

AHB Center for Behavioral Health and Wellness



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Clinical Intern

Karen M. Gil Internship, Fall 2020

Worksite

The Organization

- AHB Center for Behavioral Health and Wellness is a private practice mental health clinic in Durham, NC
- AHB offers therapy, psychological assessment, and forensic services, among other things

The Team

- AHB's team consists of a diverse group of clinicians who are trained clinical psychologists, counselors, and social workers
- Clinicians at AHB employ a variety of evidence-based practices, such as CBT, DBT, and play therapy
- Clinicians seek to provide compassionate care for all types of clients, and they strive to create person-centered treatment plans

The Mission

- AHB's central mission is to serve and advocate for members of its community who are in need of mental health and wellness services



Professional Development

- Learned about multiple career paths to working as a clinician in private practice
- Practiced interviewing and presenting my "elevator pitch"
- Improved my overall communication and self-advocacy skills
- Improved my cover letter writing
- Strengthened my Curriculum Vitae
- Further developed my research skills
- Gained confidence in my ability to acquire new skills and take on bigger, more challenging tasks

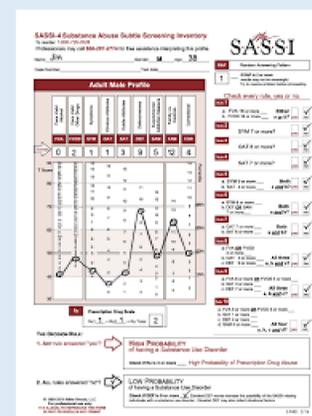
Roles and Responsibilities

Research

- Conducted literature reviews for clinicians about topics relevant to their ongoing cases, such as applying evidence-based interventions to diverse court-involved families
- Investigated resources within the community to help connect clients with the services they need

Assessment

- Scored, documented, and wrote up numerous psychological assessments measuring giftedness, achievement, anxiety, depression, executive function, autism, anger, ADHD, substance use disorders, and social competency
- These assessments ultimately informed clients' treatment plans



*An example of an interpretative page of the SASSI, which measures substance use



*A collage of the assessments I scored and wrote up this semester

Shadowing

- Shadowed clinicians during forensic evaluations, therapy sessions, and clinical interviews
- Took notes during clinical interviews and wrote them up to aid clinicians in diagnosing disorders and developing treatment plans
- Participated in a monthly support group for mood disorders



Project

Introduction

- The COVID-19 pandemic has dramatically changed the landscape of mental health services in recent months. Many clinicians went from rarely providing online mental health services—referred to broadly as “telehealth”—in their daily practice to almost exclusively conducting virtual sessions. The sudden shift to telehealth begs the question: In the eyes of clinicians, what are the advantages and disadvantages of telehealth, especially compared to in-person therapy? Additionally, how has telehealth affected client outcomes?



Methods

- Semi-structured interviews were conducted to collect qualitative data from the clinicians at AHB about their experiences using telehealth in recent months during the pandemic
- These qualitative interviews were used to develop a Qualtrics survey with more extensive and quantitative measures, and this was sent to many more clinicians in the area

Results

- We have only recently distributed our survey, so results are to be determined!

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