CHILD AND FAMILY GUIDANCE CENTER
MARRIAGE AND FAMILY THERAPY PRACTICUM PROGRAM OVERVIEW
2027-2028 TRAINING YEAR

AGENCY OVERVIEW

Established in 1962, the Child and Family Guidance Center is a nonprofit agency providing mental health support in the San Fernando and Antelope Valleys. The Child and Family Guidance Center mission is to empower children and families to achieve health and well-being through innovative mental health services and community programs. The Center provides a number of different clinical modalities to support our clients in reaching their goals. While our services tend to be child-focused, in all of our work there is an emphasis on contextual approaches involving the child, family, and the community. We impact the lives of more than 21,000 children and families yearly, the majority of whom are of low socio-economic status and face multiple environmental or life stressors. All services are provided in English and Spanish.

POPULATION SERVED

Our clients are diverse children and youth from infancy to adulthood and their families, many of whom are underserved populations. Our clients have moderate to severe behavioral, social and emotional challenges. Our clients present with a broad range of diagnoses, including, but not limited to, ADHD, Trauma, Oppositional Defiant Disorder, Bipolar Disorder, Major Depression, Anxiety, and Psychotic Disorders. Many of our clients have a history of abuse, neglect, drug and/or alcohol use, involvement with law enforcement, hospitalizations, and residential treatment. Many children and families are at high-risk for abuse, neglect, and involvement with residential placement, hospitalization or the juvenile justice system. Referrals are received from schools, pediatricians, DCFS, Probation Departments, Police Departments, and many other community agencies, as well as self-referrals.

TRAINING OPPORTUNITIES

We are excited to offer **3-4** opportunities for the 2027-2028 training year: Applicants who are bilingual in English and Spanish are preferred.

- **Balboa Outpatient Services**
- **Northridge Outpatient Services**
- **Palmdale Outpatient Services**

Practicum opportunities have been designed to give students a valuable learning experience, and develop clinical skills within a community-based, mental health agency. Opportunities include: direct client and family services, case management services, weekly individual and group supervision, consultation and collaboration with treatment team members, monthly MFT Seminar, agency-wide trainings and Department of Mental Health documentation training and practice.

LEARNING/TRAINING MODEL Duties and contracted hours:

The CFGC training program is an in office program where clients are seen on site.

Individual/Family Therapy (8-10 Cases)	8-10 hours
Group Therapy	1.5 hours
Group supervision	2 hours
Individual supervision	1 hour
Group Treatment supervision	1 hour
Training Seminar	.5 hour
Paperwork	2.5 - 4 hours
Total hours per week	16.5 – 20 HOURS

APPLICATION PROCEDURES

Please email the following information to:
Jessica Reina, Psy.D.
Director of Psychology Services
Child and Family Guidance Center
8550 Balboa Ave.
Northridge, CA 91325
Email address: jreina@childguidance.org
Fax: (818) 830-0206
Phone: (818) 739-5640

1. A cover letter expressing why you are interested in our training program. If you have a preference, please indicate which site you would prefer (Balboa and Northridge Outpatient Services are located in Northridge; Palmdale Outpatient Services are located in Palmdale).
2. Curriculum Vita / Resumé
3. Two to three letters of reference

Interviews with applicants who will be considered for the program will be scheduled after a review of the above materials.

QUESTIONS AND ANSWERS

1.) When does the training program begin?
The training year begins the first/second week of August and continues until August 31. **Please note: You must be enrolled in a graduate program and be in a practicum class during the entirety of the training year. Please plan to be at the site for the entire year plus 2/3 weeks.** We are able to hold off on starting with clients if your practicum class does not start until the end of August/early September, as you will be participating in an extensive onboarding. You will be allotted two weeks vacation time during the training year, with sick time as necessary but not to exceed 16.5 hours. The Center is closed during the week between Christmas Eve and New Year. The first 2-4 weeks are focused on orientation and includes administrative and clinical training. All students are required to attend all orientation days.

2) Am I required to be at the center on any particular day?
Yes, students need to attend the days that group supervision and Training Seminar occur (day TBD, based on student class schedule). Please note that flexibility is important as initial schedules may change, based on training and clinical needs; and class schedules.

3) Is there a possibility of arranging our work schedule so that we are at the center for only two days?
The group supervision, the training seminar, the client schedules (often after school hours) and room availability may not allow you to come only two days a week. You will be expected to be at the center at least two evenings a week until 8:00 pm since most caregivers work and children are in school. The center's hours are from 8:30 a.m. to 8:00 p.m. Monday through Thursday and 8:30 to 5:30 pm on Fridays. We can offer Saturday morning hours in the SFV, as well.

4) Application Process/Timeline

Open Application Period: 2/1/27-5/31/27
Interviews: 3/1/27-6/30/27
We fill positions as interviews are completed.

5) Important information needed from your school

CFGC has established relationships and Memorandum of Understanding with specific schools. This is a requirement for us to be able to have a student at our site. Please check with your school if there has been one established, and if not, please keep in mind that this will need to be completed before the start of a practicum with us.

