

## **REKINDLE ACADEMY GRADUATE CLINICAL INTERNSHIP**

Rekindle Academy is a training initiative of Rekindle Centre for Systemic Therapy. Starting in 2023, the Academy will offer our intensive 8-month graduate clinical internship **with a new tutorial-based, self-learning curriculum** that allows for more flexibility in adult-learning. Under our new structure, clinical interns will conduct therapy, receive supervision, and learn fundamental competencies in individual, couple, and family therapy.

Rekindle Academy's graduate clinical internship programme is designed according to the ethos and model of pre-licensure training in the United States where recent postgraduates ("new professionals") in mental health can learn from and be guided by clinical supervisors to develop competencies in the fundamentals of safe and effective psychotherapy practice. In the U.S., it is common for post-graduates to engage in supervised clinical experience for a minimum of two years and to accumulate a minimum of 1,000 hours of direct client contact hours, **after completing their masters degree and before sitting for their licensure exams** (see [AMFTRB website](#) for examples). This model ensures that licensed mental health professionals are adequately trained to practice. It is comparable to the housemanship model for medical doctors, or pupillage model for lawyers.

### **What Does Our Graduate Clinical Internship Cover?**

Our graduate clinical internship programme is designed to prepare graduate students and "new professionals" (those who have completed their required hours to become licensed) to become competent in: (1) working out of effective, outcome-based psychotherapy theories and approaches; (2) conducting clinical interventions from a systemic framework for individual, couple, and family clients; (3) handling client issues with professional ethical standards and values; and (4) handling client administrative processes.

**Programme Components.** The holistic development of our clinical interns is aided by the following components:

- Assessing and conducting psychotherapy with individual, couple, and family clients;
- Handling clinical administration processes (e.g. case notes, scheduling, client calls);
- Observing and being involved in live therapy sessions conducted by experienced therapists;
- Receiving weekly supervision (individual & group);
- Receiving training through guided self- and group-learning (see **Tutorial Learning Topics** below);
- Researching clinical issues through literature and interviewing experienced therapists;
- Presenting learning and cases for consultation in Clinical Learning Forums;
- Receiving regular feedback on professional and personal development;
- Conducting psychological tests and assessments;
- Providing wellness talks & write-ups (mandatory for *senior clinical interns* only).

**Tutorial Learning Topics** covered in the internship programme include (but are not limited to):

- Rekindle Academy's ethos and standard operating procedures;
- Understanding and conducting psychotherapy from a systemic approach;
- Engaging in systems thinking and practice;
- Developing case conceptualisation and treatment plans with clients;
- Conducting effective intake assessment sessions;
- Navigating ethical issues in psychotherapy;
- Understanding and using couple and family assessment tools;
- Specific interventional skills in therapy with individuals, couples, and families;
- Growing and developing as a therapy professional (self-of-therapist reflection skills);
- Learning from evidence based models and common factors research.

Clinical interns engage in seeing clients and learning therapy individually as well as in teams (co-therapy, co-presentations), and can expect to receive an average of 5 hours a week of face-to-face client sessions a week (up to 10 hours on busy weeks), 1 to 2 hours of clinical supervision, and 1 to 2 hours of tutorials with a supervisor/trainer. In addition, clinical interns are expected to put anywhere from 6 to 12 hours of self-learning per week on tutorial topics. Clinical interns will be formally assessed on their mastery of Rekindle Academy's *Graduate Clinical Internship Core Competencies* (based on **Tutorial Learning Topics**) throughout the programme.

Clinical interns will also be involved in (1) monthly Clinical Learning Forums with all Rekindle clinicians, (2) observing and participating in live therapy sessions conducted by experienced therapists, (3) meeting regularly to discuss cases and prepare learning assignments, and (4) interviews with prospective clinical internship applicants. Non-direct client hours are spent on documenting session notes, case conceptualisation, conducting research on specific client issues, and tutorial based self-learning (readings, video lectures) as well as self-organised learning groups. Clinical interns can also reach out to Rekindle's team of therapists for informal learning and mentoring, and many also make use of their internship hours to pursue external clinical training and receive personal therapy from providers outside of Rekindle.

