



rape trauma services

*a center for healing & violence prevention*

## PAID COUNSELING INTERNSHIP

### ***About the Agency:***

Rape Trauma Services (RTS) of San Mateo County strives to eliminate all forms of violence, with a special focus on sexual assault and abuse. Our scope of services includes a 24-hour crisis line, counseling, advocacy, accompaniment, self-defense training, rape and other violence prevention education in schools, and outreach to under-served populations.

It is our strong belief that violence and abuse must be examined on an individual level (e.g., sexual abuse, rape) as well as a collective level (e.g., genocide, war), and in the context of societal inequities (e.g., sexism, racism, heterosexism). We also believe that violent behaviors by individuals as well as societal inequities perpetrated on a collective level are, at their core, about unhealed effects of trauma and ensuing cycles of violence.

We seek candidates who share our vision and philosophy including core beliefs such as (1) we all have been affected by violence and inequities; (2) healing from the effects of those experiences is a life-long process; and (3) commitment to one's healing is a key to our well-being, effective relationships with others, a healthy and equitable work environment, and meaningful political change.

RTS Staff, Interns, Trauma Counselors, and Therapists work together to provide a variety of support services to child, adolescent and adult survivors of sexual violence in particular, as well as all forms of direct and indirect trauma from violence and abuse.

The major components of our program include the following:

- A 24-hour confidential crisis line
- Crisis, Short-term, and Long-term Counseling
- Individual and Group Counseling
- Advocacy & Accompaniment
- Prevention Education, Community Outreach and Professional Trainings

### ***Qualifications:***

- Post-graduate interns from a counseling, social work or related field (MFTI, ASW, etc.) Do not apply if you are not eligible to provide therapy in the state of California. Must be registered (or in the process of registering) with the California Board of Behavioral Sciences as a therapist intern.
- Minimum of 1 year commitment to agency
- Bi-lingual, bi-cultural Spanish speaking Preferred
- All interns must complete 65-hour state-certified Sexual Assault Counselor (SAC) training successfully in order to become a program intern. The training spans about six weeks and consists of weeknight sessions Tuesday and Thursday nights (from 6 to 9:30pm) and Saturdays (from 9:30am to 3:30pm). Training dates TBD.
- Mandatory intern orientation TBD
- Passion for crisis intervention as well as in-person individual and group counseling with survivors of sexual assault and other trauma as well as with their significant others.
- Attend weekly group supervision, provided by a licensed clinician, as well as trauma mentoring by other agency staff.
- Ability to be at RTS every Monday afternoon from 2-4 or Wednesday 2-4 for group supervision.
- A minimum of two full days a week at program locations (varied by assignment).

1860 El Camino Real, Suite 406, Burlingame, CA 94010

Phone: (650)652-0598 fax: (650) 652-0596 24-hour crisis line (650)692-RAPE

e-mail: [info@rapetraumaservices.org](mailto:info@rapetraumaservices.org) website: [www.rapetraumaservices.org](http://www.rapetraumaservices.org)



rape trauma services

*a center for healing & violence prevention*

### ***Internship Program Description:***

After successfully completing the SAC training, positions will be offered based on agency needs. Once accepted, interns are expected to make a one-year service commitment of no more than 16 hours (10 clients, or 9 clients and 1 group). The commitment includes 2 to 4 hours of training and supervision (see below). Upon completion of training, you will be expected to perform duties that include the following:

- Intern hours are paid at \$20 per hour up to 16 hours maximum per week. Interns are not paid for supervision hours.
- Maintain an average of 9 to 10 hours per week of trauma-focused counseling (assessments, individual, group, families, short-term, and longer-term work within modules of structured trauma work) both on-site and in the community.
- Complete essential weekly documentation of client contact records for crisis line activities, in-person, family and group counseling services, record of service and training hours to be submitted to the Program Director by Monday of the week following completion of service.
- Attend 2 hours of weekly group supervision with a licensed supervisor at RTS (either Tues. or Wed, 1pm-3pm).
- Participate in our monthly trauma-focused training program (e.g., for working with adults, children, adolescents or families), also held one Monday a month from 5-7pm, after group supervision.
- Cover one shift per week on our 24-hour crisis line (which may include phone calls and in person accompaniment to the San Mateo hospital.) *Hours worked during this 6-hour or overnight shift are in addition to the 16 hour commitment and are not paid hours.*

We expect interns to be comfortable with the agency's philosophy, mission, policies and procedures including the following:

- A counseling model that considers survivors as experts in their healing, capable of both retrieving, learning and maintaining skills for ongoing healing, emotional autonomy and somatic resilience
- Commitment to developing enhanced cultural competencies
- Understanding of violence and cruelty in the context of institutional inequities in our society
- Demonstrable commitment to personal healing including openness to collaborative feedback
- Commitment to serving male survivors
- Concerns regarding the use of psychotropic medications with trauma survivors
- Open to incorporating "triune brain" modalities for healing trauma (sensations, feelings, cognition)

### ***Application Process:***

If you are interested in the internship program at RTS, please submit your resumé and two professional references by e-mail to [rachael@rapetraumaservices.org](mailto:rachael@rapetraumaservices.org).

*1860 El Camino Real, Suite 406, Burlingame, CA 94010*

*Phone: (650)652-0598 fax: (650) 652-0596 24-hour crisis line (650)692-RAPE  
e-mail: [info@rapetraumaservices.org](mailto:info@rapetraumaservices.org) website: [www.rapetraumaservices.org](http://www.rapetraumaservices.org)*