INTRODUCTION TO THE CENTER FOR HEALTH AND WELLNESS

Quick Facts about the Center for Health and Wellness

- Capital University’s Center for Health and Wellness (CHW) began providing full-time medical and counseling to enrolled Capital University undergraduate students as well as Trinity Lutheran Seminary students and University Law School students in fall 2010. Note: Effective January 2015 Disability Services moved out from under the CHW but continues work with the CHW for collaboration of student care.
- The CHW provides free, confidential, unlimited short-term counseling to students currently enrolled at Capital. We also offer consultation services, psycho-educational workshops, and outreach programming to the wider campus community.
- At the Bexley campus, University Counseling and Health Services falls within the Division of Student Affairs, and is overseen by Dr. Jennifer Speakman, Vice Provost for Student Affairs.
- At the Capital University Law School, University Counseling and Health Services fall within Student Administration. Counseling services are offered at the law school, and students have access to the medical services at the CHW.
- The 2018-2019 CHW staff includes a licensed psychologist (CHW director), a licensed supervising professional clinical counselor (LPCC-S), a certified nurse practitioner (CNP), a registered advice nurse (RN), nursing students, two graduate clinical counseling trainees, one senior administrative assistant, athletic training students, and undergraduate student workers.
- Counseling services are housed in the Center for Health and Wellness located on the 2nd floor of the Kline Building.

Mission Statement

Provide a comprehensive array of mental health and medical services that will aid in the assessment, prevention, and treatment, of students as well as the promotion of health and wellness on campus. The CHW is committed to promoting inclusion, with services designed to provide respectful treatment to students of every background and orientation.

The CHW’s counseling and medical services use the Professional-Scholarship model to integrate scholarship and training with its primary mission of service, and thus, have three primary objectives:
1. Offer a broad range of educational and clinical skills to enhance the lives of the members of the university community.
2. Provide high quality training experiences in the practice of professional counseling, psychology, and nursing.
3. Evaluate the services and training provided by the CHW, and assist with the generation of individual and collaborative research with other departments.

Center-Wide Diversity Statement
Multicultural awareness and competency is our goal in all areas of the CHW service. We hire staff that represents the cultural diversity of our student constituency, including differences in racial and ethnic diversity, sexual orientation, religious affiliation, age and gender.

Counselor Trainees as Staff
Participants of all CHW’s training programs are considered an integral part of the staff and are included in all functions of the agency. The CHW staff employs an energetic, innovative, and multicultural group of people who sustain the high level of activity necessary to meet the demands of a large university. Clinical service and training are given high priorities with room for trainees to pursue projects and topics that are of particular interest to them. Administration of the center is decentralized, giving all staff members the opportunity to be involved in planning and decision-making.

Clinical Mental Health Counseling Internship Overview - 2018-2019

The Center for Health and Wellness offers a 3 month clinical counseling practicum and a 9-month clinical counseling internship for students currently enrolled in a local master’s or doctoral level counselor education graduate school program. Our graduate students typically begin working at the CHW at the end of August, which includes orientation training in mid-August, and trainees complete their experience in May.

The program is designed to meet the needs of M.A. or Ph.D. students seeking supervised training in clinical work with college students with diverse mental health concerns from varied multicultural backgrounds. The counselor trainee will receive training in clinical case consultation, various psychotherapy techniques and approaches, and multicultural issues in counseling and the provision of supervised clinical interventions. The CHW aims to develop the student’s therapeutic skills and familiarize them with a university counseling setting.
Health care through the CHW is oriented toward advocating for student holistic wellness and utilizes an integrated care approach. We have a multidisciplinary staff of mental health and medical staff including staff includes a licensed psychologist (CHW director), a licensed supervising professional clinical counselor (LPCC-S), a certified nurse practitioner (CNP), a registered advice nurse (RN), nursing students, two graduate clinical counseling trainees, one senior administrative assistant, athletic training students, and undergraduate student workers. While maintaining appropriate ethical confidentiality boundaries, the CHW regular collaborates and consults with the rest of the CHW staff as well as other offices on campus including disabilities services, residence life staff, campus police, academic success, career services, and other offices. We also work with a variety of off-campus community resources and organizations such as private practice therapists, psychologists, psychiatrists, Netcare, OSU Hospitals, Columbus Springs, etc. As a result, trainees have an excellent opportunity to learn about the practice of therapy, as well as the importance of treating the whole student.

