Undergrad Internship Guidebook

Version 2021

Jasper Mountain
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Jasper, OR 97438
www.jaspermountain.org
541-747-1235
Hello!

Welcome to the Jasper Mountain internship program!

This guidebook has a variety of tasks and follow up exercises, some written response, some verbal response, and some project-based assignments. All of these tasks will count towards your practicum requirement of 60 hours and will require your attention and engagement. There is flexibility designed within these tasks to accommodate more than 60 practicum hours if more hours are required by your educational institution.

What we do

“Jasper Mountain’s mission is to bring hope and healing to traumatized children and their families, and to enhance the physical, emotional and spiritual health of its clients and staff.”

Jasper Mountain is unique from other treatment-based facilities as it places a large emphasis on improving the child’s ability to connect with others and heal in a way that allows them to feel safe expressing themselves. During your time interning at Jasper, you will find that the experience is unlike any other place you have been in your life. It is a treatment program designed for the children and the staff to work to create an environment that encourages the child to play, bond, and grow in all areas of their life. While some children may not show immediate change, the simple change in their current environment provides an opportunity for change that may have been lacking prior. Your showing up and being a part of these children’s lives is one of the many ways Jasper Mountain has created a healing environment for the children we serve.
WHAT TO EXPECT

Jasper Mountain has many different layers to its functioning, and you will be able to get a scope into these different categories through your experience. You may be asked to go to Treatment Team meetings, Clinical Supervision meetings, Therapy sessions, and hands-on “on-shift” Treatment Team experience. Treatment team members are with the children more than any other role in the agency. Morning shifts start with waking the kids up and evening shifts end with taking the kids to bed. Everything in between could look like structured recreation time, art projects, board games, Lego creations, mealtimes, reading times, play times with toys, and others. Participating in all parts of the day is essential as an interning Treatment Team member because it encourages participation with the children and models appropriate levels of competition, engagement, and boundaries with the kids. Of course, when the world has treated our children so poorly in the past, it is expected and natural for there to be behavioral outbursts. Jasper Mountain staff are trained to support children in crises and respond in ways that help the child identify the adult as a safe person. In your intern experience you may be asked to respond to some of the things you see, create plans of action, ask questions, compare things, and others. You will find the tasks and their worth in credit hours in pages to follow.
THE TASKS

Within the following pages, you will find the different tasks to be completed during your practicum experience at Jasper Mountain. There are plenty of options to choose from, and it is not necessary to complete them all. Choose the tasks that represent the area(s) you would like to learn about. We encourage you to step outside of your comfort zone and explore concepts you may not be familiar with while you have the team at Jasper to guide you. From here, the choices are all yours! For written responses, please provide a printout of the task given, always save one to your personal files for backup. Feel free to contact your mentors (Tyler or Suzanne) for more information and help along the way. Please mark number of hours spent either in meetings or on shift at the bottom of your form, then sign your initials. Also, please have a mentor or lead staff sign the bottom of forms for credit tracking accuracy.
TASK #1

Time Credited: On Shift = 2-4 hours, Written Response = 1 hour

Resources:

Activity: Take part in morning wakeup or evening bedtimes. Observe the expectations and structure at this time.

Response: Make a note of which children respond well to bedtimes or wakeup and which children begin to struggle during these times. Write about what the children may be experiencing internally during this time and how the adults respond.
TASK #2

Time Credited: On Shift = 4-6 hours, Written Response = 1-2 hours

Resources:

Activity: Interact with a specific child chosen before the shift, find at least three times when you can connect with the child.

Response: Write about these interactions, reflect on the experience and any questions that may have come up.
TASK #3

**Time Credited:** On Shift = 3-4 hours, Written Response = 1 hour

**Resources:**

**Activity:** Engage in the provided therapeutic recreation time, play at least two games

**Response:** Write about the pros and cons of each from both the child’s perspective and then the staff/adult’s perspective.

