



Seattle Pacific University
Student Counseling, Health and Wellness
Watson Hall
3307 Third Avenue W #118
Seattle, WA 98119

EXTERNSHIP ANNOUNCEMENT

Professional Counseling And Therapy Externship

TITLE: Professional Counseling and Therapy Extern
REPORTS TO: Clinical Supervisor
HOURS: 10-20 Hours per week
September 1, 2025 to June 12, 2026 – with the opportunity to continue for up to two years.

CENTER OVERVIEW:

As part of Student Counseling, Health and Wellness (SCHW) at Seattle Pacific University (SPU), the mission of the Counseling Center is to foster holistic well-being and psychological development for undergraduate students through direct clinical service, education, and outreach. The SCHW strives to develop a safe and welcoming environment that supports a diverse, inclusive and equitable campus community. The work environment is supportive, team-oriented, fast-paced, and challenging. Our primary focus is on providing individual mental health counseling utilizing a brief-therapy model, with flexibility built in for clients with more intensive needs and limited resources to access support from a community provider. We offer individual mental health counseling, referral and crisis support services as well as nutritional, couple, family, and group counseling. The SCHW team is multidisciplinary, including a registered dietician and nurse practitioners. Our department works in direct collaboration with other SPU departments as well as off-campus providers as needed. The SCHW also provides educational and preventative programming and events throughout the academic year on health and wellness related topics.

POSITION FUNCTIONS:

- Abide by all University and SCHW policies and procedures and local, state, and federal laws, professional ethical standards.
- Provide regular Counseling Consultations to students, assessing the student's issues, mental status, relevant history, current context, strengths and resources, and counseling goals, making referrals as indicated.
- Assist at the front desk with greeting students, processing intakes and answering the phone, more so in the early stage of the internship as the caseload is gradually built, but also throughout the year as needed.
- Provide counseling services to undergraduate students primarily in one-on-one brief therapy.
- Provide services in a culturally competent manner with keen sensitivity to issues of gender, culture, race, ethnicity, sexual orientation, ability differences, socio-economic status, and a commitment to the work of anti-racism.
- Coordinate services with SCHW staff and other University departments, staff, and faculty.
- Provide crisis intervention services to assigned clients and walk-in clients.
- Attend and participate in regularly scheduled weekly supervision. Bring a minimum of one video-taped counseling session for review with supervisor each month.
- Attend and participate in the weekly SCHW All Staff Meeting consisting of administrative meetings, group supervision, and professional trainings.
- Regularly participate in educational/preventative/outreach programming or on-campus activity throughout the academic year.
- Work 10-20 hours per week, with the exception of University holidays and all-campus closures.
- Complete all documentation according to standards of quality, thoroughness, and timeliness.

APPLICANT REQUIREMENTS:

The Professional Externship position is an unpaid volunteer position. The qualifying candidate must be a graduate of a master's degree program in mental health counseling, marriage and family therapy, or social work, and be licensed as a LMHCA, LMFTA, or LCSWA. All applicants must identify as Christian (same requirement for staff and faculty). The SCHW is looking for candidates that: (1) are highly motivated to work with college students and have an understanding of the mental health challenges that they face, (2) are able to work effectively in a short-term context, (3) have experience and skills to intervene when students are in mental health crisis, (4) are seeking to grow and expand their clinical approach, (5) are committed to a diverse, equitable, and inclusive community, and (6) are collaborative and interested in being a part of campus outreach initiatives. Accepted externs must sign a SPU Volunteer Agreement and submit proof of Professional Liability coverage in the amount of \$1M per occurrence and \$3M aggregate. All hours are supervised by a qualified clinical supervisor and count toward state licensure.

POSITION BENEFITS:

- ❖ Free 1:1 (or 2:1 depending on schedule) weekly supervision. In person availability of a supervisor whenever extern meets with clients.
- ❖ Free 90-minute monthly trainings that are eligible for state licensure continuing education credit.
- ❖ Monthly case consultation with a multi-disciplinary team.
- ❖ Flexible scheduling based on half-day or full-day shifts.
- ❖ Ample availability of client direct service hours toward state licensure.
- ❖ Administrative staff support.
- ❖ Free parking in an on-campus parking lot.
- ❖ Priority consideration for paid employment when a position might become available.

TO APPLY: Submit a cover letter and resume to Sharon Barr-Jeffrey, Director by email (barrs@spu.edu) or by fax (206) 378-5030. Contact the Student Counseling Center if you have any questions at (206) 281-2657.