



# Practicum/Internship Opportunity

The training program at Minnesota State University, Mankato Counseling Center is open to graduate students in the Sports, Exercise, and Performance Psychology field. Training experiences will include providing psychoeducation skill building sessions and mental health related workshops. Gain the skills and supervision needed to be an ethical and effective provider.

## Skill Building Sessions:

Provide goal-oriented, skill based individual sessions to a diverse clientele. Work with students on a short-term basis and teach strategies to address a variety of mental health and academic challenges. The current skill modules include:

- Assertive Communication
- Improving Concentration
- Conversational Skills
- Deep Diaphragmatic Breathing
- Mental Rehearsal
- Mindfulness
- Increasing Motivation
- Overcoming Procrastination
- Overcoming Test Anxiety
- Overcoming Worry
- Progressive Muscle Relaxation
- Sleep Hygiene
- Time Management
- Visualization

## Outreach Programming:

Participate in sharing information about the Counseling Center services and college student mental health through a variety of outreach programming opportunities. This may include researching and developing a presentation or staffing an interactive tabling event.

## Supervision:

Receive weekly individual supervision, which includes case consultation, feedback on documentation skills, and the opportunity for video review of intervention skills.

## Psychoeducational Workshops:

Co-facilitate or lead psychoeducational wellness workshops where you will teach depression, anxiety and stress management strategies.

## Top Reasons to Train With Us:

- Receive high quality supervision
- Gain experience with a diverse college student population and range of wellness concerns
- Learn evidence-based skills and interventions
- Foster presentation and instructional skills
- Help facilitate personal growth and transformation during a unique developmental life stage
- Opportunities to provide in-person and remote services

## How to Apply:

Scan the QR code to submit an application, which will include a cover letter, resume or vita, and unofficial graduate transcripts.



## Questions?

For questions or interest regarding future training opportunities, contact Dr. Miranda Hellenbrand at [miranda.hellenbrand@mnsu.edu](mailto:miranda.hellenbrand@mnsu.edu)

- 12+ hour weekly commitment
- 1 hour individual supervision provided
- 1 hour group supervision provided
- 1 hour multidisciplinary case conference
- Didactic trainings included:
  - Clinical Risk Assessment
  - Culturally-Competent Care
  - LGBT Affirming Therapies
  - Eating Disorders
  - Alcohol and Drug Assessment, and more!