

FIRST YEAR INTERNSHIP OBJECTIVES

I. Professionalism

- A. Follow institution policies and rules
- B. Understand the role of student intern within the institutional framework and treatment milieu
- C. Complete required tasks in professional and timely manner
- D. Interact with staff and other disciplines to gain a holistic understanding of site/client care
- E. Begin to understand staff dynamics and bureaucratic structure's effect on work
- F. Develop a clear, concise definition of art therapy that applies to work at site
- G. Develop professional clinical language and writing skills

II. Clinical Art Therapy Skills (Theory/ Application)

- A. Evolve from observing to assisting, co-leading and leading sessions. Consider individual ability in rate of progression; however the expectation is that by second semester intern will be working independently
- B. Understand parameters of treatment including time, boundaries and consistency
- C. Develop ability to develop therapeutic relationship utilizing creative process
- D. Develop ability to "sit with" client, tolerate anxiety and not-knowing without "fixing"
- E. Begin to consider the impact of sociopolitical issues, culture and power structures on client treatment
- F. Develop understanding of transference/countertransference concepts in verbal and non-verbal modes
- G. Develop ability to apply transference/countertransference material in sessions
- H. Develop understanding of nonverbal communication, including art product, process, and material choice
- I. Begin to learn categories of psychopathology in relation to normal development
- J. Develop ability to participate and observe simultaneously
- K. Develop ability to create treatment goals reflecting appropriate use of art therapy techniques/materials/rationale individualized to specific client needs
- L. Consideration of art exhibition as a therapeutic tool
- M. Develop an understanding of and ability to process termination

III. Supervision

- A. * Be willing to discuss challenges and mistakes and be open to feedback
- B. Understand parameters of supervision
- C. Learn to discriminate and articulate in authentic language what is observed
- D. Learn how to identify, explore and process counter-transference issues in an open, non-defended manner
- E. Gain knowledge of one's own artistic skills and limits
- F. Gain knowledge of one's own therapeutic strengths and weaknesses
- G. Gain knowledge of how one presents oneself and the effects on others
- H. Learn how to explore personal reactions to internship experience through creation of artwork and how this can inform client treatment