

MWR is excited to announce our new mental health service and training program: **Mental Health Urgent Care** Fall 2020! This program is designed to assist individuals by increasing the accessibility to high-quality mental health care services by removing financial barriers as well as increasing timely access to services. Services primarily are provided by dually-supervised, Master's and PhD level counselors-in-training; clinical supervisors, temporary licensed and fully licensed clinicians may also provide mental health counseling services. These services will be provided at no cost to the individual. The training program simultaneously aims to serve counselors-in-training by providing opportunities for learning, growth, professional development and supervision for those likely to practice mental health counseling in our community in the future.

MWR will host counseling interns from nearby graduate level mental health and social work programs each semester from mid-January to the beginning of May and the end of August until early December. There are times we may even have interns throughout the summer depending on their educational program. We frequently work with the University of Iowa's Mental Health Counseling program and are beginning to work with Mount Mercy University's marriage and family program as well as The University of Northern Iowa's social work program .

The counselor-in-training will independently carry their own clients after thorough assessment and training by MWR supervisors. As they practice, they will be closely supervised by a fully licensed counselor with experience providing supervision and also have the ability to receive supervision and training from all of the counselors on the MWR staff. The counselor-in-training will participate in at least one hour of weekly individual supervision as well as group supervision three times per month on site. Counselors in training often have additional supervision requirements from their educational program as well.

Frequently Asked Questions

Do I qualify?

This program is ideal for community members with barriers to access including lack of financial resources and/or health insurance, high deductible insurance plans, or for those individuals who need urgent appointments but that do not require hospitalization.

What is the Cost?

There is no cost for services provided by a counselor-in-training at the Mental Health Urgent Care clinic.

Will there be the same level of privacy?

Some sessions (with your approval) will be video recorded, audio recorded, or observed by a supervisor to ensure you are receiving the highest quality counseling and care in accordance with MWR's vision and mission. Counselors-in-training are held to the same ethical principles and standards as provisionally and fully licensed counselors. Counselors-in-training are obligated to adhere to HIPAA Confidentiality and Privacy Practices.

Why would I choose a counselor-in-training over someone with more experience?

We realize that high quality counseling can be difficult to find and there are a number of barriers that create difficulty in finding help when you are ready for it and need it. Although counselors-in-training may not have years of experience in providing counseling services, counselors-in-training can offer quality mental health services with relevant educational experiences and knowledge of current research and evidence-based-treatments in the professional practice of counseling. More importantly, the supervised application of this knowledge and the implementation of these skills can be just as effective as services provided by counselors with more years of experience. This program is designed to assist individuals by increasing the accessibility to quality mental health care services, particularly, by removing financial barriers as well as increasing timely access to services. This provides counselors-in-training opportunities to utilize their educational experiences and training, while under increased supervision, with aims to provide valuable services and enrich their training experiences in effort to continue to provide high quality care when they enter the workforce.

We believe an opportunity to participate in counseling in conjunction with training future counselors will only better our community. We believe this is an opportunity to give back to our community and create access to services that might otherwise not be affordable or accessible.

<https://www.psychologytoday.com/us/blog/parent-s-guide-children-s-therapy/201903/7-surprising-advantages-having-intern-therapist>

Please call 319.693.5694 for more information about our intern program and to get scheduled with our current counselor-in-training or another one of our highly skilled counselors.

*Link to bio