

## **Psi Chi Meeting Notes**

### **Counselor Q&A Social**

1. How long have you been working with people as a therapist?
  - a. 6 years
2. How do you handle all your cases and navigate it all?
  - a. Self-care is important. Know limits and capacity and when to take a break. Prioritizing yourself. It takes some practice and will take some trial and error.
3. Difference between getting Master's in mental health counseling versus Marriage and Family and is there more flexibility to expand?
  - a. Course load is the same core classes just different electives.
  - b. Marriage and Family- more systems thinking (dynamics impacting that person plus working with multiple people over working with just one person)
  - c. Different conceptualization
4. What helped you put you in the direction to choose mental health counseling?
  - a. She did not know she initially wanted to do this. My favorite part was talking about life and began to explore more things similar to that area. She wanted to do more of that in her career.
5. How long did it take to get a Master's and then how long until you made money?
  - a. Most programs are 6 semesters, about 2-2 1/2 years. She studied in Gainesville but wanted to come back to Orlando so it took her longer to network here and move forward. Go to graduate school in the city you want to work into better network and find a job. It took her about 2 months prior to getting a position. Did a 2 year supervised practice- look for registered interns to properly obtain licensure. Most places offer that due to it being part of the process. In private practice, you would have to pay for the supervision but in most places, it is built into the contract. 2-5 years to do about 1,000 hours. Once you are done, you are more marketable and can apply for more jobs you were not initially ready for.
6. Describe the application for UF program.
  - a. Many programs look for individuals who are eager to learn, passionate about helping people, openness to adjustment/adaptability, and people skills. Speak on your experience and how it is important to you.
7. Did you have research in undergrad to help with grad school prep?
  - a. She did not do research. She did internships working in schools and some jobs that were people-oriented (camp counselor).
8. Tips for private practice. Wish you had known before starting.
  - a. She only does part-time for private practice. It has many pros and cons. For her, it was unexpected that she worked with people who are working and she works many weekends and evenings to accommodate. Usually worked from noon-8pm. Income is more unstable based on who you are seeing: how do I market, how do I attract clients, etc. You can work as much as you want (considering required to

pay bills) and can work with exactly you want to work with: specific population or problem. Insurance helps without doing too much marketing because insurance will refer them but insurance requires billing and ensure it is going efficiently.

9. Have you ever had to turn down a client or refer out?
  - a. Her first agency job she couldn't because it was through an agency. In private practice you can but you have to be ethical about it. You can have that conversation and provide at least 3 referral and help them transition them over. This can be due to a relationship issue or presenting a problem you do not work with.
10. Did you work while doing graduate program?
  - a. She did like nannying for a family and held a graduate teaching assistant position (GTA). GTA position paid for her classes and she enjoyed the teaching aspect.
11. Were you able to choose between teaching and another position?
  - a. She specifically sought out the teaching position. She found out about it after her first semester. Applied to teach within the college of education and had taken the course in undergrad prior.
12. So you went straight from BS to MA.
  - a. Yes graduated in May and went to MA in August. There wasn't much she could do with a BS.
13. What do you do with CAPS?
  - a. A licensed counselor with a caseload of 20-25 students a week, 50 total. CAPS has a large training site so there are many interns and she can supervise them.
14. Do you have a certain demographic you work with and how did you decide the population?
  - a. Developed that as she went and now works with trauma. She like to help them not have that trauma impact them. There are a variety of teams at CAPS that works with different groups. Most of her clients have childhood trauma and are just now realizing it and want to learn how to handle that. Sometimes there are recent assaults.
15. Why did you choose the Counselor Education route versus clinical psychology?
  - a. She did not know a lot about options and fell into this last minute. UCF has clinical and counselor program but doesn't know too much about the differences. The counselor education program sets you up for doctorate to teach. Both are great options to become a therapist.
16. Contact in the future
  - a. Email: Kristin.lash@ucf.edu