



MINNESOTA STATE UNIVERSITY MANKATO

COUNSELING CENTER

mnsu.edu/counseling

CLINICAL TRAINING OPPORTUNITY

The training program at Minnesota State Mankato Counseling Center is open to masters and doctoral students from multidisciplinary counseling, psychology, social work, and mental health-related fields. Gain the clinical skills and supervision needed to be an ethical and effective mental health professional!

- 16-24 hour weekly commitment
- 2 hours individual supervision provided
- 1 hour group supervision provided
- 1 hour multidisciplinary case conference
- Training in telemental health service delivery
- Didactic trainings include: Clinical Risk Assessment, Culturally-Competent Care, LGBT Affirming Therapies, Eating Disorders, Alcohol and Drug Assessment, and more!

Screenings

Learn the art of conducting brief screening appointments wherein you will assess presenting problems, assess risk and safety concerns, and make sound clinical recommendations for specific services based on our Stepped Care Model.

Initial Consultations

Receive training on conducting initial consultation appointments, which includes learning to assess for presenting concerns and symptoms, and gathering relevant cultural, family, health, eating/body image, trauma, and substance use history to inform your diagnostic impressions, case conceptualization, and treatment goals.



Short-Term Counseling

Provide short-term, goal-oriented counseling to a diverse clientele. Common presenting concerns may include: anxiety, depression, interpersonal relationship problems, trauma, grief, adjusting to college, academic issues, and identity and developmental concerns.

Group Counseling and Wellness Workshops



Co-facilitate interpersonal process or support groups with experienced psychologists, and/or learn to lead a psychoeducational wellness workshop where you will teach depression, anxiety, grief, and stress management strategies.

Outreach

There are ample opportunities to share information about Counseling Center services and college student mental health through a variety of outreach programming, including the research and development of a presentation on a topic of your choice and interactive tabling events.

Supervision

We are dedicated to providing comprehensive supervision for clinical trainees, which includes: feedback on clinical documentation skills, live observation of group/workshop co-facilitation skills, and video tape review of individual counseling skills.

TOP REASONS TO TRAIN AT THE COUNSELING CENTER



- RECEIVE HIGH-QUALITY SUPERVISION
- WORK WITH A DIVERSE COLLEGE STUDENT POPULATION
- GAIN EXPERIENCE WITH A RANGE OF MENTAL HEALTH CONCERNS
- HELP FACILITATE PERSONAL GROWTH AND TRANSFORMATION DURING A UNIQUE DEVELOPMENTAL LIFE STAGE
- CO-FACILITATE GROUPS AND WORKSHOPS WITH SKILLED PSYCHOLOGISTS
- OPPORTUNITIES TO PROVIDE IN-PERSON AND REMOTE SERVICES