



**CLINICAL PRACTICUM**  
**in COUNSELING & PSYCHOTHERAPY**  
**St. Cloud State University**  
**Counseling and Psychological Services**  
**2021 – 2022**

**Counseling and Psychological Services**

Counseling and Psychological Services (CAPS) is the primary mental health provider for students at St. Cloud State University. Located 60 miles north of Minneapolis, St. Cloud State University has an enrollment of approximately 12,000 students. As a university counseling center, CAPS assists students with developmental, academic, and mental health concerns through individual and group counseling, psychological assessment, consultation, crisis intervention, and a wide variety of campus outreach activities.

**Training Overview**

CAPS offers a nine-month (late August – early May), 20 hour/weekly supervised training experience for students in both master's and doctoral programs, providing individual and group counseling and psychotherapy. Trainees are expected to commit 20 hours per week, typically scheduled over three days. Approximately 10 hours weekly are spent in individual and group counseling. This typically amounts to around 200 client contact hours and 600-680 total hours on site.

Trainees can expect to gain intensive experience addressing a wide variety of clinical concerns, including: depression, anxiety, relationship issues, substance abuse, eating disorders, and identity and personal development. In addition to a variety of presenting concerns, the client population also offers diversity in age, race, ethnicity, nationality, sexual orientation, gender expression, religion, and socio-economic background.

**Training and Supervision**

CAPS training focuses on development of clinical skill and professional identity, and supervision is thorough and continuous. CAPS trainees receive:

- 1 hr/wk of individual supervision with a licensed clinician;
- 1 hr/wk of cohort supervision with fellow trainees and a staff member;
- 1 hr/wk staff case consultation together with all CAPS staff; and
- 1-2 hr/wk training seminar on relevant clinical topics.

Each CAPS trainee is assigned their own office, with computer, phone, and webcam. Trainees video record client sessions for the purposes of supervision.

**CAPS Staff**

Our staff members are mainly generalists with an additional range of specialized interests, including: student identity development, mood and anxiety disorders, trauma, stress management, substance abuse, eating disorders, women's and men's issues, LGBTQ issues, and student veterans. In addition, our staff approach counseling from a variety of theoretical perspectives, including cognitive-behavioral, interpersonal, psychodynamic, and eclectic orientations.

### **Minimum Qualifications**

- Candidate must be currently enrolled in a graduate program in clinical or counseling psychology, mental health counseling, or clinical social work.
- Applicants must have completed a prior supervised clinical, assessment, or foundational practicum by the time they begin training and have the recommendation of at least one professional who is familiar with their clinical work. Supervised mental health employment will be considered as a substitute.
- Applicants should have an interest in working with a diverse client population and a desire to work in a college counseling center.
- A criminal background check will be required before a candidate may begin training.

### **Application Procedure**

Please submit the following:

- A letter describing your interest and goals for clinical training;
- Current vita;
- Official graduate transcripts; and
- Two letters of recommendation (at least one of which addresses clinical experience) to:

Stephen Jenkins, PhD, ABPP, LP  
Coordinator of Training  
St. Cloud State University  
Counseling and Psychological Services  
Eastman Hall 305  
720 4th Ave. S.  
St. Cloud, MN 56301

Electronic copies of materials will be accepted. Email these to [ssjenkins@stcloudstate.edu](mailto:ssjenkins@stcloudstate.edu).

We will begin accepting applications from **Master's students January 11, 2021** and **doctoral students February 7, 2021**. Completed applications will be reviewed in the order in which they are received and on-site interviews offered to qualified candidates. The application and interview process will continue until all positions are filled.

If you have any questions, please call (320) 308-3171 and ask for Dr. Stephen Jenkins, or email [ssjenkins@stcloudstate.edu](mailto:ssjenkins@stcloudstate.edu). Our web site is <http://www.stcloudstate.edu/counseling/>.