

SKIPS

SKILLS FOR KIDS, PARENTS, AND SCHOOLS



Practicum description

Overview

SKIPS offers a 9-month, strength-based supervised field placement in public schools located in the South Bay (San Jose, Sunnyvale & Campbell areas). 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 become the best version of themselves, and to feel capable of improving their lives. This work involves a dedication to understanding the sociocultural, contextual, relational, psychological, and physiological factors that contribute to the development and resolution of problems. Understanding people's experience from this bio-psycho-social lens leads to problems being addressed from many angles, which supports lasting improvements.

Assessment

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

Children, family and project track

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

- Providing individual, family, and group therapies with children and their parents
- Facilitating programs on topics such as mindfulness, socio-emotional skills, bullying, valuing diversity, friendship, anger management, etc. (in some elementary schools)
- Supporting youth who have experienced significant trauma and/or are marginalized
- Collaborating and consulting with a multidisciplinary team

Adolescence, identity and crisis track

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

- Providing individual therapies with adolescents, including LGBTQ+ youth
- Exploring identity development in a social media saturated environment
- Facilitating small group therapy and/or themed discussions
- Conducting crisis intervention and safety planning (self-cutting, suicide ideation, CPS...)
- Meeting with parents especially around crisis interventions and safety planning
- Collaborating with the school's multidisciplinary intervention team

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 evidence-based conversational practices that promote empowerment and agency. It is an 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, Motivational Interviewing, and the compassionate stance of humanistic approaches. The primary aim of this work is to help individuals identify concrete strategies to overcome problems, develop a sense of competent identity, flourish, and find belonging within their family or community. SKIPS is known on an international level for its trainings and transformative clinical work.

Training for practicum students

Training at SKIPS is delivered in a hybrid format that includes both in-person and virtual meetings as follows:

- Two mandatory full day orientations *in-person* at the end of August or early September
- Weekly individual supervision (mostly zoom for commuting students)
- Weekly group supervision (mostly zoom for commuting students and occasional in-person)
- 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 the 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 and 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 bio-psycho-social lens
- Experience with children in any capacity (therapist, camp counselor, tutor, parent, teacher, coach, music instructor, etc..)
- Commitment to work 2-3 school days/week in a school (8:00am 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 submit a cover *letter*, *CV* and *2 recommendation letters* through the *BAPIC portal*. Feel free to email any questions to Dr Marie at mnbeaudoin@gmail.com. While most of the hiring occurs during the main BAPIC match, we often hire a few extra people during the summer or in August if new schools approach SKIPS for services or existing schools increase their hours.

For more information

www.skillsforkids-SKIPS.com

www.skillionaire.org

www.mnbeaudoin.com