



## MAINESTAY YOUTH & FAMILY SERVICES

1700 Ballard Road  
Park Ridge, IL 60068  
847-297-2510

[mainetownship.com/mainestay](http://mainetownship.com/mainestay)

MaineStay's mission is to support the growth of healthier families in the Maine Township community by providing affordable strength-based counseling and comprehensive programs focused on prevention and education. Founded in 1975, MaineStay Youth & Family Services works with children, families, couples, and adults from a systemic perspective. Our goal is to provide clients with practical solutions to their concerns and to increase their ability to respond effectively to life's challenges. Using a collaborative approach, MaineStay provides a uniquely designed clinical and training setting in which theory and treatment are blended into useful therapeutic application. We offer a comprehensive internship training program for master's level graduate students studying the disciplines of marriage and family therapy or mental health counseling.

### Internship Highlights:

- ❖ Training in brief strategic therapy, solution-focused therapy, and motivational interviewing
- ❖ Weekly training seminars on various relevant clinical topics
- ❖ Opportunities to participate in additional groups and programs we offer to the community
- ❖ 3 hours of supervision weekly
- ❖ Live clinical supervision using a one-way mirror
- ❖ Digital video recording of sessions
- ❖ Ability to observe sessions by our professional family therapists
- ❖ Participation on our therapeutic treatment team
- ❖ Case management sessions for assessment and planning purposes

### Internship Requirements:

- ❖ Summer reading assignments to be completed prior to starting the internship
- ❖ Availability during internship hours of 10 a.m. – 8 p.m. Tuesdays and Thursdays
- ❖ Willingness and time to complete weekly reading assignments
- ❖ Ability to commit to the internship program from late August through mid July
- ❖ Flexibility to accept limited breaks of approximately two weeks in winter and one week in spring

### Additional Information:

Selecting an internship site is one of the most crucial decisions you will make during your graduate training to prepare you for working in the therapy field. One of the things that can help with this decision is talking to interns who have worked at a site to learn firsthand about their experiences. Please feel free to contact any of our recent interns, Carolyn ([ccolemft@gmail.com](mailto:ccolemft@gmail.com)), Danielle ([dwhitaker07@gmail.com](mailto:dwhitaker07@gmail.com)), Kyri ([kyri.shaffer@gmail.com](mailto:kyri.shaffer@gmail.com)), Bob ([rtbarder@hotmail.com](mailto:rtbarder@hotmail.com)), Melissa ([roothm@aol.com](mailto:roothm@aol.com)), Brandon ([btessers@mainetown.com](mailto:btessers@mainetown.com)), or Heather ([hhawthorne@mainetown.com](mailto:hhawthorne@mainetown.com)) if you would like to ask them any questions.

### Application Instructions:

If you are interested in applying for an internship with MaineStay Youth & Family Services, please email a cover letter and resume to MaineStay Director Richard Lyon at [rlyon@mainetown.com](mailto:rlyon@mainetown.com). Interviews begin early January.