



## **Undergraduate/Graduate Internship Mental Health Focus**

Join our team at Drea Inspires for an immersive internship experience aimed at undergraduate and graduate students passionate about mental health and holistic care. As an intern, you will have the opportunity to engage in a variety of enriching activities designed to broaden your understanding of creative mental health practices and support our mission of inspiring courage, authenticity, and healing.

**Internship Overview:** As an undergraduate or graduate intern at Drea Inspires, you will participate in a range of activities designed to provide hands-on experience and professional development. Responsibilities may include:

- Observing and possibly participating in 1:1 therapy sessions, gaining insight into therapeutic techniques and client interactions.
- Supporting or leading virtual creative mental health groups, fostering a supportive and nurturing environment for participants to express themselves creatively.
- Learning about holistic care practices such as yoga and meditation, and exploring their role in mental health and well-being.
- Assisting with administrative tasks including scheduling appointments, managing client records, and coordinating virtual events and workshops.
- **Interns can work anywhere from 10-40 hours per week**

### **Qualifications:**

- Current undergraduate or graduate student with a passion for mental health and holistic care.
- Strong communication and interpersonal skills, with a compassionate and empathetic approach.
- Interest in learning about creative mental health practices, including yoga, meditation, and expressive arts.
- Ability to work independently and collaboratively in a dynamic and supportive environment.
- Proficiency in Microsoft Office and familiarity with virtual communication platforms is a plus.



**Benefits:**

- Hands-on experience in a supportive and nurturing environment dedicated to holistic mental health care.
- Opportunities to observe and participate in 1:1 therapy sessions and virtual creative mental health groups.
- Exposure to holistic care practices such as yoga and meditation, enhancing your understanding of mental health and well-being.
- Professional development opportunities and mentorship from experienced mental health professionals.
- Flexible scheduling and the opportunity to tailor the internship to your interests and career goals.

**How to Apply:** If you're passionate about mental health and holistic care and eager to make a difference in the lives of others, we invite you to join us at Drea Inspires. To apply, please submit your resume and a brief cover letter outlining your interest in the internship and how your skills and experiences align with our mission. We look forward to welcoming dedicated and compassionate individuals to our team!