

The LGBTQ Center Long Beach Mental Health Training Program

Program Philosophy

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

- Interns develop their knowledge and capacity to deliver culturally competent care to queer and transgender-identified clients or those exploring gender or sexuality in treatment.
- Interns will train to approach therapeutic responses through a trauma-informed lens that informs how different oppressions and traumas intersect to impact an individual’s identities, relationships, and experience of safety, and mental wellness.

Treatment is contextualized from how oppressions and traumas that target an individual’s racial, ethnic, sexual, gender, ability identities play out in a variety of systems including family, community, school, workplace, and country. We approach treatment with an ear to how intersecting oppressions can result in internalized experiences of oppression and pain that contribute to experiences of anxiety, depression, and other symptoms of mental and emotional pain. Mental health services incorporate psychodynamic, cognitive-behavioral, strength-based, person-centered, humanistic, 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 improving quality of life for the individual and that contributes to community wellness.

Training Opportunities

Onboarding

Mental health program interns receive 10 workshops in their first month of internship/ traineeship covering a range of topics relevant to providing services to mental health consumers. Topics 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 topical workshops are provided on a monthly basis throughout the academic year. Interns must be available from 10:00 am to 7:00 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.

Supervision

Weekly group supervision with experienced licensed clinical supervisors is offered, as well as individual consultation as needed with a licensed clinical supervisor. The Center is committed to an integrated approach and case consultation is available with intimate partner violence specialists and throughout

the organization's other departments. Supervisions are Tuesday 11:00 to 1:00 pm and Thursday 5:00 to 7:00 pm, pending openings in the groups.

Practice Opportunities

Interns at The Center provide individual, couples, family, and group therapy, depending on intern skill level and current consumer need. Additional opportunities are often available for screening, crisis triage, and clinical case management or project development within our other departments.

Cultural Experiences

Interns join The Center's LGBTQ community with required participation in at least two events, such as Q Films, Long Beach Pride, Mental Health Awareness Events, or by providing outreach at a community partner resource event.

Attendance and Time Requirements

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) and a minimum of 15 hours per week for post graduate interns (includes 8 to 10 direct therapy hours, supervision, and documentation.) Social Work students may work the academic calendar but are expected to provide 16 to 20 hours per week.

All trainees and interns must be available to participate in Wednesday all day onboarding training from 10:00 am to 7:00 pm, monthly Wednesday am workshops, and weekly assigned supervision group. 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 Client Services Coordinator who schedules clients for psychotherapy. Schedules for psychotherapy may be developed using any Monday through Saturday during open Center hours. (See Center schedule for updates.) Time off from internship and offering treatment may be scheduled/ taken for up to three weeks during the year, plus holidays, but vacations must be approved by the Mental Health Director.

Application Procedure

Prospective trainees/interns/practicum/post graduate students are welcomed in each September for a one year period. All prospective candidates should submit a resume and cover letter to the Mental Health Director, Ellen Hartwick, LCSW, at ehartwick@centerlb.org that details their training and professional goals as well as their specific motivation to work with LGBTQ mental health consumers between February 1 and May 31, for consideration in the training group beginning in September of each year. Candidates will be selected to follow up with an interview and based on availability of training slots.

Additional Information

LGBTQ interns, bilingual interns and people of color are especially urged to apply.

Questions?

Please email Ellen at ehartwick@centerlb.org and visit our website at www.centerlb.org