

Carnegie Mellon University

Counseling and Psychological Services

Carnegie Mellon University

Highmark Center for Health, Wellness & Athletics

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Notice to Interested Trainees and Training Directors:

Carnegie Mellon University Counseling and Psychological Services (CAPS) is offering a two semester (fall and spring 2026-2027) advanced clinical internship training for students interested in developing consultation, triage and care management skills in a university counseling center setting.

Background:

For the last fifteen years, CAPS has had an internship experience for students in Masters Programs in Social Work and/or Counseling in our Crisis, Consultation, and Referral Support (CCaRS) Team.

The CCaRS team includes five daytime staff clinicians, two mobile crisis clinicians on the HEART Team, and the CCaRS director. Each year, the program accepts two master level interns who support daytime CCaRS duties. The team primarily offers initial consultations for new clients and walk-in/urgent crisis intervention. Together with students, the team also provides treatment recommendations, referral support, and case management for complex cases. While the majority of the work involves single-session interventions, the team also maintains a minor case load of therapy clients and short term solution focused clients.

Training Offered:

The CaPS Center and CCaRS team's orientation to treatment is informed by developmental, social-justice, cultural, and humanistic understandings of human functioning. The internship experience is developmental in nature, structured with a graduated model of learning. CCaRS trainees receive one hour of weekly individual supervision. Depending on the structure of the internship schedule, additional training components may be included such as weekly group consultation, group supervision, a half- hour group psychiatry consultation, didactic education, (covering topics such as college counseling programing, assessment, crisis training, cultural humility, trauma-informed care, etc.), and case consultation with the full CaPS clinical staff.

A CCaRS placement encompasses a large range of experiences within our team, but it is important to note that this training is primarily focused on consultation. We see consultation as a critical therapeutic intervention that incorporates a therapeutic stance, clinical skills, and brief interventions, yet remains meaningfully different from traditional therapy. Our clinical staff has developed a model for consultation in higher education that balances conflicting interests and complex systems while adhering to the highest clinical aim of fostering self-awareness and autonomy for the

student. Consultation appointments include a biopsychosocial assessment, needs assessment, a formulation of treatment determinations, and navigation of connection to support needs.

The primary aspects of the placement may include the following. Additional opportunities may be considered based on practicum trainee interest:

- Initial consultation and assessment of treatment needs
- Crisis intervention (phone and walk-in appointments)
- Phone and in-person consultation with concerned parents, faculty, and Student Affairs colleagues
- Community referrals, case management, and resource recommendations
- Small caseload of 2-3 ongoing therapy clients or solution focused clients
- 1 hour of weekly supervision provided by a Licensed Professional Counselor or Licensed Social Worker

The internship requires trainees to commit to the fall/spring training period, which is a minimum of 24 hours per week typically during the standard operating hours of 8:30am to 5pm. Trainees must also be available for scheduled training meetings during the orientation period, usually taking place a week prior to the start of CMU classes. Beginning immediately, we will be accepting cover letters and curriculum vitae from master's students in Social Work, Counseling, Psychology or related areas of study who are seeking a direct practice training experience within our CCaRS team.

To Apply:

Please submit a **cover letter and resume** to Krissy Cannata by February 15th: kcannata@cmu.edu for review. Qualified candidates will be invited for virtual interviews that are expected in March.

Please feel free to contact me with any questions.

Thank you –

Krissy Cannata, LCSW

CCaRS Therapist and CCaRS Training Coordinator

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<http://www.cmu.edu/counseling/>