

CARENET COUNSELING RESIDENCY IN PSYCHOTHERAPY AND SPIRITUALITY

CareNet Counseling's Residency in Psychotherapy and Spirituality is a post-graduate training program with emphasis in the integration of psychotherapy and spirituality. Residents work full-time or part-time in CareNet counseling centers and participate monthly in a two-day training group. The residency assists individuals working towards:

- Clinical competence
- State licensure
- Professional identity formation
- Clinical and theological integration

Residency groups start in September of each year.

CareNet Counseling

CareNet Counseling is the counseling subsidiary of the Atrium Health Wake Forest Baptist system (formerly North Carolina Baptist Hospital). North Carolina Baptist Hospital began offering pastoral counseling and spiritually integrated psychotherapy in Winston-Salem in the 1950's. In the 1970's NCBH established a Department of Pastoral Counseling and began expanding services to counseling centers across North Carolina. These services were reorganized as CareNet in 1996 and now extend to twenty-one different locations, staffed by over fifty therapists, and reaching people in eighty North Carolina counties. CareNet is the largest hospital-based, outpatient, spiritually integrated behavioral health provider in the United States.

Wake Forest Baptist has been a leader in the training of physicians, ministers, and psychotherapists for over sixty years. The Wake Forest University School of Medicine (formerly Bowman Gray) began its affiliation with NCBH in the 1940's. The hospital's School of Pastoral Care began offering Clinical Pastoral Education in 1950, one of the first CPE programs in the country. A training program for pastoral counselors began in 1974 and continued through 1994. Since 1996, CareNet has worked with numerous counseling interns at various centers. The Residency in Psychotherapy and Spirituality extends Wake Forest Baptist's rich tradition of education and training.

The Residency in Psychotherapy and Spirituality

CareNet's Residency in Psychotherapy and Spirituality is a two-year program with emphasis in the spiritual and religious dimensions of therapeutic practice. The residency is for persons who have

- completed their Masters in counseling,
- are licensed at the associate level and working towards North Carolina licensure,
- want to learn the practice of depth psychotherapy, and
- want to learn the integration of psychotherapy and spirituality.

The residency is open to persons seeking a variety of licensures: LCMHC, LMFT, LCSW, and Masters Level Psychologist.

The residency has strong clinical, didactic, and supervisory components. Residents will have clinical responsibilities in one or more of CareNet's twenty-one service sites (as far west as Asheville, as far east as Wilmington). Depending on the needs of the local center and of the resident, residents will be employed in one of two ways:

- as full-time employees providing a minimum of 700 clinical service hours annually, or
- as part-time employees providing a minimum of 200 clinical service hours annually. Part-time residency positions are for persons employed elsewhere, accruing there the majority of their hours towards licensure, and working in the CareNet residency as a way to learn the practice of spiritually integrated psychotherapy.

All residents will meet regularly for case conference with the clinical staff at their counseling site, twice monthly for individual supervision, and two days monthly with the full resident group for group supervision and seminars. Each resident's individual supervisor will be selected based on the supervisory requirements for the particular licensure the resident is seeking. Individual supervisors will be chosen in as close geographic proximity to the resident's clinical context as possible. The resident peer group is an important part of the training experience and includes interaction with the WFBH CPE faculty.

Professional Formation and Core Competencies

The residency is a professional formation experience with a strong educational component. The educational structure of the program is both experiential and academic. Learning happens through clinical experience, supervision, assigned readings, didactic seminars, and participation in a learning community. Residents are supported and expected to develop competencies in three areas: theoretical knowledge, clinical skill, and personal and professional integration.

Application and Selection

Applications are required on the website at <http://carenetnc.org/about/residency-program/becoming-a-resident/>

Questions and Additional Information

For additional information, please contact

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