F.A.Q.

Who are the Counseling Center Staff?
The Counseling Center is staffed by psychologists, social workers and psychiatrists under the direction of Joy Von Steiger, Ph.D. Approximately 20 clinicians work full or part time at the center. Please see our website for a fuller description of the Center: http://www.brandeis.edu/pcc/index.html

What is the theoretical orientation of the Counseling Center?
We are committed to multicultural awareness as essential to understanding the dilemmas that bring students to counseling. Within a “relaxed psychodynamic” frame, we are informed by developmental, relational and family systems, CBT-DBT and biological approaches.

What is the patient population like?
The Counseling Center serves the undergraduate and graduate students of Brandeis University, a nonsectarian research university which emphasizes liberal arts. We see over 700 of our students per year. Please refer to this link for a description of the Brandeis population: http://www.brandeis.edu/about/facts/schools.html
Our clients range in diagnoses from mild to severe affective disorders, substance use, eating disorders, and character pathology, to adjustment to the developmental challenges of emerging adulthood. The majority of clients, despite serious life concerns, are able to engage usefully in either group or individual psychotherapy collaboration. Students represent a wide range of ethnic, racial, religious, national and economic backgrounds.

What days and times are required for trainees?
The Counseling Center operates from 9 a.m. - 8 p.m., Monday, Tuesday, & Thursday; 9 a.m. - 5 p.m., Wednesday & Friday. We ask that trainees to be on site for at least one evening. Trainees’ individual schedules are determined by the days and times of required meetings and seminars which vary from year to year as well as the number of hours required by their home institutions. Usually required meetings take place on 3 days of the work week which will be determined in the summer before the training year begins. We try to accommodate the needs of trainees to attend classes at their graduate institutions.
What are interns’ duties?
Half-time Interns carry from 10-15 contact hours, comprised of group, individual, intake, and urgent care appointments. There may be opportunities for working with couples. It is likely that an intern will have several cases that span the entire training year. There are opportunities for consultation and outreach to the larger University community.

What supervision is provided?
Each intern receives one hour of supervision per week from the Director of Training and a second hour from another supervisor who is an experienced member of the Counseling Center staff. All supervisors are licensed psychologists or social workers. The focus of supervision varies somewhat among supervisors, but all attend to careful assessment of the patient’s treatment needs and the importance of the therapist’s own contributions to the therapeutic relationship.

Group supervision with the Director of Training and senior Social Worker meets for 1 hour per week. The group focuses on group treatment and serves as a place for interns both to present and to listen to clinical presentations in a focused way, to learn about responding helpfully to another therapist’s clinical dilemmas and also as a troubleshooting opportunity between individual supervision meetings.

What didactic experiences are there?
Required and optional seminars and meetings may vary somewhat from year to year.
Current (2017-18) seminars are:

Continuing Case Conference      Joy Von Steiger, Ph.D.
Group Supervision                Roberta Caplan, Ph.D./Amy Engel, LICSW
Peer Support Group               Carrie Eichmann, LICSW
Psychiatry Seminar               Jonathan Moran, MD
Central Concepts                 Dale Dillavou, Ph.D.
Eating Disorders (Fall)          Amy Scobie-Carroll, LICSW
CBT (Spring)                     Tal Nir, Ph.D.

Interns also may participate in our Multi-cultural Committee and all staff development activities.
HOW DO I APPLY?

Applications are due Wednesday January 7, 2019 for the following training year. For Massachusetts programs, we adhere to the Monday, February 11 notification date.

We require a one page cover letter, CV and 3 letters of reference (as many as possible from direct clinical supervisors.)

SO THAT WE CAN CAREFULLY REVIEW ALL DOCUMENTS, WE DO NOT ACCEPT ELECTRONIC APPLICATIONS

Mail all application materials to:

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Mailman, MS-061 Brandeis University,
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