoom, telephone, and email.

We provide ongoing support and supervision to the requirements of the master's program and BCACC regulations for registration. This includes

- Onsite supervision, reviewing case files and completing direct supervision reviews (including taped sessions and e-counselling).
- A minimum of 1 hour of personal supervision per week
- 2 hours of group supervision per week (all interns are required to attend).
- Debriefing and informal consultation as required