



INTERNSHIPS

Arubah Emotional Health Services is an African American, woman owned organization who specializes in culturally sensitive services. Arubah prides itself on having a diverse group of staff with various backgrounds and competencies. Arubah also has made many partnership connections with other agencies, community organizations, and schools around the twin cities. Arubah offers a variety of ways to work in the field of mental health. Learning with us will be tailored to your specific educational needs. In addition, Arubah is hiring, and would like to add great clinicians to our team.

Each semester, (summer, fall, spring) Arubah has multiple internship opportunities in our ARMHS, and Outpatient Mental Health programs. All academic programs have varying requirements for their prospective interns, our general guideline is that students must be current with all specific requirements for placement within their programs.

Program	Type	Potential Schedule
Foundational	ARMHS mental health skills	Mon-Sun 8AM – 8PM*
Clinical Application	Outpatient Mental Health Therapy	Mon-Sun 8AM – 8PM*
Hybrid	Combination of skills and clinical work	Mon-Sun 8AM – 8PM*

*Internship schedules can vary based on students’ needs. Arubah offers flexible scheduling options to fit most work and school schedules, between the times of 8AM and 8PM on all weekdays and weekends.

What is a typical day like interning with Arubah?

Arubah’s practicum program offers three tracks, foundational only, clinical only, and hybrid. Which track a student is placed in will be based on educational need, personal skill level and current knowledge. Students are placed in a cohort practicum group, whom they will meet with periodically as well as meeting with their site supervisor.

What is the atmosphere like at Arubah?

At Arubah we believe in teamwork. The atmosphere is highly supportive. During an internship with Arubah, you will have the support of your other internship cohorts, you have the ability to engage with diverse groups of therapists, and therapists of color, with varying levels of experience and credentials. Arubah works to ensure transparent communication throughout the agency and program. Arubah also incorporates interns into agency wide activities and function.



Why intern with Arubah?

Arubah offers the opportunity to experience providing varying levels of outpatient treatment in a variety of settings, locations, and to a diverse population group. We are committed to serving the underserved with quality care and consideration. We also offer a flexible schedule and a warm and supportive learning environment.

Next steps:

If you are interested in interning with Arubah Emotional Health Services, please submit your resume & cover letter to Heather Lidholm (Internship Director) heather@arubahemotionalhealth.com. [Register here](#). All intern candidates must complete a standard orientation and training process before beginning work in their assigned program. Any questions can be directed to Heather Lidholm (Internship Director) heather@arubahemotionalhealth.com.

What our internship program offers:

1. LMFT board approved supervisor
2. LICSW board approved supervisor
3. LPCC board approved supervisor
3. Individual and group supervision
4. Consultation opportunities
5. Shadowing opportunities
6. Direct client experience
7. Cohort model
8. Hands on support of students
9. Culturally diverse population
10. Flexible scheduling hours
11. Office space