Hubert H. Humphrey Job Corps Center

The Hubert H. Humphrey Job Corps Center in St. Paul is an academic and training program under the U. S. Department of Labor. The program addresses the needs of 16-24 year old men and women who want to overcome employability barriers. For some of these young people, the barriers may have been lack of opportunities. Some may not have had the educational background to be successful in the job-hunting or retention process.

For others, mental health or behavioral issues may be the biggest barrier to overcome. These individuals typically come to the attention of counseling or mental health services at Job Corps. This internship will primarily be with the counseling and mental health departments.

Internship Description and Duties

Interns will have a number of different duties, depending on the interests of the intern and the needs of the Job Corps students. Some examples are represented below.

Skill-building with Students: You will work individually with students in the areas of stress management, communication skills, mood management, self-esteem, motivation, and a host of other possibilities.

Chemical Health: You will sit in on groups for Job Corps students who have been identified as needing education in the area of substance use. Groups are led by graduate students, but, over time, you will be able to play an increasing role in the delivery of the group.

Anger Management: Similar to the above group process, you will be involved with Anger Management groups. Our goal is not to simply have you observe, but to develop simple activities and to practice group interaction skills.

Supervision

You will be supervised weekly by a psychology graduate student. The supervisor does not simply “sign off” on your work. Instead, the graduate students are invested in enhancing their supervision strengths and have a vested interest in your skills development.

What You Will Learn

- Skills for working with individuals
- Group facilitation Skills
- Basis motivational interviewing skills
- A model of good boundaries and ethical principles that will serve you throughout your career

Requirements

Current enrollment in an accredited undergraduate college program

Current enrollment in a for-credit class, or for Job Corps to have a relationship with your school’s internship office

Students must be at Job Corps for a minimum of 15 hours per week for 10 weeks

This is an unpaid internship. In return, we see it as our responsibility to provide an excellent training experience.

Contact Dr. Jeff Gottlieb, Ph.D., Licensed Psychologist, at jeffgott@hotmail.com