The following information pack contains the application package for the Kedesh Rehabilitation Services (KRS) Internship. The KRS internship provides valuable practical experience for students wishing to gain experience in the psychology field. The application process for the KRS internship is competitive and not everyone who applies will be selected. However, our follow-up has found that all interns who successfully complete the internship program gain a wide range of skills and experience and go on to successfully gain employment in psychology related fields.

Upon receipt of your application, individuals selected for an interview will be contacted. Interviews will be held on the week beginning the 12th September. If successful in the interview process, applicants will need to be able to attend 4 days training as an introduction to KRS before they begin any shifts. These dates will be compulsory and are unfortunately non negotiable. Please ensure you can attend the training times prior to completing your application.

**SOME IMPORTANT INFORMATION**

**Applications Close:** Friday 7th September

Please send completed applications to:

Kelly Winter  
Kedesh Rehabilitation Service  
PO Box 43  
Berkeley 2506

Or alternatively email to:  
kelly@kedesh.com.au

**Compulsory Training Dates:**  
Thursday 20th September  
Friday 21st September  
Thursday 27th September  
Friday 28th September
Kedesh Rehabilitation Services

**Vision Statement**
To be recognised as the leader in dependency treatment

**Mission Statement**
Kedesh Rehabilitation Services exists to facilitate positive growth through the empowerment of individuals affected by dependency

**Principles**
- Client Focus in all aspects of operation
- To address the needs of the community
- A well resourced and managed organisation
- To provide Best Practice treatment approaches
- To work in partnership with Government and Non-Government Organisations
**OVERVIEW OF KRS**

Kedesh Rehabilitation Services (KRS) is a community-based charity organisation established to assist individuals with substance misuse or gambling problems. The organisation has been in operation for over 25 years providing the largest drug and alcohol residential rehabilitation service within the Illawarra and Shoalhaven regions.

Kedesh Rehabilitation Services consists of 3 integrated treatment services:

- **Kedesh Adult Programme** – an inpatient / outpatient drug, alcohol and gambling rehabilitation service for adults
- **Kedesh Adolescent Programme (KAP)** – an inpatient / outpatient drug, alcohol and gambling rehabilitation service for Young Persons
- **Kedesh Family Assistance Programme** – provides counselling, group work and education for families whose loved ones are affected by drug and alcohol misuse

The service is partially funded through South East Sydney Illawarra Area Health Service (SESIAHS) and is managed by a Board made up of local community members. KRS works in partnership with community-based stakeholders, other drug and alcohol agencies and SESIAHS to provide an innovative statewide drug, alcohol and gambling dependency treatment service.

KRS has well-established links with the University of Wollongong and local TAFE facilities. KRS provides a 1-year structured Counselling Internship programme for students to develop skills to work within the Drug and Alcohol field. This involves training students from a variety of disciplines including Psychology, Occupational Therapy, Welfare and Youth Work.

KRS is currently involved in the Quality Improvement Council Accreditation Programme conducted by Quality Management Services (QMS) and completed a Quality Management review in August 2007 (Report Pending).
Kedesh Rehabilitation Services
Internship Application Package

SOME INFORMATION ON KRS

• Largest Rehabilitation Service in the Illawarra/Shoalhaven Region
• Clients come from the local region, within NSW and out of state
• Kedesh is highly regarded for its excellence in treatment provision, research and training

KEDESH HOUSE

• Adult rehabilitation service caters for clients 18 years and over
• This service has been in operation for 30 years
• Currently offers 14 male and 8 female beds
• 8 week programme - however this can be altered depending on client needs
• Approx 70% of clients are classified as dual diagnosis

KEDESH ADOLESCENT PROGRAMME (KAP)

• KAP commenced in 2000
• Adolescent Rehabilitation Service currently catering for individuals ages 16-19
• Accepts clients directly from detention facilities

SERVICES PROVIDED

• Group work – psycho-educational and interpersonal
• Individual Counselling
• Tailored treatment plans – collaboratively developed with the client
• Harm minimization education (HEP C, HIV, safe using, STI’s)
• Health Promotion (activities, nutrition)
• Case management

FAMILY ASSISTANCE PROGRAMME (FAP)

