Welcome to the Wellness Center at Rowan University! The Wellness Center welcomes graduate-level practicum students from psychology, counseling, and social work programs. Practicum students are expected to commit a minimum of 20 hours per week to the training experience at the Wellness Center. Start and end dates of the placement are negotiable based on each educational program’s expectations. However, all practicum students must commit to a minimum of September 1st through May 31st.

**Training Experience:**
All trainees provide a variety of services to students through Counseling and Psychological Services (CPS), which includes individual and group therapy with occasional inclusion of partners or family members as clinically indicated. Common concerns include depression, anxiety, post-traumatic stress, Autism Spectrum Disorder, alcohol and drug abuse, suicidality, self-injurious behaviors, eating disorders, relationship issues, and personality disorders. There are a typically 12-15 therapy groups offered per semester, including skills-based, psychoeducation, and process groups. All trainees receive individual and group supervision with licensed professionals with various areas of expertise and theoretical orientations. Audio and video recording of therapy sessions are a vital part of supervision. In addition, there are additional opportunities for case consultation and clinical discussion, depending on the days on which the trainee is on site. Furthermore, CPS prides itself on our team approach to training and as such, our staff typically make themselves available for informal consultations whenever possible. There are also opportunities to participate in the outreach activities in the form of workshops, trainings, and presentations for students, faculty, and staff. All trainees will present a minimum of two hour-long comprehensive case presentations to the Wellness Center staff during the training year. They provide an excellent opportunity to practice presenting a case, as well as receiving valuable feedback from a variety of perspectives.

**Student Health Services Specialization:**
Trainees with an interest in behavioral health may have the opportunity to participate in a Student Health Services (SHS) Specialization. Trainees can spend a portion of their time in this specialization working within SHS, an established provider of medically-based services and initiatives focused on improving behavioral and physical health of the students at Rowan University. SHS consists of a team physicians, nurse practitioners, and nurses who provide a range of evidence-based clinical services as well as education. As a result of the integration with CPS years ago, SHS continues to integrate behavioral health practices to further support the emotional and physical well-
being of the students. Trainees work from a behavioral-health integrated care model of
treatment, providing evidenced-based brief interventions, consultation, and education to
students who are identified as at-risk. Examples of issues addressed include alcohol or
drug use, tobacco cessation, sleep disturbance, or chronic illness. Trainees may also
have the opportunity to hone in on a particular area of interest or speciality within the
field of behavioral health. The trainee also facilitates communication between medical
staff and counseling staff when referrals are clinically indicated. Trainees will further
develop consultation skills through these contacts and interventions.

About The Wellness Center:
Rowan University is the 2nd ranked public comprehensive research university in New
Jersey. Its main campus is located in Glassboro, 20 minutes southeast of Philadelphia.
The Wellness Center at Winans Hall houses a wide array of health and wellness
services in one location – Counseling and Psychological Services, Student Health
Services, Alcohol and Other Drug Services, Healthy Campus Initiatives, and Emergency
Medical Services – in a recently renovated, centrally located facility. The Wellness
Center provides services to undergraduate and graduate Rowan University students
diverse in race, ethnicity, socioeconomic status, religion, disability status, gender
identity, and sexual orientation.

Application Process:
Applicants must submit an application form, CV, and two letters of reference. The
Wellness Center adheres to the standardized application timeframe established by the
Pennsylvania and Delaware Directors of Training Consortium, with applications due by
January 18th, 2018.

For more information about training opportunities at the Rowan’s Wellness
Center, please contact our training coordinators:
Lindsay Mason, M.S.Ed., LPC masonl@rowan.edu
Jennifer Perry, Psy.D. perryj@rowan.edu
(856) 256-4333

Or visit our website at: https://sites.rowan.edu/wellness/counseling/training.html