



Aim Counseling, Wellness & Consulting

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AIM Internship Application

Name:

Phone contact:

Email address:

University:

Program name:

School contact name:

School representative contact information:

Semester and type of field experience:

Approximate hours per week required:

In less than 100 words share with the board what made you pursue the field of mental health?

What has been the most challenging part of your coursework so far and how have you grown from it personally and professionally?

What is something within the field of mental health you would like to learn more about?

In the list below please check all the activities that you feel comfortable engaging in during your internship.

- Individual therapy
- Group therapy
- Art therapy
- Assessment
- Community events
- Treatment team meetings
- Equine therapy
- Administrative tasks
- Billing and UR
- Diagnosing mental illness
- Public speaking

Case study: Clair is an 19 year old college student home for the summer. She was encouraged by her Mother to seek therapy after falling grades in the most recent semester in college. Clair's Mother(Beth) attends the appointment with her saying her daughter just walks around sad all day, and has changed her appearance drastically. When pressed for clarification her Mother says her daughter's new tattoos, haircut, and piercings make her almost unrecognizable. She states she wants her daughter to be happy, get married, and have a family one day. When you talk to Claire individually she discloses that she has feelings of depression including anhedonia, poor hygiene, sleeping all day, poor appetite, and withdrawing from friends. She also discloses she has developed a dependence on promethazine after a bad case of pneumonia early second semester. When you press Clair for more information she discloses a poor college experience with few friends, limited activities, and indifference to her course of study. Clair does describe a bright spot in a student organization she has become a part of and developed a change of life philosophy as a result. She reports this as quite helpful. Clair indicates struggles in numerous parts of her life including confusion around gender and sexuality, low enthusiasm for current major, and inability to develop romantic relationships Claire is home from college for two months, and only indicates willingness to participate in therapy until she returns.

What are potential diagnosis for this case? What questions do you ask to get a clearer picture on diagnosis?

What issues that Clair is struggling with need attention first?

What additional questions do you want to ask about Clair's family dynamic?

What impact does the limit of time have on treatment?

How do you approach Clair's struggle with gender and sexuality?

What is one treatment goal you may have for Clair?

