

Internship in Psychology  
Data File

Student Name: Addie Blinder

Internship Site

Name of Organization: The NEST Empowerment Center

Web Address: <https://georgetownproject.org/the-nest-empowering-center/>

Address: 2201 Old Airport Rd. Georgetown, TX 78626

Placement Supervisor (name, phone, email): Bebe Johnson, 512-819-4200,  
georgetownprojectnest@suddenlink.net

Initial Contact Person (name, phone, email): Bebe Johnson

Scheduled Start & End Dates: 1/13/2020 to 4/27/2020

Brief Description of Organization (mission/purpose, types of clients served, services provided):

The NEST serves GISD high school students who are at-risk. This definition has recently been more broadly defined to include not only homeless and in-transition students but also members of the LGBT+ community, students who have failed a grade in school, who have been referred by school counselors or mental health professionals, or who have been in mental health inpatient treatment. Bebe Johnson focuses on behavioral and social learning with an emphasis on crafting skills that will help the students in and out of school and in the future, such as regulating destructive or disruptive behavior with creative outlets. The NEST hosts frequent classes by partners such as the Georgetown Health Department. Referrals to mental health professionals and school counselors are often made with the permission of the students and there is an open dialogue between the school counselors and the NEST.

Intern Duties & Responsibilities (list):

- Assist with small group work that might involve tools such as peer-reviewed and lab-tested positive psychology activities
- Assist with intake of students and data entry from intake and attendance
- Observe small groups and large groups led by Bebe that focus on social and behavioral learning
- Observe small, unscheduled student meetings that arise when a conflict needs to be resolved
- Conduct research to introduce possible new tools for group work or to evaluate the effectiveness of the current tools being used

Benefits Obtained: More experience working with adolescents gave me a new respect for my abilities to relate to people. I was able to set boundaries for myself while being part of a caring atmosphere. I was able to bring past psychological knowledge into the present to attempt to relate to and help adolescents. My psychological research was also useful for the NEST and for my own practice.

One Sentence Capture of the Internship (My internship experience...): My internship experience gave me hours of experience with adolescents and a new way of incorporating psychology into future situations.