Trainees are expected to conduct intakes, provide individual and relationship counseling, co-facilitate support and psychoeducation groups, design and lead outreach programs, prepare presentations on mental health topics, and attend weekly staff meetings. Trainees receive at minimum one hour of individual and/or one hour of group supervision per week. Trainees also participate and help with campus mental health screenings, student orientations, student affairs division meetings, and other student affairs activities.

Trainees will also have opportunities to present formal case presentations and to lead a didactic training during the year. Additional training opportunities for group counseling and consultation services are also available. Participation and supervision in providing couples counseling may also be available.

**Applying to the CHW**

Up to two counseling trainee positions are available. The persons selected will contract for a 9 month 20 hour per week internship training program. These positions are not funded.

Interested candidates, please submit:

1. Updated Resume or CV (Vitae)
2. Brief one page cover letter of application including:
   - Trainee’s expectations for practicum/internship
   - Trainee’s current and longer-range personal and professional goals
   - In addition, the potential supervising counselor will speak with the candidate’s internship professor and/or advisor who is familiar with candidate’s clinical experience.
Official approval of internship placement will be made by the candidate’s clinical director.

Applications may be submitted electronically by email as long as original signatures are scanned.

The CHW Director and Supervising Counselor will review all completed applications submitted by the deadline date of May 1, 2019. A selected group of candidates will be invited to CHW for an on-site interview starting in April 2019.

Send Application to, or for Further Questions, Contact:
Douglas T. Buzenski, M.Ed., LPCC-S
Coordinator of Clinical Training
Center for Health and Wellness
Capital University
1 College and Main
Columbus, OH  43209

E-Mail: dbuzenski@capital.edu
Phone: 614-236-6214

Requirements for Counselor Trainees

I. Documentation Required
Prior to the start date of the position, trainees must submit the following documents to his/her clinical supervisor:

a. Copy of proof of counseling liability insurance
b. Notification of CT designation from the CSWMFT board
c. State Board of Psychology of Ohio, Supervisee Registration Form completed and turned into the Director of University Counseling and Health Services
d. Name/contact information of practicum or internship course instructor
e. Professional Disclosure Statement (see instructions on CSWMFT web site)
f. Signed Confidentiality Pledge for Capital University, Center for Health and Wellness
g. Supervision Contract
h. Paperwork through Capital University’s Human Resources (trainees’ clinical supervisor will arrange for this documentation)
i. Background check
II. Supervision
Supervision of clinical work provides an opportunity for trainees to discuss theoretical and conceptual issues, to develop technical skills, and to become more integrative in conceptual understanding and technique as part of their professional development. While supervision is not psychotherapy, supervision is an opportunity to discuss issues of ethics, roles, countertransference and anxieties relating to their work. Trainees are encouraged to engage in personal psychotherapy, and referrals can be provided upon request.

a. According to the CSWMFT Board, CTs must engage in at least one hour of face-to-face clinical supervision, per 20 hours of work (direct/indirect combined). The CHW requires CTs to engage in at least one hour per week of face-to-face supervision.

b. Trainees are encouraged to consult with licensed counseling staff outside of scheduled supervision meetings and CHW business hours. Specific instructions and cell phone numbers will be provided to trainees.

c. Trainees are required to immediately consult with their clinical supervisor when a client evidences bizarre behavior and/or verbalizes thoughts of harm to self and/or others.

d. Supervision will take place at the CHW each week.

e. Topics addressed during supervision meetings will include ethical considerations, countertransference, case conceptualization, diagnosing, and treatment options. Activities will include video/audiotape review, skill training, didactic presentations, etc. Trainees are expected to prepare an informal agenda for each supervision meeting.

III. Internship Hours
According to the CSWMFT Board:

The supervised internship shall be no less than six hundred hours of which two hundred forty hours shall be in direct services, which include the diagnosis and treatment of mental and emotional disorders and conditions.

Therefore, over the course of one semester enrolled in the Internship course(s), the CT will fulfill direct and indirect hours at the CHW for approximately 12-20 hours per week. Counselor Trainees will have a consistent schedule at the CHW, based upon the CT’s availability and demand for service. 

