



13611 E. 104th Ave, Suite 100  
Commerce City, CO 80022  
Tel 720.347.8769 | Fax 855.244.3591  
ReachingHOPE.org

*Healing through  
Outreach,  
Prevention &  
Empowerment*

## Reaching HOPE Externship

Status for 2019-2020 Academic Year: Open

### Reaching HOPE

13611 E. 104th Ave #100  
Commerce City, CO 80022

Ambra R. Born, PsyD or Aubrey A. Austin, PhD  
(720) 347-8769  
JoinOurTeam@reachinghope.org

### Type of clients served

Reaching HOPE is a 501(c)3 **nonprofit** that specializes in serving entire **families** (children, adolescents, adults) who have survived trauma. By empowering victims and their family members to find safety, stability, and healing from trauma, we strengthen healthy family attachment relationships to aid in ending intergenerational cycles of violence. The majority of clients are survivors of **complex trauma** (e.g., chronic childhood sexual abuse, domestic violence, or sexual assault) and display a myriad of psychological symptoms typical of community mental health level of functioning. Symptom severity ranges from chronic (e.g., chronic complex PTSD, severe Major Depressive Disorder, personality disorders) to acute (e.g., PTSD from single incident trauma). Clients are referred to Reaching HOPE by police departments, victim advocates, child advocacy centers, and social services after a crime has been reported, qualifying them for Crime Victim Compensation to cover the cost of their therapy services. Reaching HOPE provides a **unique family systems model** in which each family member receives long-term individual therapy, combined with family therapy that is co-led by the team of individual therapists for that family. Reaching HOPE also offers wellness and prevention services to those who have not experienced trauma. In addition, Reaching HOPE offers trauma-informed trainings for professionals and organizations in the community (e.g., police departments, CASA workers, Social Services, and other agencies that interface with trauma survivors). Occasionally, Reaching HOPE receives referrals for trauma-informed psychological assessments and veteran disability evaluations. (*Note: Reaching HOPE does not provide offender treatment.*)

### Diverse populations served

African American 2%; American Indian 1%; Asian American 1%; Euro-American 80%; Hispanic American 15%; Mid-Eastern American 1%; GLBT 5%; Physical Challenged 3%.

### Supervisor's experience in training students to work with culturally diverse groups:

Reaching HOPE supervisors have taught graduate level courses including Multicultural Counseling and Gender and Sexuality at local graduate programs. Reaching HOPE staff also includes a member with specialty knowledge in providing trainings and consultations in areas related to diversity, multiculturalism, and inclusion.

Which group(s)? Reaching HOPE supervisors have extensive knowledge and experience working within the culture of intergenerational trauma and the importance of systemic change. Reaching HOPE supervisors have experience and training in working with African American, Hispanic, Native American, GLBTQI, low income/indigent, veterans, developmentally disabled individuals as well as families/individuals involved in the foster care system. As such, supervisors are equipped to provide supervision to practicum students working with diverse groups spanning all socioeconomic statuses, stages of racial/cultural identity development, and sexual orientation or identity.

### Services provided



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The typical client at Reaching HOPE has endured severe relational trauma, and as a result, services are focused on healing attachment injuries and strengthening healthy and safe family units. These services include individual, family, couple, parent-child, and group therapy with a focus on the family system. **Reaching HOPE's unique family systems model allows for each non-offending family member to receive long-term individual therapy, combined with family therapy** that is co-led by the team of individual therapists for that family. This creates a dynamic treatment setting in which individual and family treatment needs are assessed and treated concurrently with coordinated efforts by the Reaching HOPE team of therapists. This approach is aimed at bringing together safe family members in a time of need to support one another in the healing process. It is common for each family member to experience a different reaction when a traumatic event has occurred in the family; as such, families heal best when each family member has both individual time to work through these unique reactions, and time as a family to work on healing and moving forward together. To accomplish this in an efficient way, Reaching HOPE schedules family members to all come in at the same appointment time to either (a) meet with their individual therapists, (b) meet as a group with the whole family and the whole treatment team (i.e., everyone's individual therapists), or (c) split the time doing a combination of both. Services are tailored to meet the family's changing needs on a weekly basis. Reaching HOPE integrates and extends **evidence-based treatment for complex trauma** to the family system by implementing a phase-based approach to treating trauma: (1) Family and Environmental Safety and Stability; (2) Internal Safety and Stability for each member; (3) Trauma Processing for each member and the family system; (4) Building Resiliency and Social Engagement.

