

## **Seton Hall University Counseling and Psychological Services (CAPS) Training Program**

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**Training Information:** <https://www.shu.edu/counseling-psychological-services/training-opportunities.cfm>

**CAPS Main Website:** <https://www.shu.edu/counseling-psychological-services/index.cfm>

**Appropriate for:** 2<sup>nd</sup>, 3<sup>rd</sup>, or 4<sup>th</sup> year Doctoral students in Psychology or 2<sup>nd</sup> year (advanced practicum) Masters in Social Work students.

**Location:** South Orange, NJ

**Population Served:** Young Adult/ Adolescent; Multiculturally Diverse; Graduate and Undergraduate

**Training Model:** Our training approach is developmental in that we build upon trainees existing skill set and increase counseling competencies over the course of the year with increasingly complex client concerns and increasing counselor self-awareness and treatment process. Our staff is multidisciplinary (Psychologists, LCSWs, and APRN) and of a variety of theoretical orientations (Psychodynamic, Object Relations, CBT, DBT, ACT, Interpersonal, Person-Centered, Internal Family Systems, Family Systems, and Integrative, etc.). Our externship and advanced practicum is specifically designed to prepare graduate students in the fields of Psychology and Social Work with a broad-based training experience in counseling and with a thorough understanding of the role of the counseling center professional within a university setting.

CAPS (Counseling and Psychological Services) at Seton Hall University provides a variety of mental health services to a multiculturally diverse community of students who exhibit a wide range of clinical presentations/pathology from depression, anxiety, stress to complex trauma, eating concerns, OCD, grief/loss, relationship difficulties, and serious mental illness. Trainees are involved in all CAPS activities such as intake assessment/clinical interviewing, suicide/risk assessment, individual counseling, and a variety of groups that are both interpersonally/ support oriented (Interpersonal Process, LGBTQIA + support, Women of Color group, Grief/ Loss, Body Image concerns, First Generation Student Support, International Student support) and structured clinical/ therapy groups (DBT- Based Managing Moods, Stress & Anxiety Management Workshop (ACT and CBT based), ADHD workshop, Social Skills Workshop). CAPS is also involved in a wide range of outreach and prevention programming, which externs and practicum students will be involved in to understand their role in reducing mental health stigma and promoting psychological wellness of the university community. The university has a strong focus on diversity, equity, and inclusion to help cultivate a more inclusive environment and build a sense of belonging. As such, CAPS also focuses upon areas of social justice in our outreach efforts and approaches our services from a community mental health model.

**Mandatory Days:** Friday mornings from 9:00am – 1:00pm. During this time didactic training, intake disposition meeting, group supervision, and the Stress & Anxiety Management workshop are offered that all trainees and staff participate in. Please note that being here 2.5 days is preferred.

**Hours a week are expected:** 16-20 hours per week based on academic program requirements. However, this is flexible based on academic program requirements and trainee needs.

**Start Date:** September 2026

**End Date:** May 2027

**# of trainees to be accepted for 2026-2027:** 2-4

**Paid/ Stipend:** No.

**Specialty Tracks:** Young Adults (18-30). We have a remarkably diverse student population across all multicultural and social identities. Trainees with a specific desire to work with a particular group on campus may be able to develop those opportunities via outreach or group development as well (student athletes, international students, First Generation students, or specific racial/ethnic groups, etc). Depression, Anxiety Disorders, Trauma-Related Disorders, Complex Trauma, relationship and family concerns, grief/loss, interpersonal/social issues, adjustment, and identity development are common concerns in this setting.

**Intervention and Assessment Experience Offered:** Please note that this is NOT an assessment training experience (i.e., full batteries, cognitive testing, etc.). Trainees can expect to have a great deal of experience with the following:

- Intake assessments (clinical interviewing, risk assessment, etc.).
- Individual counseling/psychotherapy (both long-term and short-term cases with varying pathology and multicultural identities). Trainees should expect 8-10 direct clinical hours/ week.
- Risk Assessment (Training in Columbia Suicide Severity Risk Scale -CSSRS)
- Group counseling/psychotherapy (some symptom inventories are utilized in therapy groups to measure progress but not regularly).
- Planning and conducting psycho-educational prevention outreach activities to the campus community.

