About Stevens Institute of Technology

Stevens Institute of Technology (SIT) was founded in 1870, and is located on a beautiful campus in Hoboken, New Jersey overlooking the Hudson River and New York City skyline. The mission of SIT is to inspire, nurture and educate leaders in tomorrow’s technology-centric environment while contributing to solutions for the most challenging problems of our time. It aspires to be one of the nation’s premier student-centric technological research universities. The university has received numerous accolades in recent years, including being named 69th in the nation in the U.S. News & World Report “2018 Best Colleges” list. In 2017-2018, total enrollment was approximately 6900 for both undergraduate and graduate programs.
Counseling and Psychological Services (CAPS)

Counseling and Psychological Services (CAPS) is a caring and supportive mental health resource center for the SIT campus community. We offer a variety of high quality services to Stevens’ students in order to enhance academic achievement, foster personal growth, and promote a culture of wellness. These services include time-limited individual counseling, urgent-care services, group therapy and psychiatric services. In addition to direct clinical care, CAPS also provides a variety of educational, preventative, and consultative services. All services provided by CAPS are confidential and notes from meetings with clients are treated as medical records.

At CAPS we aim to deliver care that is both culturally competent and inclusive. In 2017-2018, students who visited CAPS spanned an incredible range of diversity: 44% of student clients identified as non-white. Almost 70% identified as non-Christian. 1 in 4 consider themselves to be either atheistic or agnostic. Roughly 20% not identify as heterosexual. 1 in 5 regard themselves as first-generation college students. And 31% identify as international students.

CAPS specializes in the treatment of college-student mental health concerns. In 2017-2018, the most common concerns expressed by our clients were the following: Anxiety, Fear or Worry (72%), Depression (65%), Low Energy / Motivation (57%), Self-Esteem or Confidence (46%), Loneliness (41%), Procrastination / Disorganization (36%), Sleep Problems (35%), Attention / Concentration (35%), & Social Isolation (29%).
NUMBER OF OPENINGS

CAPS will be accepting one extern for its 2019-2020 training class.

TRAINING PHILOSOPHY

CAPS’ approach to training adheres to a developmental model. Trainees are integrated into staff activities at a pace commensurate with their level of training and competencies. Early on, training and didactics focus on orienting trainees to the university setting, student affairs at Stevens, the CAPS model, and to issues in today’s field of college mental health. As the training experience progresses, trainees take on greater clinical responsibility within the setting. Later didactics focus on areas of staff expertise and trainee interest.

TRAINEE ACTIVITIES

Trainees will be given the opportunity to conduct intake evaluations and to deliver individual psychotherapy to clients. Externs can choose two long-term therapy cases to follow over the course of the year, otherwise it is expected that trainees will adhere to the short-term treatment model espoused by CAPS. Trainees may also take part in designing and implementing psychotherapy groups alongside a more senior staff member. Trainees will also be expected to actively take part in the design and implementation of workshops and trainings for the campus community.
Externship Training Program Description

SAMPLE WEEKLY SCHEDULE

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Direct clinical service</td>
<td>10 – 14</td>
</tr>
<tr>
<td>Seminar or Didactic</td>
<td>0.5 - 1.0</td>
</tr>
<tr>
<td>Individual Supervision</td>
<td>1 – 1.5</td>
</tr>
<tr>
<td>Group Supervision</td>
<td>1</td>
</tr>
<tr>
<td>Staff Meeting / Case conference</td>
<td>1</td>
</tr>
<tr>
<td>Administrative</td>
<td>1.0 - 1.5</td>
</tr>
<tr>
<td>Peer Support (Via Consortium)</td>
<td>1</td>
</tr>
</tbody>
</table>

16 – 20 hours per week

SUPERVISION OF TRAINEES

Externs will receive 1 to 1.5 hours per week of individual 1:1 supervision (depending on hours spent on-site by the extern) provided by a licensed staff psychologist. The supervisory styles of supervising staff represent a variety of theoretical orientations, but all share a pragmatic and integrative approach to helping students function. Additionally, externs will be invited and expected to attend weekly case management meetings, bi-weekly staff meetings, and monthly case conference meetings.
Externship Training Program

APPLICANT REQUIREMENTS

Applicants to the externship must meet the following criteria:

✓ Enrollment in a doctoral training program in clinical / counseling psychology
✓ Advanced-year status, in pursuit of a 16-20 hour per week training experience
✓ Ability to attend weekly (Thu) case management, case conference, and staff meetings

HOW TO APPLY

Interested candidates should email the following materials to Dr. Eric Rose, Director of Counseling: (1) a cover letter, (2) CV, and (3) two letters of reference from professionals familiar with their work. At least one of these letters should be from a prior clinical supervisor.

Candidates should consult their Directors of Clinical Training regarding the start date for submitting applications. For additional information:

Email: erose@stevens.edu
Visit our website: www.stevens.edu/counseling
Call: 201-216-5177