



Healing Shame
Cultivating Authenticity
Inspiring Brave Talking

Resilience Individual & Family Counseling is a private practice located in Layton, Utah. Resilience provides mental health therapy for individuals of all ages, and also their families. CBT, DBT, PCIT-SM, Art Therapy, Crisis Intervention and Behavioral Modification are utilized to treat emotional disorders. Heidi Applonie is the clinical director and her interests include: working with adolescents, rape recovery, shame, suicidal ideation and self harm, depressive disorders, anxiety disorders and Selective Mutism.

Resilience Individual & Family Counseling specializes in treating children with Selective Mutism (SM). Training will be provided that is unique and highly marketable. The training is a great foundation for working with all people with anxiety disorders.

Treatment Philosophy:

"I believe that every woman, man and child has infinite value and worth. Every one of us is worthy of love and belonging. Whether we experience feelings of worthlessness because of our own actions or the actions of others, learning to develop self acceptance and self love is the pathway toward true joy and meaning.

When we experience debilitating anxiety, we can develop false ideas about ourselves and the world that keep us in a place of fear, anger and hopelessness. We make decisions based on those faulty core beliefs that cause ourselves and others great amounts of pain and despair.

My treatment philosophy is that when we learn to love and accept ourselves completely, we can find true healing and connection within ourselves and the world around us in a deeply powerful and abundant way. In order to develop this authentic lifestyle, we must make choices that are congruent with our true nature."

Resilience is different than an average private practice because it is affiliated with the Aspire Network; a network of independent counseling professionals. All therapists that work with Aspire run their own practice, but network together for support, inspiration, consultation and education. Aspire is well known in the area by doctors and schools and ensures that our schedules are filled from referrals in the community. Interns would be considered part of the Aspire Network.

Micro & Mezzo Practice

Micro: Practicum students will work directly as a therapist intern supervised by Heidi Applonie. Students will have their own case load of clients. Client case load can usually be customized to the interns preferences for certain target groups and populations. If an intern wants to run a certain group this can likely be arranged.

Mezzo: Resilience provides an intensive outpatient treatment program for children with Selective Mutism annually where children and their families come from all over the country to participate. The program is most successful with community participation. Interns would be expected to help run this program in a group therapy model and would reach out to the community helpers to provide education and advocacy. Family team meetings, school interventions and groups for children are provided as needed.

Practicum Information

- * Does require at least two in-person interviews
- * Does require a background check that the student may be reimbursed for
- * Does require student to be willing to help run intensive weekly program in February or March of 2021
- * \$5500 stipend
- * Flexible weekly and weekend schedule
- * Weekly supervision provided

The ideal candidate

- * Wants to become a therapist, is dedicated to the social work field, is ethical and honest, and is interested in private practice. This practicum opportunity is a great one for someone who is considering a career in therapy and/or private practice because not only can we teach you how to be the best therapist you can be, but also the business side of things to help you get up and running on your own someday.

For more information about Heidi Applonie or this opportunity:

www.aspireut.com

www.resiliencecamp.com

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