



Transitional Care Clinic (TCC)
Practicum/Internship in Counseling Higher Risk Individuals
Revised for Spring, 2020

This practicum/internship is designed for Master's or Doctoral level students in counseling, clinical psychology, or social work who have completed at least 50 treatment contact hours. Between two and four internships are offered each semester, ranging from 2 to 4 days per week. They are designed to ensure that the intern will accumulate a minimum of 3 direct client contact hours per eight hour day.

The TCC, located in the San Antonio Medical Center, provides behavioral health services for people being discharged from inpatient hospitalization or diverted from the emergency department after a psychiatric presentation. The TCC also houses a Dialectical Behavior Therapy (DBT) program that provides group skills training and individual psychotherapy for people with emotion dysregulation and elevated suicide risk, and a Cognitive Processing Therapy (CPT) program for PTSD. The TCC is an active training environment, with approximately 2-4 counseling and MFT interns, 4 psychology interns, 8 psychiatry residents and 2 social work interns rotating each year. The counseling, MFT, psychology and advanced MSW interns receive specialized training in a range of evidence based techniques for higher risk individuals.

In 2016, the TCC received funding from the Hogg Foundation for Mental Health to develop an internship to provide specialized training, experience, and supervision in providing psychotherapeutic interventions for clients at heightened risk for hospitalization. The focus of the program is clients who experience emotional crises and suicidality. (Individuals with psychotic disorders may be included if they experience emotional crises and suicidality and are amenable to learning self-management skills.)

Interns will receive training and supervision in several evidence-based techniques, including basic training in DBT skills training, and DBT principles for addressing emotional boundary violations, as well as targeted training in Motivational Interviewing, mindfulness interventions and Crisis Response Planning (an evidence-based approach to suicide safety planning).

Interns' clinical activities will include: (1) general individual and group counseling, (2) DBT &/or mindfulness skills coaching, (3) developing and monitoring client crisis response plans, (4) conducting post-hospital client intake assessment and triage, and (5) up to 15% time providing light case-management and clinic support activities.

Interns will receive 2.5 hours per week of supervision from clinic staff (PhD psychologist, MFT and/or LPC) and advanced doctoral trainees, plus on-call supervision when the intern sees a client at elevated risk.

For more information, please contact David Roberts, Ph.D., Licensed psychologist, TCC Clinical Director, at robertsd5@uthscsa.edu or 210-562-5263; or Pisinee Dangwung, M.A., LPC-I, LMFT-A; TCC Living Room Project Coordinator, at dangwung@uthscsa.edu. Preference in selecting interns will be given to applicants who have experience with higher risk adult populations.