

# Hope Counseling Services Internship

Summer 2020

Week #	Date	Topic	Required reading and audio	Devotional	Case consultation
1	6/15	Orientation, Review syllabus, Beginning counseling, Progress Notes		Wes Tubel	
2	6/22	Counseling triage; suicide assessment, crisis response, safety planning	<p>*Read: "Counseling Triage: Where to Begin with Complex Struggles (Expanded Post)" by Brad Hambrick [<a href="http://bradhambrick.com/triage2/">http://bradhambrick.com/triage2/</a>]</p> <p>*Read: "Evaluating a Person with Suicidal Desires" by Aaron Sironi and Michael R. Emlet, <i>JBC</i> 26:2</p> <p>*Read: "Dealing with Crisis" <i>HCS Counselor's Manual</i>, 67–81.</p>	Bryan Launer	
3	6/29	Fear and anxiety	<p>*Read: <i>Safe and Sound</i> Ch. 5: "Fighting the Normal Battles" by David Powlison</p> <p>*Listen: "Scrupulosity: When Doubts Devour" by Mike Emlet</p> <p>*Listen: "A Practical Picture of Counseling an Anxious Person" by Todd Stryd and Laura Andrews</p>	Wes Tubel	
4	7/6	Depression	<p>*Read: "Lament Leads to Praise" by Mark Vroegop [<a href="http://markvroegop.com/lament-leads-to-praise/">http://markvroegop.com/lament-leads-to-praise/</a>]</p>	Bryan Launer	
5	7/13	Escapism and addictions	<p>*Read: Stories Beneath Stories blog post [<a href="https://www.ccef.org/stories-beneath-stories/">https://www.ccef.org/stories-beneath-stories/</a>]</p> <p>*Listen: Addictions Seminar featuring Ed Welch</p>	Wes Tubel	
6	7/20	When not to do Marriage Counseling; Assessment in Marriage Counseling	<p>*Read: "When NOT to Do Marriage Counseling" by Winston T. Smith, <i>JBC</i> 27:1</p> <p>*Read: "State of the Union: Assessment" by Aaron Sironi, published conference lecture notes</p>		
7	7/27	Marriage counseling distinctives	<p>*Read: "Helping a Spouse Who Moves Against during Marital Conflict" by Aaron Sironi and Lauren Whitman, <i>JBC</i> 32:3</p> <p>*Read: "Helping a Spouse Who Withdraws during Marital Conflict"</p>		

			by Aaron Sironi and Lauren Whitman, <i>JBC</i> 32:1		
8	8/3	Counseling Oppressive Marriages	*Read: "Identifying Oppression in Marriages" by Darby Strickland <i>JBC</i> 30:2		
9	8/10	Trauma	*Read: "Trauma and the Body: An Introduction to Three Books" by Ed Welch, <i>JBC</i> 33:2 *Listen: Trauma Conference featuring Ed Welch and Darby Strickland		
10	8/17	Counselor professional development; recognizing your own strengths and weaknesses			
11	8/24	Concluding/terminating counseling			

## Internship Components

### Intern Meetings:

- Devotional: (15–20 minutes)
  - Each week, we'll discuss a passage of Scripture and the possible counseling implications of each text. We want you to learn how we think about and access Scripture personally and in counseling. We'll read a passage together, discuss the meaning, and apply it to our lives and the lives of our counselees.
  - Wes and Bryan will present for the first five weeks. **Interns will be assigned subsequent weeks to present as well.**
- Content and Discussion: (60 minutes)
  - Wes and Bryan will deliver content in a variety of practical considerations for counselors, from assessment to particular interventions (passages of Scripture, practical skills, homework) that can address the various roots and situations that we will encounter.
  - The format will include direct instruction and discussion. Interns should be prepared to participate based on the assigned reading and audio.
- Case Consultation: (60 minutes)
  - Each week, one intern will present one of their counseling cases to the group. They will type up a brief description of the case, presenting problem, background, current treatment plan, and the steps moving forward. Interns should describe how they've referenced and applied at least one passage of Scripture. They should include 1–3 questions for the group to consider for feedback and in order to improve their treatment plan.
  - On the following week, interns will give a 5-minute update on the case they previously presented.

- We will leave 20–30 minutes each week for urgent questions about a case even if the intern is not scheduled to present.
- Our goal is to learn from one another and consider how we would care for each counselee.

### **Local church counseling opportunities**

You will secure two counseling opportunities in your local church/context that you will counsel throughout the internship. Wes can provide guidance as to how to get these opportunities. The easiest thing to do would be to let your pastor know about the internship and that you are needing to counsel at least two people (two different cases) and ask him if there are counseling opportunities in your church.

### **Liability insurance:**

You will also need to secure liability insurance. It is fairly inexpensive (it is only \$35 for an intern with \$1,000,000/\$3,000,000 limits), and it is actually something you will want to have with you from this point forward. The nice thing about these policies is that when they renew, they cover you for as long as you have had the policy (i.e. years and years, as they are retroactive going back to when your coverage began). This protects you should anyone ever sue you due to malpractice. We require all HCS counselors, including me, to maintain this coverage. You can apply at <http://www.hpso.com/individuals/professional-liability/malpractice-insurance-for-counselors>, for the state of NC, and you want to choose interning as a pastoral counselor. Let Wes know if you have questions or need help with this.

### **Counseling observation:**

We are able to offer you opportunities to observe HCS counselors. For additional details, contact Wes.

### **Additional training and case consultation:**

We are also offering additional one-on-one time with a HCS counselor for additional training, Q&A, and case consultation. The cost for this is \$200. You will meet with the same counselor for each meeting. If you are interested in this opportunity, please contact Wes.