

# SKIPS

SKILLS FOR KIDS, PARENTS, AND SCHOOLS



## Practicum description

### Overview

SKIPS offers a 9-month supervised field placement in public schools. Practicum students provide a wide range of services to an extremely diverse population of youth. Most of the hours spent at SKIPS involve direct intervention hours as there is minimal paperwork.

### Mission

The mission at SKIPS is to provide transformative conversations that empower young people and their caregivers to feel hopeful, capable, and motivated to improve their lives. We are dedicated to understanding the sociopolitical, contextual, relational, developmental, and physiological factors that contribute to the development and resolution of problems. This bio-psycho-social model of understanding means that we are addressing problems from many angles which renders the work more likely to succeed in a sustainable way.

### Assessment

SKIPS has recently increased possibilities for doctoral trainees needing to accrue non-pathologizing assessment hours. Practicum students are able to offer a number of outcome measures, social, emotional, strength and difficulties questionnaires (no intelligence tests).

### Children, family and project track

Practicum students are placed in an elementary school and gain a rich experience of:

- individual, family and group therapies with children and their parents
- program facilitation on topics such as mindfulness, socio-emotional skills, bullying, valuing diversity, friendship, anger management, etc. (in some elementary schools)
- working with youth who have experienced significant trauma and/or are marginalized
- collaborating and consulting with a multidisciplinary team of educators, MFT, SW, etc.

## **Adolescence, identity and crisis track**

Practicum students are placed in a *middle* school and gain a rich experience of:

- individual therapies with adolescents, including LGBTQ+ youth
- exploration and development of identity in a social media saturated environment
- small group therapy and/or themed discussion events
- crisis intervention and safety planning around issues of self-cutting and suicide ideation
- meeting with parents especially around crisis interventions and safety planning
- collaboration with the school's multidisciplinary team of counselors

## **Approach**

SKIPS offers trainings and clinical services combining narrative therapy with positive psychology, somatic therapies, interpersonal neurobiology, and mindfulness. Narrative therapy provides a foundational collection of empowering conversational practices. It is a social justice based approach which values bringing forth people's wisdom, skills and knowledge through respectful and collaborative conversations. This work involves a deep commitment to valuing cultural diversity, humility, and respecting the complexity of each person's life experience. Therapeutic conversations strive at identifying and expanding people's preferred ways of being within the unique contexts of their lives. Clients' descriptions of themselves (their stories of identities) are discussed in ways that highlight values, resiliency and agency as opposed to deficit and pathology. Narrative therapy encompasses a variety of clinical practices, some overlapping with CBT, and the compassionate stance of humanistic approaches. However, its primary aim is to help individuals develop concrete strategies to overcome problems, develop a sense of competent identity, flourish, and find belonging within their family or community.

## **Training**

- Two mandatory full day orientations *in person* at the end of August or early September
- Weekly individual supervision (zoom)
- Weekly group supervision (zoom)
- Weekly didactic (zoom) which involves live sessions, watching clinical videotapes, practicing interviews, increasing question repertoire, learning clinical maps, discussing readings, reflecting on diversity issues, facilitating empowering crisis interventions, working with trauma without re-traumatizing, re-incorporating a lost person in grief processing, triggering intrinsic motivation to change, etc. SKIPS practicum students typically end the year confident in their abilities to help people of all ages address challenges & become a better version of themselves.

## **SKIPS Placement requirements**

- Attending a graduate school affiliated with SKIPS for at least one year
- Interest in a strength-focused approach and social justice lens
- Experience with children in any capacity (camp counselor, tutor, parent, teacher, etc..)
- Commitment to work 3 school days/week in a school (8:30am to 2:30pm on average)

- Commitment to the entire school year from the last Friday of August to the first week in June
- Available Wednesday afternoons 4pm-6pm for Zoom group supervision and didactic training
- Ability to drive to school sites in the South Bay and be punctual
- Positive mindset, compassionate, friendly, reliable, open to collaborating with youth, teachers, parents; comfortable with playfulness, movement, and having meaningful conversations.

### **Stipend**

\$3,500 for a full practicum of 3 school days/week during the entire school year, payable at the end of the placement upon completion of all the hours and requirements of the SKIPS program. Two days/week is possible if preferred, with a stipend of \$2000.

### **Application Process**

Please send a *letter of interest*, *CV* and *2 recommendation letters* to [mnbeaudoin@gmail.com](mailto:mnbeaudoin@gmail.com). Recommendation letters can be sent separately from the application. While most of the hiring occurs during winter-spring, we often add an extra person or two during the summer.

### **For more information**

[www.skillsforkids-SKIPS.com](http://www.skillsforkids-SKIPS.com)

[www.skillionaire.org](http://www.skillionaire.org)

[www.mnbeaudoin.com](http://www.mnbeaudoin.com)