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TASK #4

Time Credited: On Shift = 4-6 hours, Written Response = 1-2 hours

Resources:

Activity: For one shift make a note each time you observe positive physical touch between the staff and the children.

Response: Write about how this physical touch can translate to support and nurture for the child. Compare and contrast different methods (hugs, high fives, leaning on someone, shoulder pressure, etc.).
TASK #5

Time Credited:  On Shift = 3-5 hours, Written Response = 1 hour

Resources:
Activity: Jasper Mountain has high standards for honesty and accountability, ask a team member about a good time to hold a child accountable for their actions.
Response: See how the child responds when this moment presents itself and write about this as well as the measures taken on the adult’s end.

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Who did this?
TASK #6

Time Credited: On Shift = 4-6 hours, Written Response = 1-2 hours

Resources:

Activity: Observe the classroom setting and see how the teacher role is different than the treatment team role.

Response: Write about the ways you saw the teacher interact with the children, then write about ways you saw the treatment team interacting with the children. For an extra response credit hour create a venn-diagram comparing these interactions and then write a comparative analysis.

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TASK #7

Time Credited: On Shift = 3-5 hours, Written Response = 1 hour

Resources:
Activity: Engage in evening playtime and interact with the kids in a playful way. See how they react to your willingness to be a part of their life in that moment.
Response: Write about the different ways the kids play and how they problem solve amongst each other or how the adults intervene as conflict arises at these times.
TASK #8

Time Credited: On Shift = 4-6 hours, Written Response = 1-2 hours

Prep:

Activity: Make a note of five times in the shift where you observed a high level of structure being implemented.

Response: Write about how this could be beneficial given the children at Jasper Mountain’s history, did the children respond well to this? Be willing to follow up and ask the staff (or your mentor) why they were setting these particular limits or expectations.
TASK #9

**Time Credited:** On Shift = 1-2 hours, Written Response = 1 hour

**Resources:**

**Activity:** Observe which kids appear to be meditating during the provided meditation time, observe which are not.

**Response:** Write about what may be contributing to why or why not the children are self-regulating and calm at this time.
TASK #10

**Time Credited:** On Shift = 1-2 hours, Written Response = 1 hour

**Resource:**

**Activity:** Interact with a specific child chosen before the shift, find at least three times when you can connect with the child.

**Response:** Write about these interactions, reflect on the experience and any questions that may have come up.

*Note this task may be repeated with different children as we have many to learn from and it is encouraged to be done more than once*

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TASK #11:

Time Credited: In Meeting = 1.5 hours, Written Response = 1-2 hours

Resources:

Activity: Attend an NRT session during a weekly staff meeting.

Response: Explain the process in writing and highlight the different parts that go into the creation and implementation of this treatment.
OPEN LEARNING TASKS

(Read, observe, view & respond)

Our founder, Dr. Dave Ziegler, has written a variety of books on the work done at Jasper Mountain, as well as work that can be done in the community, parenting advice, and ways to better understand children’s behaviors. There has also been a documentary created about Jasper Mountain and viewing of this is recommended.

For the open learning tasks, this could be a response to the book as a whole or a section of the book. One typed page (double spaced) equates to 1 credit hour, thus a 5-page response to the whole book would be 5 hours whereas a 1-page response is 1 hour. This hour to credit ratio takes into consideration your time spent reading the text, analyzing, and providing a response or summary in writing. If you choose to watch the documentary you will receive 1.5 hours for viewing and can write up to a 3-page response for a total of 4.5 credits available with this option. Please log these hours in the “Hours Tracker” provided below and turn in completed responses to your mentor for signing and tracking.

If you would like to respond to parts or all of a book, obtain a copy of the movie, or partake in other extra learning opportunities please reach out to your mentor for these resources. There is more information on the next page.

