Ball State University
Counseling & Health Services
Doctoral Externship Program

2023-2024 Academic Year
August 16, 2023 – May 3, 2024

Program Contact:
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Information for Prospective Applicants

Thank you for your interest in our Doctoral Externship Program.

As part of the larger Counseling & Health Services, the Counseling Center provides a full range of services to the Ball State University community, including individual and group therapy, psychological assessment, outreach, and consultation. The staff at the Counseling Center are committed to both responding to the transitional and developmental issues of graduate students and supporting and mentoring trainees into the profession of psychology. Training is provided in a variety of areas, including but not limited to, individual therapy, diversity issues, crisis intervention, suicide risk assessment and treatment, outreach and consultation, and diagnosis. Emphasis is placed on providing trainees with the opportunities to develop their own awareness of the integration between their personal and professional identities.

The environment in the Counseling Center is supportive and collaborative as well as professional. Core values of diversity and social justice are also embedded in each aspect of the Counseling Center. We view each trainee as a cultural being whose background and social locations closely influence their development as well as personal and professional identities. As a part of a trainee’s professional development, supervisors assist in increasing their sensitivity to, knowledge of, and competency in dealing with diversity issues, both their own and those of others, in the counseling process. We encourage self-reflection and self-examination of their own cultural and diverse backgrounds, their worldviews, and their interactions and relationships with clients. Integrating diversity, cultural humility, and social justice into supervision is a significant part of our program. While we emphasize self-reflection as a part of our training program, we respect a trainee’s right to choose not to disclose information they deem too personal.

We have positions available for the 2023-2024 academic year. If you have any inquiries regarding our open positions or the training program, please feel free to contact the Training Committee at CCEXTERN@bsu.edu.

Description of Externship Positions

The Doctoral Externship is designed to give trainees quality supervised training and experience in the practice of psychology in a University Counseling Center setting. Professional learning and growth are facilitated through intensive supervision, didactic seminars, and case presentations. Doctoral Externs are regarded as valued members of our Center and have frequent and significant contact with individual senior staff members and working teams.

Doctoral Externship positions are open to Clinical or Counseling Psychology doctoral students. All Doctoral Externs are required to fulfill a two-semester commitment (fall and spring
Participation in orientation to the Counseling Center is a requirement for the Externship position. Orientation will take place the Wednesday and Thursday prior to the beginning of the semester on August 16-17, 2023 from 8:00AM-5:00PM.

Doctoral Externs average 16-20 hours per week at the Counseling Center. During their time on site, trainees manage a variety of responsibilities that can include individual therapy, outreach programs, individual and group supervision, and administrative tasks.

Training Responsibilities and Tasks

**Individual Clinical Services:** Doctoral Externs are typically scheduled up to 10 individual client hours per week. However, with “no-shows,” cancellations, and rescheduling by clients, the number of direct services hours per week may vary.

**Outreach Programming:** Doctoral Externs participate in outreach programs provided for various entities within the Ball State community, including classrooms, residence halls, student organizations, and faculty/staff. Outreach events may occur outside of the trainee’s scheduled hours in the center.

**Individual Supervision:** Each trainee receives a minimum of 1.5 hours of individual supervision each week.

**Group Supervision:** Each trainee receives 1 hour of interdisciplinary group supervision on Tuesday mornings from 8:00 to 9:00am. Group supervision includes the processing of both personal and professional reflections regarding individual clinical work. The expectation for each trainee is the gradual development of competence as a professional.

**Didactic Training:** Doctoral Externs have the option of attending weekly one-hour didactic trainings on Tuesday mornings from 9:00-10:00 AM.

**Administration:** This time can be utilized for activities such as completing documentation, professional reading, video review, training/workshops, and/or preparing for clinical work or supervision. Hours spent doing administrative tasks vary from week to week depending upon the needs of the trainee, their clients, and their supervisors.
Policy on Receiving Counseling and Training in the Counseling Center

PURPOSE: This policy has arisen from an aggregate of situations over many years that have created ethical concerns about potential issues emerging from dual role relationships. In our program, trainees have contact with numerous staff members, and it may be impossible to prevent difficulties that can arise from dual roles. However, this policy is intended to minimize the potential negative impact on the students we serve.

POLICY: No trainee may receive counseling at the Counseling Center while in training at the Center. Further, no therapist who has worked with a student who is applying for training in our program will provide any information to staff involved in selection. Therapists will not function in the role of clinical supervisor or another supervisor should their former client become a trainee at the Center. The following procedures are in place for maintaining this policy:

PROCEDURE:
1. If a student from Ball State is applying to the training program at the Counseling Center, they must end services of any kind with the Counseling Center by the end of fall semester prior to applying for the training program during the spring semester.
2. If a student from Ball State chooses to continue services past the fall semester of an academic year, they are not eligible to apply for placement at the Counseling Center for the following academic year.
3. Clients who are considering an application for training are encouraged to talk with their therapist about their training considerations.
4. Therapists working with clients who are potential applicants to the training program discuss the issues that will arise from the dual role relationship with their client prior to their application.
5. Should an applicant not place with the Counseling Center, they are welcome to resume receiving services.

ADDENDUM
These policies have not been put into place to discourage anyone from obtaining the therapy that they need. The Counseling Center staff members value the contribution therapy can make to the development and growth of graduate students in training. Our staff will provide a list of practitioners and try to work with community agencies and individual therapists to provide no-cost or low-cost therapy for graduate students, though our staff cannot promise this will occur.

Application Process

1. Submit the following materials together electronically to CCEXTERN@bsu.edu:
   a. Cover letter that addresses the following areas:
BSU Doctoral Externship Program

- Share a bit about yourself (e.g., background, interests, self-care)
- What interests you about training in a university counseling center? Why are you interested in training at the Ball State University Counseling Center?
- What are you hoping to take away from this training experience?
- What do you bring (e.g., experience, skills, characteristics) that might help you adapt and grow during a training year in the Counseling Center?

b. Curriculum vitae

2. All application materials must be submitted in order to receive full consideration.

Applications will be accepted beginning **January 23, 2023.** Interviews with members of the Counseling Center Training Committee will begin **January 30, 2023.**