

COUNSELING

Under the Pediatric Institute, the Pediatric Behavioral Health and Neurosciences Department provides internship opportunities for students nearing completion of master's degree programs in Clinical Mental Health Counseling. The Cleveland Clinic currently is an approved practicum/internship site for two area master's programs both of which are accredited by the Council for the Accreditation of Counseling and Related Education Programs (CACREP). The Cleveland Clinic program fulfills the final experiential competent required for licensure in the State of Ohio as a Professional Counselor (PC). Individual practicum/internship programs are structured to include 700 hours of on-site time with a minimum of 240 hours in direct patient service. A holistic, wellness and developmental perspective towards counseling is utilized. The program addresses core competencies of counseling: interviewing, diagnosis and assessment, treatment planning, documentation, and professional, ethical, and legal aspects of the counseling profession. The approach of this program is highly collaborative and team-based allowing the intern to work with a wide range of hospital personnel, including psychiatrists and physicians, psychologists, counselors, social workers, and psychiatry and medical residents. Interns are encouraged to participate in educational and training opportunities provided by the Department of Psychiatry and Psychology. A Licensed Professional Clinical Counselor (LPCC-S)/Psychologist provides supervision. Interns rotate around several practice areas. The time spent varies according to the interest and needs of the intern.

- **Be Well Clinic**
The Be Well Clinic brings together a comprehensive team of physicians, researchers, and healthcare professionals with expert knowledge in childhood obesity, the Be Well Kids Clinic works with children (ages 2-18) and their families to develop strategies and create plans for a healthy lifestyle change.
- **General Counseling**
The intern provides assessment, diagnosis, treatment planning, and follow-up individual and family counseling sessions.
- **Integrative Primary Care**
The Integrated Pediatric Primary Care (IPC) Team provides integrated behavioral health care to patients at specific Cleveland Clinic locations with a focus on same-day consultations and brief, skill-focused therapy. Additional clinical services include telephone triage and telehealth services. The Pediatric Behavioral Health team collaborates closely with pediatricians, advanced practice providers, nurses, medical assistants, and patient service representatives to promote wellness and address behavioral health concerns. Common presenting concerns include adjustment and developmental concerns, disruptive behavior, ADHD, depression, toileting, sleep problems, anxiety, and parenting skills.
- **Pediatric Group Therapy**
Opportunities to co-facilitate group include ADHD Social Skills Groups, Anxiety Groups, Mood Disorder Groups, and Intensive Outpatient Program for Adolescents.
- **Summer Treatment Program for Children with ADHD**
Summer internship hours include individual and group therapy with children (ages 6-14). Opportunity to participate in parent coaching and behavior modification programs.

For more information, contact Hilary Alexander, PhD, LPCC-S at 216-299-9537 by e-mail at alexanh@ccf.org.