Please contact:
Jessica Reina, Psy.D.
MFT Practicum Coordinator
(818) 739 - 5640
jreina@childguidance.org

Balboa Outpatient Services

Balboa Outpatient Services include individual, family, and group therapy, as well as psychiatric services, psychological assessments, and case management. Services are typically provided within a variety of evidence-based programs based on the family's needs. Services can be office-, home- or school-based. MFT trainees will provide therapeutic services to clients under the traditional outpatient model.

MFT trainees will have the opportunity to be integrated into Balboa Outpatient Services Program. Trainees will learn and practice a variety of therapeutic techniques and skills using a variety of treatment modalities. One-Two MFT trainee will be accepted into this program.

Additional Requirements:
Spanish-speaking preferred. 20 hours per week is required

Opportunities within this internship may include:

- **Outpatient Therapy**
  MFT trainees will be assigned 6-8 cases within the Balboa Outpatient Services Program. Trainees will provide on-going assessment, interventions and case management for clients presenting with a broad variety of mental health issues.
- **Intake Assessments**
  MFT trainees will receive training and practice in the completion of Initial Intake Assessments, following guidelines of Department of Mental Health.
- **Group Therapy**
  MFT trainees will develop group therapy curriculum based on client and family needs. Trainee will co-facilitate a therapeutic group. Previous group topics have included: anger management skills, coping skills and social skills.
- **Individual and Group Supervision**
  MFT trainees will receive individual and group supervision from MFTs and/or other qualified supervisors (i.e., LCSWs or licensed psychologists). Supervision allows for the opportunity for trainees to gain support, learn and practice new therapeutic skills and receive constructive feedback and guidance.
- **Trainings**
  MFT trainees will attend a monthly Seminar and agency-wide trainings.
- **Completion of Department of Mental Health Paperwork**
  MFT trainees will receive direct training and practice in DMH documentation.

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Northridge Outpatient Services

Northridge Outpatient Services include individual, family, and group therapy, as well as psychiatric services, psychological assessments, and case management. Services are typically provided within a variety of evidence-based programs based on the family's needs. Services can be office-, home- or school-based. Trainees will be trained in the evidence-based practice of Seeking Safety.

MFT Trainees will have the opportunity to be integrated into Northridge Outpatient Services Program. Trainees will learn and practice a variety of therapeutic techniques and skills using a variety of treatment modalities.
One MFT trainee will be accepted into this program.

Additional Requirements:
Spanish-speaking preferred. 20 hours per week is required.

Opportunities within this internship may include:

- **Outpatient Therapy**
  MFT trainees will be assigned 6-8 cases within the Northridge Outpatient Services Program. Trainees will provide on-going assessment, interventions and case management for clients presenting with a broad variety of mental health issues.
- **Intake Assessments**
  MFT trainees will receiving training and practice in the completion of Initial Intake Assessments, following guidelines of Department of Mental Health.
  Group Therapy *(if available)*
  MFT trainees will develop group therapy curriculum based on client and family needs. Trainee will co-facilitate a therapeutic group. Previous group topics have included: anger management skills, coping skills and social skills.
- **Individual and Group Supervision**
  MFT trainees will receive individual and group supervision. Supervision allows for the opportunity for trainees to gain support, learn and practice new therapeutic skills and receive constructive feedback and guidance.
- **Trainings**
  MFT Trainees will attend a monthly Seminar and agency-wide trainings.
- **Completion of Department of Mental Health Paperwork**
  MFT trainees will receive direct training and practice in DMH documentation.

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Palmdale Outpatient Services

Palmdale Outpatient Services include individual, family, and group therapy, as well as psychiatric services, psychological assessments, and case management. Services are typically provided within a variety of evidence-based programs based on the family's needs. Services can be office-, home- or school-based. MFT trainees will provide therapeutic services to clients under the traditional outpatient model within the office and school settings.

MFT trainees will have the opportunity to be integrated into Palmdale Outpatient Services Program. Trainees will learn and practice a variety of therapeutic techniques and skills using a variety of treatment modalities.

One MFT trainee will be accepted into this program. **Spanish-speaking preferred.**

Additional Requirements:
20 hours per week will be accepted

Opportunities within this internship may include:

- **Outpatient Therapy**
  MFT trainees will be assigned 6-8 cases within the Palmdale Outpatient Services Program. Trainees will provide on-going assessment, interventions and case management for clients presenting with a broad variety of mental health issues.
- **Group Therapy**
  MFT trainees will have the opportunity to develop, implement and lead a therapeutic group, based on client/family needs.
- **Intake Assessments**
  MFT trainees will receive training and practice in the completion of Initial Intake Assessments, following guidelines of Department of Mental Health.
- **Individual and Group Supervision**
  MFT trainees will receive individual and group supervision. Supervision allows for the opportunity for trainees to gain support, learn and practice new therapeutic skills and receive constructive feedback and guidance.
- **Trainings**
  MFT trainees will attend a monthly Seminar and agency-wide trainings.
- **Completion of Department of Mental Health Paperwork**
  MFT trainees will receive direct training and practice in DMH documentation.

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