

**Counseling & Psychological Services  
MASTER'S TRAINING POSITIONS FOR 2022-2023**

**About CAPS**

Counseling and Psychological Services (CAPS) offers individual and group counseling and related services to the campus community. CAPS works closely with Health Services and interdisciplinary clinicians to provide integrative care for our students. Our staff includes psychologists, counselors, and social workers, which makes for a truly interdisciplinary training experience. Each year, CAPS offers training positions for graduate students in Counseling, Psychology, and Social Work programs.

The mission of Counseling and Psychological Services (CAPS) is to empower students to engage in and be successful in a full range of academic, social, and cultural opportunities through fostering psychological wellness.

We are committed to providing high quality, culturally relevant services that meet the needs of our diverse students. We strive to create a welcoming environment for all, as communicated within our CAPS Code:



*The*  
**CAPS CODE**

**We are a supportive and confidential space.**

**We pursue connection with all members of our community.**

**We strive to eliminate barriers.**

**We challenge harmful systems.**

**We work toward equity for all.**



The mission of the training program at CAPS is to promote the development of clinical skills and professional identity for the next generation of mental health professionals. This mission is accomplished through the provision of didactic training, clinical supervision, and direct practice experiences within an interdisciplinary, supportive, and collaborative team environment.

**The Training Experience**

- Individual counseling services with clients whose presenting problems range from developmental or adjustment concerns to serious mental illness.
- Outreach and consultation services for the campus community.
- Supervision utilizing digital video equipment
- Potential co-leadership of counseling groups and/or ongoing workshop series when available.
- Case conferences with other staff
- Weekly didactic training

**Requirements**

- We expect an academic year (two semester) commitment. We ask for a minimum of 20-24 hours per week commitment, with 40 hours for the Counseling program during spring semester. If required hours are not completed after the two semesters, CAPS cannot extend your training experience.
- Master's trainees must participate in orientation/training activities prior to the start of classes in the fall semester.
- Successful completion of core graduate level course work; it is strongly recommended that coursework on Advanced Psychopathology, DSM 5, Counseling Skills, Ethics/Legal Issues is completed prior to the start of training.
- Approval by graduate program in Counseling, Psychology or Social Work for readiness to participate in a two semester practical training experience during academic year.
- Coordination with member of graduate faculty to establish experience objectives, evaluation criteria, and feedback procedures.
- We require master's trainees to carry professional (student) liability insurance.

**Other Considerations for Potential Applicants:**

- Applicants who are accepted into the master's training program cannot receive CAPS counseling services once they begin their training experience at CAPS. CAPS can provide community referral information in these situations. If you are currently receiving services at CAPS and intend to apply to the master's training program, you should discuss this with your counselor to avoid potential conflict of interest.

**Division of Hours**

- The CAPS master's training program is designed to fulfill the requirements of WCU's Psychology, Social Work, and Clinical Mental Health Counseling programs and provide you with a high-quality supervision and training experience. The next page includes descriptions of the activities master's trainees participate in during field placement at CAPS (divided by program of study). In addition to the requirements outlined below, there are other opportunities available to master's trainees such as co-leading groups and receiving training in specialized areas.

**Requirements for  
CLINICAL PSYCHOLOGY  
Master's Practicum**

This practicum is a two-semester commitment for a minimum of 20 hours per week to assist in the pursuit of master's level licensure in North Carolina as a psychological associate.

Clinical/Direct Service	Estimated Hours Per Week
Individual Psychotherapy	5 - 9
Intakes	2
Quick Access (spring semester only)	3
<b>Total Clinical/Direct Service: 10-11 hours/week</b>	
Supervision/Training	Estimated Hours Per Week
Individual Supervision	1 (2 in spring)
Master's Case Conference Group	1
<b>Total Supervision/Training: 2 - 3 hours/week</b>	
Administration/Miscellaneous	Estimated Hours Per Week
Case Conferences	0.5
Prep Work/Paperwork/Meetings	5-6
<b>Total Hours: 20-24 hours/week</b>	

**Requirements for  
SOCIAL WORK  
Master's Field Practicum**

This field placement is a two-semester commitment for a minimum of 20 hours per week and is designed to meet the Social Work Department's minimum requirements of a 600-hour field placement experience over the course of the fall and spring semester combined. A CAPS Licensed Clinical Social Worker (LCSW) will serve as the field instructor although other opportunities for additional supervision from other appropriately licensed staff may be available as well.

Clinical/Direct Service	Estimated Hours Per Week
Individual Psychotherapy	7 - 8
Intakes	2
Quick Access (spring semester only)	3
<b>Total Clinical/Direct Service: 9-10 hours/week</b>	
Supervision/Training	Estimated Hours Per Week
Individual Supervision	1 (2 in spring)
Master's Case Conference Group	1
<b>Total Supervision/Training: 2 - 3 hours/week</b>	
Administration/Miscellaneous	Estimated Hours Per Week
Case Conferences	0.5
Prep Work/Paperwork/Meetings	7
<b>Total Hours: 20 hours/week</b>	

**Requirements for  
CLINICAL MENTAL HEALTH COUNSELING  
Master's Practicum & Internship**

This training experience consists of a fall semester practicum commitment of 20 hours per week consisting of 2 days a week onsite (16 hours) with 4 hours of flexed time for paperwork. This is designed to meet the Counseling Program's standards of a minimum 150-hour practicum (at least 40 hours of which are direct service per CACREP standards) followed by a spring semester internship commitment of up to 40 hours per week depending upon class schedule (designed to meet the CACREP standards of a 600 hour internship, 240 hours of which are direct service).

	Estimated Hours Per Week Fall Practicum*	Estimated Hours Per Week Spring Internship*
<b>Clinical/Direct Service</b>		
Individual Psychotherapy	8	14
Intakes	2	3
Quick Access	0	3
<b>Total Clinical/Direct Service:</b>	10 hours/week (fall)	20 hours/week (spring)
<b>Supervision/Training</b>		
Individual Supervision	1	2
Master's Student Case Conference	1	1
Supervision of Group Work	0	0.5
<b>Total Supervision/Training:</b>	2 hours/week (fall)	3.5 hours/week (spring)
<b>Administration/Miscellaneous</b>		
Case Conference	0.5	0.5
Prep Work/Paperwork/Meetings	6 - 8	12 - 16
<b>Total Hours:</b>	20 hours/week (fall)	38-40 hours/week (spring)

\*The hour estimates above do not take into account any additional supervision provided outside of CAPS by the student's academic program.

**Application Deadline: Friday, March 4<sup>th</sup>, 2022**

Applications should include:

- Application Form
- Vita
- 2 Reference Forms

Please direct all inquiries to our Master's Training Coordinator, Calista Colbert, using the contact information below.

**Calista Colbert, LCMHC-A**

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