

## **The LGBTQ Center of Long Beach Mental Health Training Program**

### **Program Philosophy**

The Mental Health Program at The LGBTQ Center of 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 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 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 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. The mental health program approaches treatment by acknowledging how intersecting oppressions can result in internalized experiences of oppression and pain. These experiences can contribute to feeling anxiety, depression, and other symptoms of mental and emotional anguish.

Mental health services incorporate 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**

#### **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**

The Center offers weekly group supervision with experienced licensed clinical supervisors as well as individual consultation, as needed, with a licensed clinical supervisor. The Center is committed to an interdepartmental integrated approach and case consultation is available with intimate partner violence specialists as well as other specialized staff members. Supervisions are Thursday and Friday evenings 5:00 to 7:00 pm, pending openings in the groups.

### **Practice Opportunities**

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

### **Cultural Experiences**

Interns join The Center's LGBTQ+ community with required participation 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.

### **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 during the academic calendar but are expected to provide 16 to 20 hours per week.

All trainees and interns must be available to participate in a Wednesday all day onboarding training from 10:00 am to 5:00 pm during the first 5 weeks; monthly Wednesday morning workshops; and weekly assigned supervision groups. 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 Manager who schedules all clients for psychotherapy. Additionally, psychotherapy with clients must be scheduled between Monday through Saturday during open Center hours (see Center schedule for updates).

Trainees/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 Director.

### **Application Procedure**

Enrollment for trainees/interns begins each September. The internship period is one year. Applications are accepted and reviewed on a rolling basis between February 1 and May 31. 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 Manager, Oscar Pineda, MSW at [opineda@centerlb.org](mailto:opineda@centerlb.org). Select applicants will be asked to schedule interviews based on the current availability of training slots.

### **Additional Information**

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

### **Questions?**

Please email Oscar at [opineda@centerlb.org](mailto:opineda@centerlb.org) and visit our website at [centerlb.org](http://centerlb.org).