University Colorado Colorado Springs
Wellness Center Mental Health Services

Sample of Psychology Internship Curriculum

**Diversity**

1. How to Navigate Microaggressions in Everyday Life and in Therapy
2. Understanding Your Privilege and Its Impact on Therapy
3. Cultural Competence, Cultural Proficiency and Cultural Humility; Which one is more effective when working with diverse students in therapy?
4. What is Intersectionality and How Does it Impact Your Relationship with a Diverse Clientele?

**Treatment Modalities Overview**

1. CBT
3. Creating Space for Art: Getting Our Hands Messy Exploring the How/What/When and Why to Use Art Activities in Therapy
4. Existential/Humanistic
5. Grief
6. Motivational Interviewing
7. Attachment Theory and Emotionally Focused Therapy

**Eating Disorders**

1. Collaborative Care for Eating Disorders
2. Eating Disorders 101 – How to identify eating disorders or disordered eating with clients
3. The Art of Intuitive Eating

**Substance Use and Abuse**

1. Substance Abuse and Counseling
2. Swallowing the Truth: How Alcohol and Drugs Impact Socialization
3. When Abstinence is Unethical: Treating Trauma from a Harm reduction perspective

**College Campus Specific Trainings**

1. The Shape of iGen: Discussing Generational Trends Presented in Dr. Jean Twenge’s Book and Exploring Ways to Promote Wellness Among College Students

**Assessments/Testing**

1. Tools of the Trade: Introduction to Three Levels of Psychological Assessments
2. Finding the Balance: How to Use Psychological Evaluations to Improve Outcomes for Clients
Sexual Assault and Violence

1. Engaging Men in the Prevention and Risk-Reduction of Sexual and Relationship Violence on College Campuses
2. Sexual Assault and Violence

Marriage and Family

1. Theories of Change
2. The Role of Family Systems in the Treatment of Trauma
3. Theories and Techniques of Marriage and Family
4. Systemic Work
5. Marriage and Family Therapy and Theorists

Spirituality

1. Religion, Spirituality, and Psychology: An Introduction
2. Religion and Spirituality in the Therapy Room

Working with a Crisis/Emergency

1. Emergency Evaluation and Crisis Intervention
2. Complex Traumatic Stress: Constructs that Matter

Other Important Aspects of Treatment

3. Case Conceptualization and Diagnosis
4. Summing It Up: Using DAP Notes to Communicate the Content, Conceptualization, and Future Plan for Therapy Sessions
5. Working with Men in Therapy
6. Compassion Fatigue and Self Care

Professional Development

1. Developing Professional Identity

And much more…. 