



# Mental Health Intern

Internship Position Description

## *Position & Responsibilities*

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### **Role Summary**

Mental Health Interns become part of a multi-disciplinary team serving at the community mental health clinic at Tubman Chrysalis in South Minneapolis. Interns work with individual clients and co-facilitate groups, working alongside staff who represent a wide range of therapeutic styles and conceptual frameworks. Tubman welcomes people of all ages, genders, and cultural backgrounds. Tubman's mission is to advance opportunities for change so that every person can experience safety, hope, and healing.

### **Impact & Benefits**

- Contribute to a healthy community by providing support and resources needed, creating a healing experience and environment for those served
- Opportunity to practice as a therapist in a state licensed Rule 29 Clinic
- Work with a multi-disciplinary team and attend consultation groups, observing and utilizing a wide range of therapeutic styles and modalities
- Practice in an environment that is trauma-informed, person-centered, strengths-based, and uses holistic and harm reduction approaches
- Opportunity to learn DBT in a DHS certified program
- Gain experience giving and receiving support as part of a clinical team

### **Position Responsibilities**

- Co-facilitate groups and carry a caseload of individual clients
- Provide immediate response and support to individuals in difficult situations or crisis
- Practice conducting intake appointments, individual therapy, and group therapy
- Maintain confidentiality while documenting client participation
- Communicate and collaborate with your team to provide coordinated services to clients

## *Qualifications & Expectations*

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### **Position Qualifications:**

- Must be in the second year of a Masters or Doctoral program
- Desire to learn about the impact of trauma, domestic violence, mental and chemical health concerns with individuals and families
- Openness to learning and ability to take initiative and responsibility for asserting your learning needs

Black, Indigenous, and people of color, multilingual speakers, people of all gender identities, people with disabilities, and veterans are all encouraged to apply.



- Willingness to use supervision for personal and professional growth
- Possess the basic knowledge and skills of empathy, respect and relationship building
- Ability and desire to engage with diverse clients and team members with a demonstrated commitment to diversity, equity, and inclusion
- Ability to work well under pressure and remain calm in challenging situations and in response to crisis situations
- Strong organizational skills; Comfortable with technology, including basic computer programs and databases
- Prior direct service experience (volunteer, professional, or practicum) required

#### **Time Commitment & Availability**

- Minimum of 15 hours a week for 9 months
- Must have some daytime and evening availability on weekdays
- Must be available on Tuesday mornings from 10:00-12 noon for intern group supervision and consultation

#### **Supervision & Training**

- Attend Tubman's Intern/Volunteer Orientation and Training series
- Weekly individual and group supervision with a licensed therapist
- Regular case consultation meetings

#### **Application Process and Deadline**

- Internships can occur from either May through December or September through May
- Email cover letter and resume to Joanie Braun, Senior Manager of Intern & Volunteer Services at [jb Braun@tubman.org](mailto:jb Braun@tubman.org)
- Call 612-767-6680 with questions

#### ***Organization***

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Tubman offers safety, hope, and healing to people of all ages, genders, and cultural backgrounds who are facing relationship violence, sexual assault, exploitation, homelessness, addiction, mental health challenges, or other forms of trauma. We provide safe shelter and housing, legal services, mental and chemical health services, youth programs, and more. [www.tubman.org](http://www.tubman.org)

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