



Our May-September 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 (10 sessions) and to youth under 30 through our YouthTalk E-Mail Counselling Program. There may be opportunities, depending both on intern interest and ability, and programming requirements, for interns to work with clients from other PCFSA programs such as Youth Services, Substance Use 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 and cultural perspective as well as our own goals, limitations, strengths, values and feelings 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 Intensive May-September Internship Program

Our May-September internship is our 4-month intensive internship.



Orientation is the last week of April and interns are expected to be winding down their caseload over the month of September.

Due to the shorter block time, we expect interns to **commit to 21 hours per week**. This may include some evening and weekend work, according to program needs. Interns' schedules are arranged between the coordinator and the intern prior to the start of the internship (balancing intern, supervisor, and programming needs).

We also ask interns to provide up to 30 hours of email counselling through PCFSA's YouthTalk E-mail Counselling Program.

Counselling services are offered in person from our Colwood Office (324 Goldstream Ave) and/or Langford Office (2840 Peatt Rd) and/or Sooke Office (6672 Wadams Way #100) as well as over Teams, 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