



INTERNSHIP OVERVIEW

Reaching HOPE accepts 2 interns who have the opportunity to gain experience conducting trauma therapy with children, teens, parents, and families who have survived complex trauma. While interns will be exposed to and work with clients who have experienced many forms of trauma, including domestic violence, homicide, and foster care, this placement is heavily focused on families, children, and youth who have experienced child sexual abuse and domestic violence and specifically have intergenerational exposure to abuse. Interns will be trained in the Reaching HOPE Family Trauma Recovery therapy model, a phase-based approach for treating complex trauma in family systems. Interns will join a dynamic group of psychologists who tackle intergenerational trauma with a team approach—the whole family system is seen by the whole treatment team (everyone with their own individual therapist). Interns will provide individual, family, and group therapy to clients (ages 2-75+). Family and group therapy sessions are co-led with other team members. In addition to providing individual and family therapy to clients with complex trauma, interns will have the opportunity to provide services to frontline workers with the Adams County Department of Human Services, the District Attorney's Office, and the Health Department. Using components of our phased-based approach to treatment, interns will work with these frontline workers to address pre-existing trauma and develop skills that promote resilience and symptom reduction related to vicarious trauma and burnout.

Reaching HOPE is a 501(c)3 non-profit located in Thornton whose mission is to provide compassionate mental health services that support trauma survivors in ending the intergenerational cycle of violence. Clients are typically referred to Reaching HOPE by police departments, victim advocates, child advocacy centers, and human services after a crime has occurred. Reaching HOPE believes families heal best when they have the support of safe loved ones. As such, the whole family (excluding any offenders) is encouraged to attend the first intake appointment and meet our treatment team to collaborate on services for everyone in the family. Funding for therapy services comes from a combination of grants, contracts, and Crime Victim Compensation. Most clients are with us long-term and, therefore, interns can expect to provide services to clients for 9+ months. Interns will also co-lead various trauma recovery groups; depending upon need, these may include a multi-family group for childhood sexual abuse, age-specific coping skill groups for children and adults, and sexual assault or domestic violence recovery groups.

Didactics within Reaching HOPE focus on understanding the systems trauma survivors interface with, trauma treatment, the oppression that exists for our clients and for ourselves, and the roles we play in dismantling racism and other forms of oppression. In part, this includes a focus on having a holistic approach to wellness, including a healthy work/life balance which starts with all team members working 10-hour work days in order to reduce travel time and days spent at work. This means that our interns can choose between having three Fridays (or another day each week) off per month or working only for a couple of hours one day every week. Additionally, we have quarterly team connection days and daily opportunities for connection and laughter with one another.

It is important to note that while Reaching HOPE partners with integrated care settings for this internship, Reaching HOPE itself is a community-based organization and provides services more in line with a Community Mental Health Center. Applicants who are specifically interested in

careers in non-profit/community mental health work, and may be interested in some exposure to hospital / integrated care settings, are typically the best fit for this internship.

Due to billing requirements, interns must hold a Master's degree, though this does not need to be a terminal degree.

GOALS & OBJECTIVES

The primary objective of this program is to teach interns how to assess and treat complex trauma in family systems and to support helping/frontline professionals by implementing a phase-based approach. At the completion of this rotation, trainees will be able to:

1. Develop family systems and attachment-based conceptualizations of complex trauma
2. Implement a phase-based approach to complex trauma treatment with family systems across different developmental ages utilizing individual, dyadic, and family therapy modalities
3. Provide a model of healthy system functioning to clients by collaborating with the treatment team on care for the whole family and co-leading joint sessions with family members
4. Document clinical visits

TRAINEE OPPORTUNITIES

Through this rotation, trainees will have the opportunity to:

1. Attend weekly Reaching HOPE didactics
2. Attend twice daily whole team group supervision
3. Attend clinical trainings, therapist meetings, and participate in collaborative handoffs at Ralston House (child advocacy center) and other partner agencies
4. Watch a phase-based family systems therapy delivery and provide this model across different developmental ages
5. Consult, coordinate, and collaborate with members of the treatment team on all joint family cases
6. Coordinate with multi-disciplinary collaterals as appropriate (e.g., detectives, GALs, child protection workers, district attorneys, law enforcement)

