



The LGBTQ Center of Long Beach Mental Health Training Program

Program Philosophy

The Mental Health Program at The LGBTQ Center of Long Beach offers graduate student trainees and interns (the term “intern” will be used to include both trainees and interns) an opportunity to engage, empower and advocate for a more equitable society. Interns at The Center foster an ever-improving quality of life for the LGBTQ+ community by training in an LGBTQ+ affirmative and trauma-informed mental health and domestic violence service program.

Interns chosen to participate in the mental health service program will:

- Develop their knowledge and capacity to deliver culturally competent care to queer and transgender-identified clients or those exploring gender or sexuality in treatment.
- Train to approach therapeutic responses through a trauma-informed lens that informs how different oppressions and traumas intersect with and impact an individual’s identities, relationships, and experience of safety and mental wellness.
- Train on how to identify domestic violence in non-heteronormative relationships, and how to clinically support individuals experiencing or impacted by domestic violence.

Our mental health services incorporate a variety of modalities, including: psychodynamic; cognitive-behavioral; strength-based; person centered; humanistic; and mindfulness approaches with this overarching trauma-informed lens that strives to collaboratively seek internal healing, wholeness, and wellness. We believe that mental wellness is part of striving for an ever-improving quality of life for the individual and that contributes to the overall health of the local LGBTQ+ community.

Training Opportunities

Internships are available for 2nd year **MSW Interns** for an academic year. For **LPCC/MFT Graduate level interns**, internships are available for a rolling calendar year from start date. Internships are currently primarily in person with some meetings, trainings, and supervision conducted remotely.

Onboarding

Mental health program interns participate in 10 workshops during their first month of internship/traineeship covering a range of topics relevant to providing services to mental health consumers. Topics may include: trauma-informed care; LGBTQ+ cultural competency; trauma-based crisis triage; organizational/ clinical documentation procedures and policies; substance abuse; intimate partner violence; mandated reporting; HIV; and cultural competency with youth populations. Additional workshops are provided on a monthly basis throughout the academic year. **Interns must be available from 10:00 am to 5:00 pm on Wednesdays during the first month of internship and the first Wednesday of each month from 10:00 am to 1:00 pm throughout the academic year.** Trainings will primarily take place in person, but are subject to be remote.

Supervision

The Center offers weekly group and/or individual/triadic supervision with experienced licensed clinical supervisors. The Center is committed to an interdepartmental integrated approach and case consultation is available with intimate partner violence specialists. Supervisions are Thursday evenings 5:00 to 7:00 pm, pending openings in the groups. MSW interns receive individual supervision, in line with their program requirements. Supervision may take place remotely or in person.

Please note, **recording client sessions for supervision purposes is not permitted.**

Practice Opportunities

Interns at The Center provide individual, couple, family, and group therapy, depending on intern skill-level and current consumer need. Interns may also have opportunity to provide services to people experiencing or who have been impacted by domestic violence/intimate partner violence, including: counseling, safety planning; advocacy services, case management, and providing LGBTQ sensitive referrals. Additional opportunities are often available: conducting screenings/intake interviews; crisis triage; clinical case management; and project development within other departments.

Cultural Experiences

Interns are encouraged to participate in at least two community events, such as QFilms, Long Beach Pride, Mental Health Awareness Events, or by providing outreach at a community partner resource event. Interns may also have the opportunity to co-facilitate a social support group hosted at The Center.

Attendance and Time Requirements

Internship hours are expected to be completed primarily on-site, with some hybrid capacity.

MFT/PCC Trainees and interns must commit to 12 months of service, with a minimum of 12 to 15 hours per week for trainees (includes five direct service hours, supervision, and documentation).

MSW internships take place during the academic year. during the academic calendar and are expected to provide 16 to 20 hours per week (depending on respective program requirements).

Trainees/ interns must have consistent weekly time available to have clinical activities scheduled within open hours of operation and must communicate any changes to this schedule with the Coordinator of Mental Health Services. Additionally, counseling clients are scheduled between Monday through Saturday during open Center hours (see Center schedule for updates).

Interns are entitled to three weeks of time off during the year, plus holidays.

There are no restrictions for sick and emergency leave. Vacations must be approved in advance by the Mental Health staff.

Application Procedure

Internships begin in September. Applications are accepted and reviewed on a rolling basis between February 1 and May 31, or until slots in the cohort are full. **All prospective candidates should submit a resume and cover letter** detailing their training and professional goals as well as their specific motivation to work with LGBTQ mental health consumers to the Mental Health Services program staff, Oscar Pineda, at opineda@centerlb.org, and Laura Rowe, at lrowe@centerlb.org. Select applicants will be asked to schedule in person interviews which will take place during the application period.

Additional Information

All are welcome to apply. Prospective interns/trainees who are LGBTQ-identified, bilingual, and/or people of color are especially urged to apply.

Questions?

Please email the counseling team at counseling@centerlb.org and visit our website at centerlb.org/internships