

CareNet Residency in Psychotherapy and Spirituality Program Outcomes

CareNet of North Carolina's Residency in Counseling and Psychotherapy is a two-year, post-graduate training program with emphasis in the integration of psychotherapy and spirituality. The residency assists individuals working towards:

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

Graduates of CareNet's Residency in Psychotherapy and Spirituality will be able to:

- Develop therapeutic relationships that help clients stabilize, heal, and grow.
- Articulate a bio-psycho-social-spiritual understanding of human beings and human communities.
- Make use of the self of the therapist to:
 - Make connection and join with clients;
 - Understand and assess their clients;
 - Make effective therapeutic interventions.
- Articulate a clinical theory and show evidence of integrating that theory into their work.
- Make accurate clinical diagnoses, develop treatment plans connected to diagnosis, and keep clinical records that document progress towards treatment goals.
- Understand underlying issues and dynamics that are relevant to client's diagnosis and work towards therapeutic engagement with these underlying issues and dynamics.
- Make therapeutically effective use of transference and countertransference.
- Help clients strengthen capacity for emotional regulation.
- Help clients identify strengths and resources and mobilize those for stabilization and wellness.
- Help clients identify and mobilize spiritual resources.
- Draw upon their own spiritual resources in ethically responsible ways.
- Reflect spiritually on their clients, themselves, and the therapeutic relationship.
- Use supervision and consultation to improve care of their patients and support their own development as therapists.
- Understand the business of psychotherapy and be able to make a living.
- Maintain ethics and know how to consult with colleagues as ethical issues arise.
- Work collaboratively with other providers of care.
- Provide care within an integrated care context.
- Make appropriate referrals.