Videos from Intern Cohort 2019-2020

Here are some videos from intern cohort 2019-2020 where they share experiences from internship. Please read over the outline of the videos to see the different topics covered, such as culture of CAPS, support around academic obligations/job search, what the training looks like, and some highlights.

Culture of CAPS

- Work/life balance
- Communication between staff and w/ interns
- Open door/relationships
  - With cohort
  - With training committee
  - All other staff

Support around academic obligations/job search

- Dissertation/research time
- COT and group guidance with application process
  - Type of jobs we applied for
- 1-1 meetings to prepare for interviews, as requested
- Professional time ? travel for conferences, professional obligations, and dissertation

What training looks like

- Components
- Seminars
- Group
- Sup of sup/providing sup
- Individual and group sup
- Triage/crisis
- Flexibility and tailoring to individual desires
- Interdisciplinary setting
- Interpersonal approach ? in individual sup but also in other training spaces. Expect
interpersonal feedback

- **Highlights:**
  - Transition to off-site
    - Some may change in the future, but using zoom, still able to do individual and group, started doing triage in office
  - Surprises (thinks that might fall off you radar as you start internship)
    - It is a challenging year! Additional obligations outside of internship (Mirella)
    - Fast pace
    - Adjustment to full time job
  - Best aspects of the internship
    - Professional development
    - Maya (therapy dog)!!!!
    - The chance to collaborate with multiple staff members
    - Level of feedback/challenged to grow
    - Location

Intern introduction

  - Hometown
  - Doctoral program and type
  - Next steps (type of site, position type, location)

Office Tours:

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**Source URL:** https://caps.unc.edu/training-program/doctoral-internship-program/videos-intern-cohort-2019-2020