• Commenced 1999
• Offers family intervention services to assist and support parents, partners and significant others of individuals with a substance abuse issue
• Holistic Treatment programme funded June 2004- funds a Family Therapist to work with the families of KRS clients with a particular focus on adolescent and dual diagnosis clients
Stage One - Recruitment & Induction

First Selection
- A maximum of 12 Interns are to be selected on the basis of reviews of written applications and interviews

Induction Training
- Interns are taken through the Orientation Manual (Four days training) and are required to pass a knowledge test before being accepted into the training programme. The orientation training covers the essential policy and procedure necessary to work on premises

- Interns will be expected to work 14 hours per week for fifty weeks of the year totalling 700 hrs to complete the KRS internship programme. This may include day, evening or weekend shifts depending upon your availability and the staff roster. In addition a 2hr training session will be conducted on a weekly basis. These sessions will be comprised of both set training, formal feedback sessions and supervision of therapeutic interventions conducted by interns (totalling 100 hrs over twelve months) 80% attendance is expected

Stage Two - Core Training
- Involves on-site training with the admissions officer, clinical staff and support staff including attendance of the groups and activities run at KRS
- Attendance at KRS training sessions
- Demonstrated ability to assist clients into the programme including taking Initial Contact Forms, facilitating prospective clients with acquisition of the necessary reports, etc
- Demonstrated understanding of the Policies and Procedures of KRS
- Demonstrated capacity to work effectively with clients and staff
All of these objectives must be met in order to move onto Stage Three of the Internship
Stage Three - Group Facilitation
Following successful completion of Stage Two interns will then have the opportunity to initially co-facilitate and then facilitate groups. Ultimately it is expected that each intern will be able to

- Explain the purpose of group therapy
- Demonstrate a clear understanding of the components of the programme at KRS
- Demonstrate competency in delivering a number of group modules to the clients of KRS
- Understand and address underlying dynamics that can result as part of therapeutic group-work

All of these objectives must be met in order to move onto Stage Four

Stage Four - Counselling Phase 1
Following successful completion of Stage Three interns will then be given the opportunity to assist in the Case Management of clients and ultimately it is expected that each intern will be able to work in collaboration with the Case Counsellor to

- Establish a positive therapeutic alliance with the client
- Conduct a needs assessment
- Collaborate with the client and their counsellor to identify goals and tasks
- Meet with the client regularly to assess the client's progress towards their goals, assist with problem solving and regularly re-evaluate goals
- Assist in Case conferencing

All of these criteria must be met in order to move onto Stage Five

Stage Five - Counselling Phase 2
Following successful completion of Stage Four interns will then be given the opportunity to move onto individual Counselling. It is ultimately expected that each intern will attend clinical supervision and be able to prove competent in each of the following areas

- General counselling skills
- History taking, case conceptualisation and treatment planning
- Establish a positive therapeutic alliance with their clients
- Utilisation of the KRS assessment battery and result interpretation
- Collaboratively establish counselling goals and set tasks with their clients
- Address at least three dual diagnosis issues with evidence based practice
- Effectively consult with other professionals, services involved in caring for the client
# Application Form

**Name:** __________________________  
**Phone:** __________________________  
**Mobile:** __________________________  
**Email:** __________________________

1. Please indicate shifts that you would be available to work
   - Please include all times that you may be available to work
   - Interns are required to complete 14 hours per week over 12 months.
   - Time of the two hour training session will be determined at orientation

<table>
<thead>
<tr>
<th>Day Shift (8.00am – 4.00pm)</th>
<th>Afternoon Shift (4.30 – 10:30pm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td></td>
</tr>
</tbody>
</table>

2. Please detail your educational achievements

<table>
<thead>
<tr>
<th>Institution</th>
<th>Course</th>
<th>Level Attained (include years)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3. Please outline your most recent and relevant work experience (please attach further pages if needed)

<table>
<thead>
<tr>
<th>Workplace</th>
<th>Position Held</th>
<th>Length of time employed (start to finish)</th>
<th>Responsibilities Included</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4. Please outline your reasons for choosing to apply for an Intern / Volunteer Position at Kedesh Rehabilitation Services

5. What do you believe you could offer Kedesh Rehabilitation Services?
6. What specifically would you hope to gain from participation in this Internship program?

____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

7. What concerns, if any, do you have about participation in this Internship program.

____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________
____________________________________________________________________________________________

8. Do you hold a current Driver’s License?

□ No

□ Yes