Interns’ Clinical & Training Activities During COVID-19 Outbreak

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We are not providing counseling via Zoom but are using Zoom for other training activities.

Since Zoom is going to be so heavily involved, please keep confidentiality in mind such as

         by making sure you’re in private, confidential spaces;

         using client initials rather than names;

         working to not use uniquely identifying information as is possible; and

         whatever else comes to mind/heart that would be useful.

         Lastly, please be open to hearing if someone says they have a concern about something that needs to be more confidential when it’s discussed as we will all be working to do our best yet may sometimes say something that could be more private.

 **Didactic Seminar:**

         Continue Didactic Seminar presentations but do them over Zoom.

         The didactic presenter will create the Zoom meeting and email the 4 Interns the link. Whoever is on-campus can participate in your respective office while anyone working remotely can participate in your own private space.

         I will send a subsequent email with the respective Didactic Seminar Evaluations. Interns, you will still send me your completed form of the presenter, and staff can email the Interns their individual evaluation forms.

 **Supervision:**

         If your on-call times impacts your supervision time, please just coordinate and adjust as needed so that the required amount of supervision is still happening every week.

         If as the days progress, you have questions or concerns about what to address in supervision, don’t hesitate to reach out to me for ideas as I want to help your time feel as useful as possible rather than “just ticking off a task.”

**Supervision of Supervision:**

         Sup of Sup will continue via Zoom. Interns can Zoom in from your respective office or remote location.

**Intern Support:**  will continue to meet.

         Y’all can create a Zoom link for the weeks it is just y’all (let me know if you need/want assistance), and for the weeks I will be joining, I will create the Zoom link.

**Diversity Seminar:**

         We will handle Diversity Seminar the same way as we handle the Intern Support meetings that I will be involved with, which means I will create a Zoom link.

Because working remotely means something different for Interns compared to permanent staff since Interns will not have VPN access and because even Interns who are in the office during on-call days and other days only have so many notes and treatment summaries they can work on, below are other tasks that Interns can work on during these few weeks.

         Find and review clinically-related articles, particularly ones that relate to your current caseload and clinical areas of growth, then incorporate some of the content into supervision conversations. This is definitely a time period when Interns can shine with showing supervisors how they’re consuming research and including it in service of clients!

         When in the office, use the time to review tape so that you can get even more useful data on your clinical strengths and growth areas.

         Since this is a time when dissertation can be worked on, incorporate time for that these next few weeks, too.

**Additional Outreach Activity--- details:**

1)      The broad idea is that a) Interns will create a brief (i.e. 30-45 minute) outreach presentation that includes a powerpoint and is on a topic that could be useful for our university community and also of interest to the individual Intern. b) You will then transfer what is applicable from the presentation into content that you send Dustin for consideration to include on A Sound Mind’s website.

o   Please check out A Sound Mind’s website ([http://studentaffairs.auburn.edu/a-sound-mind/](https://urldefense.com/v3/__http%3A/studentaffairs.auburn.edu/a-sound-mind/__;!!Dq0X2DkFhyF93HkjWTBQKhk!CIZM0XHcAD4CdfLsxu1s5KDkBybv9YEza8y7czXuXS225plVnSytYRP1DrIDro9iUrKZ9SgO$)) to inform which topic you want to choose and to get ideas for how the presentation content can be transformed into useful content.

o   Our Asst. Dir., Outreach & Mental Health Initiatives offered the following topic suggestions based on pages that can use more info., but he clearly said Interns are not limited to these choices:

  grief & loss (considering if a student org or department had a student or faculty death)

  ADHD/different learners

  Anxiety

  Substance use or general addiction such as videogames, porn

  Handling difficult news such as not getting a bid to the organization you hoped, not getting your preferred co-op, not getting an internship, not earning the desired grade you wanted

o   Keep in mind that the page content is intended to relate to “regular life” and have a positive psychology influence.

You can choose from those topics or after reviewing the website discuss an idea with your supervisor or touch base with Dustin on your idea.

Please review literature, websites, etc. to make the brief presentation engaging and informative. Aim for 6-8 slides in the powerpoint presentation with consideration of 30-45 minutes of content, whichever length makes most sense for what you’re covering.

Present the outreach via Zoom to a campus partner. If unable to arrange a campus partner presentation, have staff serve as the audience.

2)      The most consistent outreach option idea generated is a weekly stress management type activity.

* The vision is that each of you could take a day and do an activity that can be shared with students. It could be a mindful walk, a guided meditation, a relaxation activity, etc.
* If there are enough ideas for you to take a day and do a different activity each week at that time, that’s great. If there’s struggle to generate enough ideas, then it can be something that’s more spaced out. One example I used was Take a Break Tuesdays with \*\*\*Insert Intern Name\*\*\*, and that Intern would do a different type of taking a break activity each week for the next few weeks that students could log in and watch/join in.
* Technically, the activity can be live or recorded, but live is my preference because it’s something students can log in to participate in the moment.
* We will be mindful that the activities are outreach and not counseling.
* We want to help y’all with direct contact in clinically relevant ways, and we also want to continue abiding by our outreach guidelines, which include Interns being supported toward more autonomy as the internship year progresses yet not being left to do things solo until cleared to do so. I write all that to orient you to talk to your supervisor along with Dustin and I about your ideas before taking next steps. (no, there is no specific order in which you need to talk to those people )
	+ If it ends up being helpful for us to arrange a Zoom meeting to discuss ideas before steps are taken, we can do that. Since this is an idea with more nuances and that directly connects with students, it makes sense we will need more conversation about it than the other behind-the-scenes activities!
* The latest we need to get this going is the week of April 13th. Getting at least a couple going before then is preferred, but I realize we need time to plan as we want this to be a good offering, not a rush job.