Reaching HOPE also offers outreach and prevention services, as well as trainings for professionals/organizations. Additionally, Reaching HOPE offers trauma-informed psychological evaluations, mental health evaluations, and veteran disability evaluations.

#### Duties of student extern

Student externs will become part of our **dynamic treatment team that works closely together on all family cases**, thereby often conducting co-therapy with their supervisors and other staff psychologists as part of the treatment model. Student externs will hold a caseload of up to 13 clients, with a time commitment of a minimum of 16.5 hours per week (1 full day, 1 half day, and didactics). Student externs will see children, adolescents, adults, and families for weekly individual and/or family therapy. Requests to work with a desired population are accommodated as often as possible, with a **child specialty** always available. Student extern duties include providing weekly therapy, conducting intake assessments, writing treatment plans, completing chart documentation within same business day, answering and returning client phone calls, and case management services as needed for clients. Students will have opportunities to run therapy groups and workshops. Students will also have many opportunities for professional development including learning about the inner workings and management of a nonprofit, networking and business development, and assisting in providing trainings for other professionals about trauma-informed care. Limited opportunities to conduct psychological assessments and mental health evaluations are available (e.g., 1-2 per year). Limited opportunities to participate in veteran disability evaluations may also be available, which include minimal testing such as mental status exam and symptom checklist administration, scoring, and write-up. Student externs will receive a minimum of 3.25 hours of supervision and training each week with licensed psychologists (individual supervision, group supervision, didactic training and case review). Students are required to attend 1 external trauma



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training arranged by Reaching HOPE over the course of the training year. A 12-month training year commitment is required. Extern schedules consist of 2 days (Monday-Thursday), in addition to mandatory weekly didactic (typically scheduled on either Tuesday or Wednesday mornings 8:30-10am). Student extern schedules remain consistent for the duration of the 12-month commitment.

Supervised by:

Reaching HOPE is staffed exclusively by psychologists, with a focus on mentoring and supervising doctoral level trainees and furthering their professional identity as future psychologists.

Ambra R. Born, PsyD, LP (Director of Child Psychological Services)  
Theoretical Orientation: Family Systems (Solution Focused, Attachment based)  
Supervision format:  X Individual  X Small Group

Aubrey A. Austin, PhD, LP (Director of Adult Psychological Services)  
Theoretical Orientation: Relational (Attachment Theory and Family Systems)  
Supervision format:  X Individual  X Small Group  
Ratio of supervision to clinical hours: 1:6

Number of student externs: 2-5

Number of hours/week trainee works: 15 hours (20 hour positions available upon request)

Student extern qualifications needed

**Required: Master's Degree (conferred by the start of practicum) and previous work with survivors of trauma;**

Second year students who plan to take their competency exam in May to obtain a masters degree are encouraged to apply.

First year incoming students with masters degrees and trauma experience are encouraged to apply if they can commit to 1 full day at Reaching HOPE on a Monday-Thursday that remains consistent for the 12 month commitment.

Strong written skills; Strong diagnostic skills; Good self-care skills; and Student must carry APA Student Liability Malpractice Insurance. Strong interpersonal skills, willingness to learn, and ability to work well with a team are required.

Preferred: Family Systems or Attachment Theory Orientation; Previous family therapy experience; Previous play therapy experience; Previous Psychological Assessment experience; Desire to work with trauma survivors throughout career.

Start Dates: July or earlier (2nd year students and beyond) or September (1st year students)

Application materials: Cover Letter, CV, and 1-2 professional references or a letter of recommendation

Pay: Reaching HOPE values internally trained staff and offers a stipend for students who choose to continue learning and training beyond the first year. Stipend increases with each additional training year.

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