

Who may join?

MSW, MFT & MHC students currently in their clinical practicum or internship.

What we offer

Confidential Peer Support:

Connect with fellow interns to share experiences and build a support network.

Professional Development: Gain practical tools and strategies to enhance well-being, ethical practice, and professional growth.

Expert Oversight: Sessions are supervised by a licensed mental health professional for a safe experience.

How to Get Involved

If you're looking for a supportive and confidential environment for your training, consider joining the Thrive & Grow support group starting in early September. Meeting times will be based on participants' availability.

For more details or to sign up, email info@trueselfutah.com.

Introducing

THRIVE & GROW

A Free Online Peer Support & Professional Development Group

Why Join?

As an intern, you face distinct pressures and learning curves. Thrive & Grow offers a dedicated space to:

- Process challenging cases and ethical dilemmas
- Develop coping mechanisms for managing stress and burnout
- Enhance your clinical skills and confidence
- Foster a sense of community and belonging among your peers

Thrive & Grow is generously sponsored by

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