3)      Record one of our more commonly needed outreaches so that it can be used for future situations when a video can be shared rather than a live presentation.

* Each Intern is asked to coordinate with our Asst. Director, Outreach & Mental Health Initiatives about what topic to cover in the video since some topics will be more helpful than others.
* Zoom can be used to record the video. The way this counts as direct contact is that you have to be professional while recording it because it is like you are presenting it in front of an audience.
* For those who do better with deadlines, this activity needs to be completed by May 1st since that’s the last day of finals week.

4)      We have an offer in to Human Resources to assist with some Zoom trainings, if needed. HR is open to that option but needs to get a few things sorted before knowing if or how we may be of assistance. If that activity materializes, then an Intern would be able to present or co-present with a staff a topic.

5)      Videos with our therapy dog are another idea. These can be live or recorded.

**Additional Diversity Activity:**

         The 1st part of the activity is to each choose an aspect (or intersection) of diversity that you want to cover.

* It can be a topic you’re already passionate about or one you aren’t as familiar with and want/need to learn more about.
* Once you determine what area of diversity (or intersectionality of diversity ) you want to explore, email me individually so that I can have a sense of what goodness to expect.
* You do not have to coordinate to cover different topics because even if the same topic is selected, I expect different resources will be discovered.

         Explore videos, TedTalks, or other similar avenues that you believe would be useful to share with others to help them better understand the chosen topic.

* Keep length in mind with an effort to choose some resources that are only a few minutes and some that are a little longer.
* You’re welcome to include resources that are longer than 15 minutes, but the majority of options need to be closer to that time or shorter since Diversity Seminar is only so long per week!

         For those that like structure, please locate at least 5 resources. You are welcome to find more---up to 10 would be great, but 5 is the minimum.

Another activity idea if you are feeling energetic and have time and interest, is to choose some brief articles that could also be useful to consider for diversity seminar---on your chosen topic or a different topic.

* If you engage in this activity, please send me articles electronically rather than printing them.
* Keep in mind that brief is great. If there is a longer article that you just really love, you’re welcome to share it. In general, I work to include briefer articles for the required readings and may have some longer for optional but work to not have too many long articles as required.
* While this can be a fun activity, keep this as a back-up option after you work on any other needed tasks like notes, tape review, the outreach activity, and the diversity activity above.

Complete telebehavioral health training videos that we were sent a link to.

Provide Zoom didactic trainings to the Graduate Practicum Clinicians and/or staff

**Role Play in Sup of Sup:**

**Context:**  When an internship site does not have trainees who Interns can supervise, to help Interns master supervision skills, role plays are included and allowed to count as direct observation regarding evaluation. Even here at SCPS, we have a plan in place for Interns who join us but have not had the necessary prerequisites to begin supervising a Graduate Practicum Clinician their first semester of internship. That plan involves role plays so that direct observation can be ensured. While role plays are not the most direct contact an Intern can have in the supervision competency, it is the next best approximation. Thus, in this unique time when Interns are not able to have weekly supervision with their Graduate Practicum Clinician, role plays will be used to continue supervision growth. And, because of circumstances, the role plays will be used to count toward direct contact since the usual direct contact is not possible.

**Details:**  The focus of these role plays is for you to each gain experience practicing in situations that you (or another) has identified as challenging.

         Interns will be in pairs and coordinate via Zoom so that social distancing and remote work can continue as needed.

         Each Intern pair needs to role play for at least 25 minutes. If the role play is longer, that’s totally fine, but it needs to be at least 25 minutes. (You do not need to extend the role play just for time, but if circumstance invites it, you can do so. Both your time as a supervisor and mock supervisee will count as direct contact since occupying both roles can help you grow as a supervisor, but please do not extend role plays just for direct time!)

         The role plays will be recorded so that you can review them later on your own and perhaps even show them in Sup of Sup if technology cooperates. 

         For the scenarios, consider feedback you’ve received in your evaluations in Sup of Sup, from your supervisee, or from other situations as well as self-reflect on what you have found difficult thus far or expect would be difficult. This is an opportunity to get into some discomfort in a growth promoting way so that you can work out the kinks of growth areas in a role play rather than live!

         I envision there will be multiple role plays over the coming weeks, so don’t include too much in this 1st scenario. Include enough to help you, but don’t feel pressure to include everything at once!

         You do not need to write a script for the role plays, but you do need to share something with the Intern who is role playing your supervisee about at least some of how they need to present so they can work to model more of the type of supervisee situation you need.

o   To be inclusive of different preparation styles, please share what you want your supervisee to present you with at least 24 hours before the scheduled role play so that your mock supervisee has time to review it as well as ask questions to clarify, if needed.

Last but not least, whatever you role play, keep confidentiality in mind such as with not directly playing out something that has happened and using real client names.