**Estimate average number of individual patients that students will carry:** 1-2 intake assessment per week; 7-8 individual clients per week. Up to 8-10 direct clinical / psychotherapeutic experience hours per week.

**Estimate number of groups and other types of interventions:** 1-2 groups per semester based on clinical need, 1-2 outreach activities per semester.

**Assessment training experiences commonly offered:** This is a therapy practicum only.

### **Supervision & Training:**

- **Estimate hours/week of individual supervision:** 1 Hour and additional as needed.
- **Estimated hours/week of group supervision:** 2
- **Estimated hour/week of didactics:** 1-2
- **Estimated co-therapy hours with supervisors:** Varies based on clinical group therapy opportunities. Externs are paired with senior staff to conduct intake/clinical assessments at least 2/ week in which opportunity to observe and live supervision is offered. Most groups are co-lead.

**Context of Didactics (seminars, Grand Rounds):** Weekly didactic training seminars led by clinical staff regarding a variety of topics pertinent to University Mental Health. Examples include Columbia Scale Risk Assessment, Micro-Counseling Skills, Trauma & Loss, Body Image and Eating Disorders,

Termination Issues, Multicultural transference/ countertransference, ACT skills introduction, CBT/ DBT skills introduction, Case conceptualization and treatment planning, College Student Development, etc.

**Estimated informal open door "curbside" supervision:** As needed. Very flexible informal supervision highly encouraged. We have an open-door policy where any staff member may be consulted with at any time. Our staff works well as a team to promote training goals and needs of each individual.

**Describe Direct Supervision:** Weekly, one hour of dedicated supervision by assigned individual clinical supervisor. May be more as needed or requested. Style varies upon supervisor, but each is individualized and dedicated to the clinical growth of the supervisee, helping them gain self-awareness and counseling skills, and provide support for trainees to become the type of therapist they want to be.

**Specify if observation occurs during intervention, assessment, consultation (audio, video, live in person (in treatment room, one-way mirror, live video stream):** Video recording of every clinical session, which is reviewed by individual supervisors and externs together. Live supervision and observation are also offered in conducting clinical interviews/ intake assessments. Opportunities for experience with crisis intervention are offered as the year progresses based on developmental progress and is also under live supervision or observed by externs.

**Is the agency readily accessible through public transportation?:** Yes, 10-minute walk from the train station. Shuttle also available from the train station to the university.

**Wheelchair accessible:** No

**Are home visits required as part of the trainee's duties?:** No

**Is a transportation stipend provided?:** No

**Minimum level of readiness (any prior experiences or level of training required for applicants:** Our externship/ practicum training is most appropriate for applicants who have had some prior clinical experience and successful completion of coursework in Counseling Theories and Psychopathology.

**What application materials are required (i.e., cv, transcript, how many reference letters, case summary, test report, other?:**

- Cover letter stating your interest in training at our site
- Current curriculum vita or resume
- Official transcript of graduate work, including courses currently underway
- Letter of readiness from DCT or Approval from the graduate program/field director verifying readiness for this placement
- Two letters of recommendation
- *Students from Academic Programs who are part of NYNJADOT or PENDLEDOT will submit applications through the NMS (National Matching Service) Portal based on guidelines provided by their DCT.*
- *Social Work and other Student Programs: Application materials will be accepted via the following email: [priti.shah@shu.edu](mailto:pritti.shah@shu.edu)*

Please feel free to contact Dr. Priti Shah with any questions you might have. Applicants will then be invited to interview with our staff and provide further information about our site to determine if it is a good fit for the training year.