

KUMC Counseling and Educational Support Services

Sample of Special Projects

ADMINISTRATION

This special project provides an opportunity to work alongside the Senior Director, Dr. Larry Long, Jr., to learn about leadership roles in a medical university counseling center. Activities may include financial planning, creating outcomes assessments and staff productivity reports, marketing services, working with the Student Government Council, serving as a liaison to other campus departments or entities, and interacting with higher university leadership.

DIVERSITY & SOCIAL JUSTICE

This special project provides trainees the opportunity to develop or continue an area of emphasis regarding cultural diversity. Trainees are encouraged to establish a relationship with at least one student group on campus, create programs and activities that support the mental health and wellness of the population they choose, and foster dialogue among the CESS staff and greater KUMC community around diversity and social justice issues relevant to that population.

GROUP THERAPY

Trainees may elect a special focus in groups to further expand their experience and training in group therapy under the supervision of Dr. Allison Roodman. This could take many forms, including creating resources to assist staff members with referring clients to group, designing materials to enhance the group experience for members, marketing the group therapy program, or updating group website content and resources.

MINDFULNESS/BIOFEEDBACK

Through the use of mindfulness interventions and biofeedback software, trainees can learn how to enhance students' cognitive, emotional, and physical health in support of academic success. Interested trainees will research literature on the mind/body connection, create/upload online resources (i.e., psychoeducational materials, apps, screenings, etc.), develop workshops, and/or host tabling events to address the health and wellness needs of specific populations (e.g., nurses, physical therapists, etc.).

OUTREACH

The outreach special focus project is an opportunity for trainees to gain experience in program development, marketing, and presentation on a psychoeducational topic of their choice (i.e., anxiety, depression, eating disorders, suicide prevention, or sexual assault). Trainees will take a leadership role in responding to related programming and consultation requests from the campus community, and be responsible for creating online resources relevant to their outreach topic.

TRAINING NON-PSYCHOLOGY STAFF

Interested trainees will develop training resources for non-psychology staff on the therapeutic process and how they contribute to the therapeutic process. This may include identifying/creating resources on ethical/legal guidelines, dealing with difficult clients, boundary setting, diplomacy skills, and personality disorders.