

Advanced Doctoral Therapy Practicum Student for Cira Center for Behavioral Health

Our Philosophy

Cira Center for Behavioral Health (CCBH) is a small group practice in Chicago that has a team of licensed doctoral and master's level therapists. Therapy is based on research and science, both of which are incredibly important, but at CCBH, we believe that nothing is more important than feeling heard and understood without any judgment. When a strong, supportive relationship is combined with direct feedback and skill-building, people change, and lives improve.

CCBH specializes in treating trauma. Trauma includes things that you would typically think of as trauma (war veterans, car accidents, rape, physical assault, etc.) as well as difficult childhoods that may have included: physical, sexual, verbal, and/or emotional abuse; divorce/separation; a caretaker who struggled with their own physical/mental illness; a caretaker who suffered from addiction, etc. CCBH also focuses on treating women's health issues such as perinatal and postpartum depression/anxiety, relationship difficulties, eating disorders and/or disordered eating, body image struggles, etc.

Our Training Program

At CCBH the trainee's primary responsibilities will be conducting intake assessments and providing individual, family, and couples. Trainees will collaborate with the greater CCBH clinical team, including Master's Level clinicians, Psychologists, and medication providers. There will be an opportunity to learn about the administrative side of working in a group practice, to engage in outreach efforts to the community, as well as program development if that is of interest. There is no research component to this.

Requirements of Advanced Therapy Practicum Student:

- Willing to work evenings.
- Experience and passion for working with trauma.
- Interest and experience in working with women's issues.
- Openness and willingness to learn and practice from a relational and psychodynamic perspective
- Openness and willingness to learn and practice from a trauma-informed perspective

Ideal Candidates:

- We are looking for someone who is at a more advanced level of practice and feels comfortable and confident in their skillset. We want someone who feels they can practice independently, yet is humble, curious, and eager to learn more.
- Ideal candidates will be responsible, independent, organized, warm, friendly, genuine, authentic, and passionate about what they do

Supervisory Approach

The supervisors at CCBH work from the developmental model of supervision and view the process of developing as a clinician as parallel to the stages of human development. Supervisors support trainees as they move through stages of learning from their previous clinical work and focus on greater levels of skill, confidence in their work, and continued professional development with colleagues. We at CCBH operate from the perspective that supervisory decisions are made as a team. Training-related policies and procedures are made after consultation with the Supervisory and/or Leadership Team. Likewise, trainees' concerns are addressed among all supervisors. All supervisors meet on a regular basis, and any trainee issues are discussed during this meeting.

Sessions are currently being conducted in a hybrid In-person and Virtual modality

All interested applicants should submit a cover letter, CV, and 3 letters of recommendation to Dr. Petya Randelova at drrandelova@ciracenter.org

Practicum Experiences at CCBH

Advanced Therapy Practicum

- 20 hours/week over three days for 12 months
 - Thursdays are mandatory
 - Two evenings until 6 pm
- 10-14 hours direct service/week
- 1 hour individual supervision/week with Licensed Clinical Psychologist
- 1 hour supplemental supervision/week
- 1 hour group supervision 3x/month
- 1 hour of Professional Development Seminar/month. This includes:
 - Navigating the internship process and postdoc process if desired
 - Exploring longer term goals about career – Settings? Niches? Passions?
 - Discussing opportunities in the field outside of therapy
 - During grad school we often feel in the weeds. This is the hour to be meta about a career as a psychologist. How can we spend this hour talking about the dreamy stuff rather than just surviving?
 - This hour can be curated to your needs.
- Join 1 hour CCBH Staff Meeting 2/x month
 - 1 hour of trainings on Clinical, Self-Care, or Antiracist/Antioppressive topics
 - 1 hour of Team Building

Supplemental Advanced Therapy Practicum

- 8-10 hours/week over 12 months
 - Thursdays highly recommended
- 5-7 hours of direct service
- 1 hour of individual supervision with a Licensed Clinical Psychologist

If Thursdays are feasible with your schedule, the following will be included in your experience:

- 1 hour group supervision 3x/month
- 1 hour of Professional Development Seminar/month. This includes:
 - Navigating the internship process and postdoc process if desired
 - Exploring longer term goals about career – settings? Niches? Passions?
 - Discussing opportunities in the field outside of therapy
 - During grad school we often feel in the weeds. This is the hour to be meta about a career as a psychologist. How can we spend this hour talking about the dreamy stuff rather than just surviving?
 - This hour can be curated to your needs.
- Join 1 hour of Trainings per Month