### **How Long Is Our Programme?**

All clinical interns are expected to commit to a minimum of 8 months for the internship. In order to receive a certificate of completion from Rekindle Academy, clinical interns must pass all required areas of Rekindle Academy's *Graduate Clinical Internship Core Competencies*. Those who do not pass a specific competency may extend their internship for up to 12 months to work towards completion.

Clinical interns are required to be present at the centre when seeing clients and for necessary internship activities (see **Programme Components** above). All internship hours are logged. Clinical interns can apply for "leave" during their internship, but may not exceed more than 7 calendar days every 4 months. Additional

leave will be considered on a case-by-case basis. Clinical interns will receive formal written feedback at the end of their internship, and those who underperform significantly may be terminated from the programme.

*Note: From time to time, Rekindle may invite suitable clinical interns who complete our internship programme to take up a Senior Clinical Internship position which is a stepping stone towards joining Rekindle as an associate therapist. The senior clinical internship programme provides a stipend to the intern, and is by invitation only.*

### **Who Is Our Programme Suitable For?**

Rekindle is open to accepting motivated mental health graduate students or new professionals who meet the following entry requirements:

- All applicants must be currently completing, or have completed, a recognised\* (*see Special Note*) graduate degree programme (Master or Doctorate) in Counselling, Clinical Psychology, Marriage & Family Therapy, or another relevant mental health degree. Currently, Rekindle Academy can only provide credentialed supervision for Lembaga Kaunselor Malaysia and AAMFT-approved supervision (USA). We also accept newly licensed professionals who wish to solidify their learning during their early years of practice.
  - Applicants applying from a graduate programme in Malaysia must have completed their “pre-internship” *practicum hours* by the time they begin their internship at Rekindle Academy.
- All applicants, including those who received degrees from recognised\* programmes outside of Malaysia, must have completed a minimum of **90 hours** of supervised face-to-face therapy (direct client contact with individuals, couples, families, groups, *online or in-person*) by the time they begin the internship at Rekindle Academy.
- All applicants must have completed, at a minimum, the following subjects (or equivalent) in their graduate mental health degree:
  - Counselling skills
  - Theories of counselling / psychotherapy / MFT theories
  - Psychological assessment (or Psychopathology)
  - Human development across the lifespan
  - Professional ethics
- All applicants must be fluent in speaking and writing in English (additional language fluencies in Bahasa Malaysia, Mandarin, or other languages are welcome)

*\*Special note: For example, one year mental health programmes in the United Kingdom that do not cover the necessary foundational coursework or practicum requirements typically do not prepare graduates well enough for the Rekindle Academy Internship.*

### **Interested in Applying?**

Our graduate clinical internships can begin at any time during the year. *Internship opportunities are dependent on available vacancies. Applicants are encouraged to contact us via email to find out our current and future vacancies.*

### **Please prepare and include the following documents in your application:**

- Cover letter
- Curriculum Vitae with 2 academic references listed
- Undergraduate certificate
- Undergraduate and graduate transcripts (in-progress graduate transcripts are acceptable)
- Letter from graduate programme stating completion of practicum (applicable for counselling programmes in Malaysia)
- Any other relevant certificates

**Submit your application via the Google Form link [here](#).** All applications via Google Form will be sent an acknowledgement of receipt (if you do not receive one, please check in with us). However, only shortlisted candidates will be contacted for an interview.

If you are unsuccessful during your first application, you may apply again after having gained more experience and training – feel free to ask us how.

*Note: The graduate clinical internship **does not provide any stipend to the clinical intern.***

For further enquiries or questions, please contact us at [academy@rekindletherapy.com](mailto:academy@rekindletherapy.com)

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