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Fall 2022 - Emma Mason

Adagio House was the site placement of my dreams, with a perfect blend of hands-on and behind the scenes experiences. I was drawn to Adagio house not only for the people like my supervisor April Hepler, but to their values and mission. The principles in which the Adagio House was born are to help and care for all who need it. They are a Nonprofit which seeks to holistically care for those no matter the status, who they identify as, or their abilities. Their services include offering counseling, advocacy, respite/ attendant care, and psychoeducation. They have another focus of aiding and providing care for caregivers. Caring for those with chronic conditions can be draining whether you are taking care of a parent, one of your own children, or simply acting as a health professional. Ms. Hepler is a kind and compassionate human who actively listens and will help you to achieve your goals in field placement to the best of her abilities. I was able to organize and work with client case files and notes, expanding my experience with confidentiality and obtaining a firsthand view of everyday counseling practices. Part of working with the private practice is there are a lot of behind-the-scenes projects and tasks that I have come to appreciate. I helped with things from data entry to organizing a fundraiser which gave me an amazing perspective on how private practice operates, especially if I want to open my own one day. One of the more amazing opportunities I have had was being able to do hands-on work as an attendant or respite care provider for those in the community. Working intimately with clients has been an invaluable experience and I feel like I have made a positive impact for those around me. Taking care of individuals in a therapeutic setting has absolutely bolstered my goal of becoming a licensed professional counselor. Interacting with the wonderful counselors at the office during days of more behind the scenes work helped me get a more accurate picture of the everyday lives of the profession I want to be in. The Adagio house has the advantage of being an extremely diverse and adaptable site that allows you to have a wide range of experiences and options, there is always something to do, and it changes with each day. There were a lot of opportunities to choose from for my field placement project since the Adagio House is a relatively new practice. Having been founded in June of 2018, a lot of ongoing projects and improvements are in the works that could use assistance. What I helped with was their proposed building plans. They are planning to do construction for new day programs including an outdoor garden area and I helped create a 3d model. This model will help with grant applications as well as give them a more realistic and feasible view of the plans so they can adjust it if needed. I feel as though my Psychology major helped me to consider multiple perspectives with my building plans, so that I could meet everyone's needs. Taking counseling psychology helped prepare me for confidentiality and working with clients responsibly. One of the advantages to this placement is that the hours are very flexible. I was able to come into the counseling center on days that worked best for me and able to rearrange my schedule for certain weeks if need be. Ms. Hepler is an incredibly understanding and compassionate supervisor who cares about her colleagues and will make you feel like you fit right in. She is a wonderful supervisor who will give you experiences that will push you to be your best, while also making sure that none of it becomes overwhelming. She provides a friendly and warm environment that is perfect for growth and

learning. She has absolutely inspired me to possibly go on and start my own private practice. Her general philosophy surrounding treatment and genuine care for the community has left me awe-struck. After I obtain my license to professionally counsel, I would love to take after her and build a practice that is as positive and uplifting to both colleagues and clients. I do not feel as though there are any disadvantages to this site, but if there were, they could be valuable times to learn and go outside of one's own comfort zone. I think the limits to this site would only be the ones you put on yourself. If you reach out and put your best work forward, you will walk away having learned practical skills and have made a difference. Everything from communication skills with peers and clients, to how to hold meaningful and successful events, are some of the skills you could walk away with. I believe future interns could work with outreach projects, expanding resources in positive psychology for the online for website for the Adagio House, and continuing with attendant care. These are only a few suggestions, but if you have a vision or ideas, Ms. Hepler will likely support you in every way she can. I will use the practical experience as well as vicarious learning through watching the other professionals excel at their job for years to come. Through graduate school I will be able to think back to how professionals I have seen in the past handle situations or what approach they may have used as good examples. Into my professional career I will remember what a collaborative and healthy work environment looks like and be able to think back to how that was achieved. If you are willing to learn and listen, that is how you will make the most of your time in field placement. Soak in as much as you can, since they will likely have amazing information to share that you weren't even aware you should know or look out for. If you are looking to pursue clinical mental health or any field community related, I would say the Adagio House is the perfect place to gain invaluable experience.