SPECIFIC TRAINING OPPORTUNITIES

1. Intakes: Interns will co-conduct intakes of families with the treatment team. Intakes include screening for appropriate level of care, psychoeducation on Reaching HOPE's family systems model of treatment, administration, and review of symptom questionnaires, and interviewing and assessment of relevant psychosocial, legal, and system factors.
2. Treatment Planning: Interns will complete individualized treatment plans for clients that incorporate symptom questionnaire results and address both individual and family trauma recovery goals.
3. Therapy: Interns will effectively use Reaching HOPE's model for treatment of complex trauma in family systems, which integrates evidence-based practice for individuals and extends this to a family system.
4. Interns will provide an average of 16 to 18 direct client-facing hours per week across all age ranges with a mix of primary and secondary victims for combined individual/family treatment
5. Interns will co-lead 1-2 therapy groups. Group focus will depend on need, but will likely include a multi-family group therapy for trauma survivors.
6. Documentation: Interns are expected to complete documentation of client visits in Reaching HOPE's electronic health record system within the same business day.
7. Interns will have the opportunity to specialize in one of four areas in addition to participating in the family trauma recovery program. Specialization area will be determined through discussion with the REaching HOPE team about your interest, experience and training goals:
 1. **Bilingual Speciality:** Interns fluent in Spanish who can provide comprehensive clinical therapy services in Spanish can be part of

Reaching HOPE's Bilingual Track. As part of the track, interns will have the opportunity to work alongside our bilingual staff to serve our monolingual Latine clients and their families. Those who are part of the Bilingual Track will also attend weekly Spanish group supervision with bilingual staff including doctoral trainees, interns, and case management. Spanish group supervision is led by Dr. Juanita Torres, Reaching HOPE's full-time bilingual psychologist

2. **Family Safety Center Speciality:** Interns will attend weekly meetings with the Domestic Violence High Risk Team (DVHRT) to provide trauma-informed treatment recommendations and collaborate/consult with community partners on mental health treatment referrals. Additionally, interns will work alongside Dr. Ambra Born, executive director, to support the development of the Family Safety Center, a collaborative center being created by Adams County that will serve victims of interpersonal violence including DV, sexual abuse, human trafficking, and elder abuse survivors with wrap-around services including housing, financial assistance, legal services, and mental health services. Interns will also be the main contact for referrals from community partners and take lead on family cases that come in through community partnerships within the Family Safety Center.
3. **Non-profit Management Speciality:** Interns will have the opportunity to build skills within the non-profit sector including grant writing and reporting, partner/relationship building, and understanding the inner workings of non-profit management
4. **Consultation-Liaison Speciality:** Interns will have the opportunity to work alongside forensic interviews and victims advocates at our local child advocacy center, Ralston House. Child advocacy centers provide a safe and developmentally sensitive/centered environment for children who have experienced a crime to come in and complete their forensic interview. Interns will participate in staffings with a multidisciplinary team where cases are reviewed. Interns will also offer warm hand-offs for non-offending parents who attend interviews with their children. Warm hand-offs include a review of local mental health providers that offer crime victims compensation (funding provided to victims and their families after a crime occurred and was reported to the police) as well as basic resources and skills for containment. Interns will also have the opportunity to consult with providers who complete Sex Assault Nurse Examiner (SANE) exams as well as meet with victims and families before and/or after SANE exams are completed.

5.

POPULATION OF CLIENTS

Reaching HOPE specializes in serving survivors of complex, intergenerational, and relational trauma. The vast majority of clients are survivors of childhood sexual abuse, domestic violence, sexual assault, homicide, foster care placement, and race-based trauma. Typically, most families are referred to Reaching HOPE following an outcry of abuse that is reported to police or human services. Most clients at Reaching HOPE have no out-of-pocket expenses for treatment. There is a small percentage of self-referred and self-pay clients at Reaching HOPE that do not qualify for one of our grants, contracts, or funding sources. Occasionally, clients with single-incident trauma such as car accidents, car jackings, or home invasions will present for treatment as well. Reaching HOPE also provides psychological assessments, often for diagnostic clarity on complex cases.

THEORETICAL APPROACH

Interns will be trained in a specific phase-based approach for treating complex trauma within a family system. Reaching HOPE's model integrates evidence-based practice for individuals with complex trauma and extends this to a family system. Theoretical orientation integrates Structural Family Therapy, Attachment Theory, and Trauma-Focused Cognitive Behavioral Therapy, with a focus on meeting a client where they are and addressing client-identified needs first.

SUPERVISION

Interns receive twice daily group supervision with the entire treatment team, run by a Licensed Psychologist. Additionally, interns receive individual supervision with 2 Licensed Psychologists, alternating weeks (one focused on adults and one focused on youth), meet with the Executive Director on a biweekly basis for Professional Development, and have one additional supervision on a weekly or bi-weekly basis dependent on their area of specialty. Informal supervision also occurs throughout the day with an open-door policy and debriefing on joint sessions.

Please see our website, ReachingHOPE.org for more information about our work and our team.