

INTERNSHIP SPOTLIGHT

Megan Bashoum

Graduation Semester & Year: Spring 2021
Semester & Year of Internship: Spring 2021

Major: Psychology

Hobbies: Spending time with family and friends

Campus Activities: Pi Gamma Mu Secretary

Future Plans/Career Goals: I'm starting a graduate program at Cal U this summer! I am starting their School Psychology program. I'll have my MS and post-master certificate in School Psychology by 2024.

Minor: Behavior Analysis & Clinical Counseling Psychology

Hometown: Belle Vernon, PA



- **Internship (company/your title):**

Wesley Family Services/Family Based Mental Health Intern

- **How did you find your internship?**

I'm starting a graduate program at Cal U this summer! I am starting their school psychology program. I'll have my MS and post-master certificate in school psychology by 2024. When I'm certified, I'm hoping to move to Texas with my significant other. One day, aside from being a school psychologist, I would love to start a therapy farm for individuals with mental health diagnoses and disabilities.

- **What were your duties?**

I work with children who have behavioral health diagnoses and are at risk for higher level care, such as inpatient psychiatric care. We work with their families to strengthen their relationships and overall dynamic. I often observe and participate in therapy sessions: family sessions, co-parent sessions, and individual sessions with the IP (child). I also help with prevention services, crises, and generally provide mental health services to our clients and their families.

- **How many hours per week were you at your internship site?**

Anywhere from 8-12 hours per week

- **What did you enjoy most about your internship?**

I love seeing my clients grow, both behaviorally and mentally! They all have so much potential and are the sweetest kids. I also really enjoy working with the other therapists on my team.

- **What was the most difficult aspect of the internship?**

My internship is very crisis prone, so it can get really heavy for everyone involved. The most difficult aspect for me was learning to keep "work at work" since I am very passionate about this field.

- **How did your experience at UPG and in the Psychology Department prepare you for your internship?**

I've learned so many skills through this hands on experience. The two main skills that stick out are learning the importance of a healthy family dynamic, and learning how to better read clients. I've also learned a lot about comorbid diagnoses in children.

(cont.)

- **How has your internship prepared you for a career?**

I've learned so many skills through this hands on experience. The two main skills that stick out are learning the importance of a healthy family dynamic, and learning how to better read clients. I've also learned a lot about comorbid diagnoses in children.

- **What recommendations do you have for other students about doing an internship?**

Remember to practice self-care, not matter what field you are in! Completing an internship while going to school can get extremely busy and take a lot out of you.

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