**Note:** Trainees will NOT provide on-call coverage.

IV. Record of Internship Hours
Trainees are expected to keep a detailed record of their hours via the Record of Internship Hours form. A copy of this form must be turned into the Director of University Counseling & Health Services, and the trainee’s clinical supervisor.

V. Direct Service (240 total required for Internship)
Upon fulfillment of the observation requirements and approval from their clinical supervisor, CTs will fulfill the following Direct Service activities:
   a. Conduct Intake Sessions and build a case load with guidance from their clinical supervisor.
   b. Provide individual and relationship counseling, which includes diagnosing and treating emotional and mental disorders. Counselor Trainees are responsible for video and/or audio recording intake and counseling sessions as requested by the supervisor.
   c. Plan/Implement at least one outreach program per semester.
   d. Co-facilitate CHW support groups with supervisor or licensed clinician.

VI. Indirect Service (360 required for Internship)
The following hours may fulfill indirect service hours:
   a. An orientation of Capital University, the CHW, college student mental health, and risk assessment with CHW counseling staff.
   b. Assist with administrative work (i.e. assisting in preparation for outreach activities, special projects, scoring Quality of Life Inventories) as needed and as available.
   c. Complete progress notes and treatment plans using the Titanium Schedule by the end of the week in which the session took place. The clinical supervisor will review the electronic progress note, provide feedback as needed and electronically sign the notes.
   d. Complete additional documentation as indicated (e.g. end-of-semester summary, termination summary) by assigned deadlines.
   e. Attend the first Student Affairs Division meeting (CT may attend other meetings if available) and CHW staff meetings.
   f. Prepare and lead at least one Case Presentation each semester to process with clinical counseling staff.
   g. Trainees will be available for no more than two evenings or weekend events per semester.

VII. Evaluation of Counselor Trainee
   a. Trainees’ counseling skills will be evaluated as videotaped sessions are reviewed using the Counseling Session Rating Form.
b. Counselor Trainees will be formally evaluated by their clinical supervisor at the mid- and end of the semester with the supervisor’s own evaluation form and their master’s program CACREP evaluation form. The CT is responsible for providing this form to their clinical supervisor.

c. Counselor Trainees will be evaluated using the CSWMFT board’s form at the end of their internship experience.

d. Trainees will be evaluated using the CHW’s Evaluation of Trainee Performance form at the end of each semester. The CT’s clinical supervisor is responsible for providing constructive feedback to the CT throughout their Practicum and Internship experiences.

e. Trainees will evaluate their training experience and clinical supervisor at the CHW using the Trainee Evaluation of Supervision.

2015-2016 CHW Clinical Counseling Trainees

**Susan Belair, M.A., C.T.**

*The Ohio State University*

*Anticipated degree and graduation date:  M.A. in Counselor Education, May 2017*

I have a B.A. in biology from Northwestern University and an M.A. in scientific and technical communication from Bowling Green State University. My second master’s will specialize in clinical mental health counseling. I am excited to be here at Capital University for my internship because I have always enjoyed the diversity, creativity, and stimulation of university settings. Working with students will be very satisfying and challenging because the college years tend to be a good time of life to address mental health issues and wellness in general—a lot of change and self-discovery happens during this time. The Health and Wellness Center at Capital also offers a holistic approach, which I think is important for quality care. The internship program provides not only many growth opportunities but extensive support for my development as a counselor. I am looking forward to getting to know Capital University better!

**Rachel Cooke, B.A., C.T.**

*The Ohio State University*

*Anticipated degree and graduation date:  M.A. in Counselor Education, May 2017*

After receiving my Bachelor’s degree in Psychology in 2014, I chose to return to OSU to pursue my Master’s in Clinical Mental Health Counseling. I believe that college can be a time of change and growth, and I am thrilled to have the opportunity to work with Capital’s students as they navigate through this
period in their lives. Capital’s Center for Health and Wellness is particularly fascinating to me due to its integration of physical and mental health as well as its incorporation of campus outreach. I think a holistic treatment approach is essential and having all health services in one building facilitates that idea. I am also looking forward to working on outreach projects. Counseling can be more than a one on one interaction, and I am glad that the staffs at the center are just as enthusiastic as I am about bringing our services to the campus community in new and interesting ways.