

COMMUNITY INSTITUTE FOR PSYCHOTHERAPY

Clinical Internship, Psychodynamic Psychotherapy Intensive Training Program

Internships for Associates, Trainees, and Practicum Students
(LMFT, LPCC, LCSW, PsyD, PhD)

The Community Institute for Psychotherapy (CIP) is a nonprofit, tax-exempt agency established in 1977 to provide high-quality, sliding-scale mental health services for individuals and families who lack the resources to pay full fees for professional help. CIP offers a wide range of counseling services tailored to meet various needs. At CIP, we believe that psychotherapy, training, education, and prevention are essential for personal, community, and global change. We hold that the healing of the individual and the healing of the planet are interconnected.

CIP offers a rigorous internship program tailored for clinical psychology and social work students. We focus on providing training for long-term, depth-oriented work using a psychodynamic and psychoanalytic framework. We require a two-year commitment because we want interns and their clients to work long-term.

Each year, we have 16 interns pursuing their PsyD, PhD, LMFT, LPCC, or LCSW degrees, along with about 30 supervisors and 40 trainers dedicated to mentoring and training them. We believe that a solid grounding in theoretical and psychotherapeutic techniques beyond the graduate school curriculum is crucial for preparing interns for careers in private practice careers or agency/hospital work. We are also an APPIC-member internship site and participate in the national matching system each year to accept new psychology doctoral interns.

CIP's internship program is a community-based environment that includes:

- Work with a diverse population and a wide range of issues
- Work with adults, couples, families, adolescents, and children ages 6 years and up
- Psychodynamic training from various schools of thought, such as Object Relations, Jungian Psychology, Attachment, and Control Mastery Theory
- Provides individual supervision, group supervision, and training seminars
- Training on how to write assessments, treatment plans, and progress notes
- Support the development of skills needed for a successful private practice
- Collaborate with psychiatrists and other healthcare professionals to provide clients with a high standard of care.
- A workplace that embraces cultural differences and fosters a culture of ongoing learning.
- Associates credentialed to accept Medi-Cal referrals earn \$35 for each billable client hour and \$25 for each billable client hour for sliding scale self-pay. .
- Opportunity to invite a percentage of your clients into your private practice once you are licensed
- Potential income earning \$75 per client hour as a contract therapist upon licensure.

CIP's internship program is geared toward individuals interested in learning to provide long-term psychodynamically informed psychotherapy. The essentials of psychotherapy will be taught through experiential and didactic learning. Under supervision, students are supported in deepening their theoretical understanding of case material and translating that understanding into practical, effective interventions with clients. An intensive examination of each case facilitates an in-depth knowledge of the work. Self-exploration and peer feedback are highly valued, and audio recording is used in the supervision process.

A Warm and Supportive Environment for Personal Development

Personal development is as important to the development of a psychotherapist as clinical training. At CIP, we provide a holding space for interns to attend to the external and intrapsychic challenges that developing therapists experience. Feelings of anxiety, uncertainty, and eagerness to gain competence in treating individuals and families are common experiences for interns. We prioritize creating a warm, supportive environment where

interns can grow intellectually and emotionally. In addition, we require that each intern attend weekly individual psychotherapy with a licensed practitioner.

Program Details

The training year runs from September 1 to August 31, allowing three weeks for vacation or illness and one week off between Christmas and New Year's Day. We require individuals to commit for two years, ensuring that interns and clients can work together over the long term. First-year interns maintain a caseload of eight clients per week and participate in an outreach program; this requirement increases in the second year. There are opportunities to add more clients to your caseload beyond the minimum.

Weekly Schedule - Track A (First Year)

Clinical work	Between 5 - 8 hours
Client hours weekly psychodynamic therapy - onsite at CIP	8 hours
For interns in a School Program, the caseload is 5 hours	5 hours
For interns in the WW program, the caseload is 6 hours	6 hours
Outreach Programs	Between 0 - 7 hours
Group Therapy	2 hours
Vivalon Elders Group	2 hours
Helen Vine	4 hours
Marin County Jail	4 hours
Mills Street	4 hours
Wisdom Warriors (9 months)	6 hours
Schools Program (9 months)	7 hours
Supervision	
Weekly Individual Supervision	2 hours
Meet with Group Supervisor (every other week)	.5 hours
Group Supervision (Wed. 8:30 – 10:30 am)	2 hours
Outreach Program Supervision (Schools, WW, and Group Therapy)	2 hours (if in program)
Meetings (clinical issues) - Wednesday 10:45 am to 11:45 am	1 hour
Training (Track A)	
Clinical Training (September – August) Fri. 9:00 – 11:00 am	2 hours
Paperwork/Administration	
Admin Meeting (as needed) Wed. 11:30 – 12:00 pm	.5 hours
Clinical Paperwork (Assessments, Treatment Plans, Progress notes, Termination letter, Case Presentation write-up every 8 weeks (2 hrs) Potential Red Flag Issues, Unusual Occurrence Write-ups and phone calls)	2 - 3 hours
Clinic Contribution	1 hour
Average Range	20 - 24

- The second-year program (Track B) includes additional didactic training on Fridays from 12 to 2 pm, and the caseload increases to 10.
- Specialty Training Optional: Couples Therapy (every other week) & Working with Dreams (1x a month)

Additional Requirements:

We require that you be in weekly individual psychotherapy during your internship at CIP. The above hours do not include drive time to supervision or outreach programs.

To apply, please send a resume, two to three letters of recommendation, and a personal statement explaining why you believe CIP is a good fit for you to admin@cipmarin.org.