



Practicum Placement at YMCA Youth & Family Services

YMCA Youth & Family Services offers two different programs – TIDES and Counseling Services with the opportunity to be exposed to a culturally diverse population and variety of symptoms.

Working hours are flexible Monday-Saturday, 20hrs/wk for 9 months.

Clinical Individual and Group supervision are provided from the theoretical orientation of Bowen Family System Theory.



TIDES Program (Therapeutic Interventions Designed to Empower Students)

- Provides therapy services to students at eight different school sites (elementary, middle and high school)
- Training on County required paperwork and billing systems
- Therapeutic work modalities: Individual, Family, Group, Case Management, Collaborative
- Therapeutic approaches and interventions: All theories and interventions that are appropriate for the age group
- Presenting issues may include:
 - Depression, Anxiety, Conduct DD, Oppositional Defiant DD, ADD, ADHD, Substance Abuse, Domestic Violence, Divorce, Gender Identity, Sexual Identity, Loss and Grief, Weight and Image, Cutting, Peer and Family Relationships

Counseling Services

- Clinic based, fee for services program
- Professional and welcoming environment (individual, family and play therapy room)
- Therapeutic work modalities: Individual, Couples, Family
- Therapeutic work and interventions are based on Bowen Family System Theory
- Presenting issues may be:
 - Parent Child Relationship, Parenting, Marital, Life Transitioning, Grief and Loss, Depression, Anxiety



Your Benefit

- Learn about culturally diverse populations
- Learn and apply different interventions
- Exposure to wide variety of disorders
- Excellent clinical supervision and training
- Become part of the YMCA team

If you are interested, please contact Dori Gilbert, Counseling Services Project Director at 619-543-9850 ext.141 or dgilbert@ymca.org.