

At Inner Balance Counseling we know that you want to be an amazing counselor who really helps people change. However, in order to do that, you need a place teach you how. The problem is you're not sure which internship site will be the best for you. This can make you feel uncertain and fearful that you will be unable to learn how to truly impact change in others.

We believe you can be an amazing counselor! We understand what it is like to be new to this career path. We know that it can be overwhelming to implement all you've learned and to truly create change within your clients. This is why we have created an internship program that helps people grow, learn and become an amazing counselor.

Here's how we do it:

- 1. Apply today**
- 2. Start training**
- 3. Live your dream**

Apply to us today, don't wait, we only have a few spots in our program. Start today so you can stop feeling unsure and start feeling feel like a rock star!



CONTACT US

Phone: 602-675-6185

Fax: 602-675-6185

Address: 1234 S Power Rd,
Ste 252 Mesa, AZ 85206

Email: Hello@innerbalanceaz.com

Website: www.innerbalanceaz.com



OUR PROGRAM

Internship Program

Inner Balance Counseling Internship Program is a 30-week comprehensive program that teaches students how to become counselors and how to treat trauma. In our program we teach the following:

- Conducting bio-psychosocial assessments from a trauma informed perspective
- Disorder diagnosis
- Creating treatment plans
- Writing notes in a timely manner
- Case conceptualization and presentation
- Crisis management procedures
- *Cultural competency & trauma*
- *Dialectical Behavior Therapy*
- *Cognitive Behavioral Therapy*
- *Trauma & the LGBTQ+ population*
- *Structural Dissociation Theory (used to treat trauma and dissociation)*

How do I apply?

Send the following to Hello@innerbalanceaz.com:

- Cover letter
- Resume
- 2 letters of recommendation

After Graduation

We are always looking for new counselors to join our team. This is an internship to hire position. After you complete our program we offer everyone the chance to apply to a contract therapist position.

**"If you have built
castles in the air, your
work need not be lost;
that is where they
should be. Now put the
foundations under
them."**

-Henry David Thoreau



ABOUT US

Who We Are

Inner Balance Counseling is an outpatient counseling center that specializes in treatment of Complex Trauma, Dissociation, and the disorders that co-occur with trauma (Anxiety Disorders, Mood Disorders, Personality disorders, OCD, Self-harm, Substance Abuse and Codependency).

Who We Serve

At Inner Balance Counseling we have a diverse population of clients with ages ranging from 18-80 years old, that have varied socioeconomic statuses and cultural backgrounds.

Our Clinical Director

Katy Kandrais, is a Licensed Professional Counselor who is an EMDRIA Approved Certified EMDR therapist as well as an EMDRIA Approved EMDR Consultant-in-training. She has specialized training in early childhood and adult trauma, dissociation, emotional issues and substance abuse. Prior to starting her own private practice in Arizona, she gained extensive and diverse experience providing counseling services in community mental health agencies, residential facilities and outpatient counseling centers. Throughout her career, she has developed a specialized interest and focus in the treatment of PTSD and complex trauma, dissociative identity disorder, codependency, addiction and mood disorders.