Psychoeducational Programs

The clinical staff of the Counseling & Psychological Services Center serves as psychoeducators to the University community. Practicum students are given the opportunity to assist in the psychoeducational workshops and presentations. These programs are designed to enhance the social, academic, and emotional well-being of our students.

Eligibility

Practicum students selected to participate in Florida International University’s Counseling & Psychological Services Center Clinical Practicum Program need to be in good standing with their respective academic institutions. Prior clinical experience is strongly preferred.

The Counseling & Psychological Services Center only trains practicum students from institutions who have established contractual agreements with the Counseling & Psychological Services Center.

The Counseling & Psychological Services Center reserves the right to interview and select the most appropriate candidates for the positions available.

For further information contact the Clinical Training Director at your academic graduate program.
INTRODUCTION
Florida International University is an urban, multicultural, multiethnic academic institution with more than 38,000 students.

The Counseling & Psychological Services Center is a department within the Division of Student Affairs. The Center’s goal is to support the University’s educational mission by enhancing the emotional and social development of students. The Counseling & Psychological Services Center trains future psychologists and mental health counselors; it is a practicum site for major university graduate programs. The Clinical Practicum Program offers practicum students the opportunity to work with diverse populations.

The Clinical Practicum Program’s training philosophy emphasizes treatment within the matrix of cultural differences. Throughout the practicum experience, practicum students explore psychological problems within the context of the client’s ethnic and cultural background.

All professional activities and services are governed by Florida State Statutes and adhere to the American Psychological Association Ethical Principles and Code of Conduct.

LOCATION AND FEES
The Counseling & Psychological Services Center offices are located on both the University Park Campus (UP) and the North Campus (BBC). Services are funded by the Student Health fee.

FACILITIES
The Center provides private and fully furnished offices to the practicum students. Videotaping and viewing equipment are also available.

CLINICAL STAFF
The professional staff is comprised of therapists licensed to practice in the State of Florida. Their backgrounds are diverse and include a wide spectrum of theoretical and psychotherapeutic approaches.

SERVICES
- Psychological Evaluation
- Crisis Intervention
- Individual, Couple, and Group Psychotherapy
- Biofeedback / Stress Management
- Psychological Assessment
- Consultation
- Referral Services

TREATMENT APPROACH
The Center offers time-limited, focused psychotherapy. Treatment plans are individualized to reflect the cultural and developmental needs of the students.

TRAINING PROGRAM
All practicum students are well integrated into the Counseling & Psychological Services Center’s daily activities. Through their active participation in the available services and programs, they acquire clinical skills, familiarity with the functioning of a university student counseling center, and exposure to the needs of a diverse college student population.

Orientation
Two days are devoted to orientation activities. The practicum students are familiarized with the Counseling & Psychological Services Center’s philosophy, mission, goals, policies, and procedures. They are introduced to the staff and their supervisors. Expectations and responsibilities are thoroughly outlined.

Clinical Practicum Seminar
The Clinical Practicum Seminar is an integral part of the clinical training. Conferences are offered on a weekly basis and attendance is required. The Counseling & Psychological Services Center’s professional staff, FIU faculty, and community mental health professionals conduct these seminars to enrich the practicum student’s theoretical knowledge and to facilitate discussions regarding ethical, legal, and clinical issues. Topics include multicultural issues, couples therapy, crisis intervention, biofeedback training, eating disorders, brief psychotherapy, chemical dependency, issues of dependency, issues of identity, the therapeutic relationship, diversity, rape treatment, and post traumatic stress disorders. The practicum students select the seminar topics for the spring and summer semesters based on their specific interests.

Clinical Supervision
Clinical supervision is tailored to the practicum student’s needs and level of experience. Students have the unique opportunity to work with two supervisors during the entire academic year. A minimum of one hour per week of individual supervision is provided to meet the requirements of the student’s academic graduate programs.

Individual supervision entails thorough discussion of diagnosis, exploration of case dynamics, and formulation of a treatment plan. Review of audio/videotapes and direct observation of the practicum student’s clinical skills are required training experiences.

Group supervision is offered once a week. This supervisory format encourages peer and professional staff feedback. Diverse perspectives are valued and appreciated. Practicum students get to know one another, interact with the professional staff, and expand their clinical experience.

Direct Services
Practicum students invest a minimum of 60% of their time in direct clinical services. A licensed psychologist is on site during hours when clients are scheduled. Practicum students are exposed to various psychological problems ranging from developmental issues to severe characterological disorders. Problems addressed include, but are not limited to:
- Anxiety disorders
- Mood disorders
- Self-esteem issues
- Relationship concerns
- General adjustment issues
- Academic problems
- College adjustment issues
- Gender identity / Sexual orientation issues
- Cultural adjustment
- Family conflicts