



Field Placement Experience at The Collins Center

Katie Shiflett

shifleka@dukes.jmu.edu



The Collins Center

Mission: “Striving to eliminate sexual violence and its impact in our community”

Services:

- Counseling
- Crisis support
- Education and Prevention
- Child Advocacy Center (CAC)

Supervisor: Margaret Grubb-Hassett



My Experience

Observation

- Forensic Interviews
- Staff and crisis meetings

Clerical work

Research

- CAC Assessments
- Referral Resources
- Therapy Bags

Child Supervision

Contribution Project – Therapy Bags and Group Content

Problem: Traumatic experiences are unfortunately commonplace and may result in debilitating symptoms that impair daily functioning. Ensuring effective therapeutic treatments to symptoms arising from trauma is crucial for recovery.

Solution:

Therapy packages (to make therapeutic treatments accessible to children attending therapy from home via telemental health services)

Structured content for group support sessions (by identifying themes common to survivors of sexual violence)

Application: Therapy bags will be sent to several clients upon grant approval and group content will be utilized in Fall 2021 support group. Clients feeling connected to the therapy process, as well as giving clients the tools (material or otherwise) to make change in their own lives has shown to reduce post-traumatic symptoms.