



A Day in the Life of an Intern

Name: Cara J.

Role: Intern Therapist Program 1 and Program 3

Nexus Family Healing Agency:
Nexus-Indian Oaks

Educational Program: Master's
Counseling - Clinical Mental Health

Responsibilities:

- Managed caseload of 7 male youth
- Weekly counseling sessions
- Shadow and observe the clinical team, floor staff, and case managers

What You Learned: I learned so much about myself through this internship. I felt overwhelmed at first because of the gravity of each session. Through extraordinary supervision by Dr. Mark, the support of the campus, and the patience and vulnerability of the youth with whom I met, I learned that I could adapt and grow in this environment.

Current role and Future Goals: I'm working as a team leader at a community mental health agency in Chicago. I hope to gather enough supervision and practical hours to take the LCPC exam in two years. After that I hope to work in private practice and would like to focus my practice on youth with complex trauma.

"In order to feel the most accomplished at the end of an internship at Nexus-Indian Oaks, I think it's necessary to avail yourself of as many resources on campus as possible. Each department plays an important and unique role in a youth's life. My training was uniquely designed by the clinical director, and I was fortunate to train and shadow on several programs, the school, Quality Improvement, and after care. This gave me a completely immersive view, for which I'm so grateful."