Another opportunity for the practicum is to attend clinical meetings specifically individualized for the child, therapist sessions, psychiatry appointments, and other parts of the agency that help promote the wellbeing of our children. If you would like to observe some of these things, please contact your mentor for scheduling and availabilities as these are not guaranteed.
RESOURCES

The books written by Dr. Dave Ziegler are as follows:

- *Raising Children Who Refuse to be Raised, Parenting Skills and Therapy Interventions for the Most Difficult Children*
- *Achieving Success with Impossible Children: How to Win the Battle of Wills*
- *Traumatic Experience and the Brain: A Handbook for Understanding and Treating Those Traumatized as Children*
- *Beyond Healing: The Path to Personal Contentment after Trauma*
- *Neurological Reparative Therapy: A Roadmap to Healing, Resiliency, and Well-Being*
- *Attachment: The Social Foundation of a Successful Life*
- *Sexual Issues with Children: Promoting Healthy Rather than Unhealthy Behavior*
- *Self-Harm with Children: When Abuse Becomes an Inside Job*
- *Childhood Stories of Healing and Courage*
- *What Works & Why*

The movie is entitled, *Once Upon a Mountain*
Use Hours Tracker for when on shift and not completing a task for the day. Each hour on shift equates to 1 hour for the practicum. Please also log things like time spent with mentor(s) whether this is via phone, in person, email, etc. as all of this time spent contributing toward learning about the agency will count for your internship.

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<th>TIME SPENT  (HOURS DOCUMENTED EVERY 0.25 SO 6:30-7:15 IS 0.75 HOURS)</th>
<th>DOING WHAT?  (ON SHIFT, Communicating, Reading, Meetings, etc.)</th>
<th>DIRECT REPORT (WHO WERE YOU LEARNING FROM; LEAD, MENTOR, MANAGER, ETC.)</th>
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ENDING THE INTERNSHIP

When you have successfully fulfilled at least 60 hours of your practicum requirement, you have technically finished your internship. Your mentor will provide a signed completion form stating you have met our agency’s requirements for a completed intern experience. Please know that there is always more to learn about the Jasper Mountain program and we encourage you to stick around while you can. Often the experiences you learn while interning help out tremendously once on shift and if desired the transition from an intern to a Treatment Team member or other member of our agency is a comfortable conversion. Always feel free to reach out with questions, comments, and concerns as they arise to get the support you deserve. Thank you so much for choosing Jasper Mountain as your place of study and we hope to have provided an unforgettable experience!

[Image of oranges in a bowl]
To Whom It May Concern,

Your student, ____________________________________, has successfully completed all required components of the internship practicum offered by Jasper Mountain on _______________(date). Attached are completed copies of assigned tasks, observations, and hours tracking provided by the student and verified by their assigned mentor(s). All hours add up to or exceed 60 hours with a combination of hands-on experience, book reading, documentary watching, and mentor connection provided by our trusted staff. Please contact Jasper Mountain if there are any other questions regarding this internship completion.

Best,
Tyler Freed

Internship Coordinator
Training Team Member
Lead Treatment Staff

37875 Jasper-Lowell Rd
Jasper, OR 97438
541.747-1235
Fax: 541.747.4722
CREDITS KEY

- If all structured tasks are completed there is a range of 44.5 to 68.5 credit hours that can be obtained through those.
- If documentary is watched and a full 3-page response is provided there are 4.5 credit hours available for that.
- If on shift observing, going to meetings, shadowing therapy sessions, etc. there is 1 credit hour available per hour spent doing these things. *use Hours Tracker please*
- If providing written responses to things mentioned above (on shift, in meetings, etc.) there will be 1 credit hour per double space typed response page.
- If meeting with mentor(s), whether via Zoom, Text, Phone Call, In-Person, each hour spent is worth 1 credit hour. *use Hours Tracker please*

There should be plenty of opportunity to obtain credits required by your University for a completed practicum. If you are struggling to get the amount you need please ask for help or guidance to get you on the right track. Thank you!