



## GREEN HOUSE FAQs

Developed & sponsored by LifeWorks Psychotherapy Center. Now accepting applications for its 2020 cohort.

[APPLY ONLINE HERE](#)

### **How can I find out more information about the program before I apply?**

There will be an Information Meeting in July (date and time to be announced), at LifeWorks' Skokie office. At the meeting, LifeWorks partners, Cindy Trawinski and Rami Henrich as well as members of the current and past Greenhouse cohorts will be present to answer questions and add to your understanding of the program.

**RSVP** to [info@lifeworkspsychotherapy.com](mailto:info@lifeworkspsychotherapy.com) if you plan to attend the Information Meeting.

If you intend to apply but cannot attend the Information Meeting in July you must contact [Dr. Cindy Trawinski](#) prior to submitting your application.

### **When is the deadline to apply?**

All application materials need to be received by email ([info@lifeworkspsychotherapy.com](mailto:info@lifeworkspsychotherapy.com)) or submission via the [webpage](#) no later than 5:00 pm on Saturday, August 31, 2019.

### **What are the number of hours/times/days/locations that are required of Green House therapists?**

The Green House commitment is about 10 hours per week on average. Below are the required attendance days and times, taking place in the Skokie LifeWorks office (except for clinical hours – see below).

Weekly Green House in-service meetings: Thursdays noon -1:50 pm

Monthly cohort learning pod: First Thursday of the month, from 11 am to 1:50 pm

Weekly full staff in-service trainings: Thursdays 2:30-4:20 pm

Monthly team meetings (with all LW clinical staff): First Thursday of the month, from 2:30-4:20 pm.

Supervision: approximately one hour weekly, scheduled with your supervisor.

Your clinical hours scheduled in two 4-hour "blocks," one of which will be at the Skokie office, and another at one of the other office locations (Lakeview or Loop, depending on office availability). Evening and weekend hours recommended.

You will also be encouraged to attend other LifeWorks events such as community support groups, practice retreats, special trainings and workshops, etc.... times and dates to be announced. These events may be scheduled outside of LifeWorks offices.

The Green House is an adult learning format. Your successful completion of the program depends on your participation, ability to manage your time and responsibilities and communicate proactively.

**Is there a fee to apply or tuition to pay?**

No, there is no fee to apply or tuition fee. Instead, the program pays you \$30 per clinical session. If you are offered a position and accept, you will be hired as a W-2 employee, not an independent contractor (1099).

**How many clients will I see, and how long will it take for me to be assigned those clients?**

You are expected to complete 240 clinical hours over the course of the year. This is an average of 5 to 6 clinical hours (individual or relationship therapy) per week. To maintain these weekly clinical hours, your caseload may include 6-10 cases. We expect it to take 3-4 months to build and maintain that number of clients.

**I haven't had much clinical experience, but I want to become a clinician—should I apply?**

Yes. Of course, clinical experience is relevant and desirable, and we have had cohort members without much direct clinical experience. Before you apply, you should consider all of the experiences that you have had that are applicable to the clinical setting to assess how you know you would like to become a clinician (such as your own personal therapy; the role you may take in your community, friends and family; how important or enlivening your internship(s) experiences have been, etc.)

**I'll be working full-time in an agency or another setting—if I can I arrange for the time off, is it feasible to work full time while doing this program?**

Some cohort members do work full time in another setting, and it certainly brings challenges, but it is doable. Your ability to manage and organize your time will be an important variable in your successful ability to work fulltime and participate fully in the Green House.

The Green House is an adult learning format. Your successful completion of the program depends on your participation, ability to manage your time and responsibilities and communicate proactively.

Please bring your questions about this to the Information Meeting in July.

**How is this program different from training programs offered elsewhere?**

The Green House is different in many ways:

- There is no tuition.
- You are paid for your clinical hours at a rate of \$30 per session.

- The clients who you are likely to see, and learn about, include folks in these communities: LGBTQ+, erotic orientations (such as kink, leather, BDSM), and consensual non-monogamous relationships (such as polyamorous, open, swinging, etc.).
- This training includes a focus on development of your identity as a therapist, and deepening your clinical skills and learning to use your unique strengths as a therapist.

**I have a lot of personal experience, but limited clinical experience working with the populations you mention—will that disqualify me?**

Not at all. We expect that cohort members will not have extensive clinical experience working with these marginalized populations, but rather have a strong interest in gaining that experience.

**I'm not sure if I'm considered a depth psychotherapist—I was mostly trained in doing DBT/CBT, client-centered or another modality, yet I want to do more long-term, deeper work. Is the Green House for me?**

It may be. Before you apply to the Green House you should consider how it is that you know you want to work on a deeper level with your clients—perhaps your own therapy experience has shown you the benefit of deeper work, or other personal growth experiences or books you have read really resonated with you. Examine your own motives and be ready to share about what is moving you in the direction of depth psychotherapy.

*\*Depth psychotherapy (including psychodynamic, psychoanalytic, [Jungian](#) or analytical psychology and process-oriented psychology or [process work](#)) is based on two key propositions: 1. that the unknown or less familiar aspects of ourselves often hold the keys to healing; and 2. that the problems or conflicts that bring us into therapy are pointing us towards our own growth and wholeness.*

**I have other questions not answered here—how can I find out more?**

Contact [Dr. Cindy Trawinski](#). She is the clinical partner who is the interface with the Greenhouse applicants and can provide more information.

If you can't attend the Information meeting in July, please contact Pat Cochran, at [cindy@lifeworkspsychotherapy.com](mailto:cindy@lifeworkspsychotherapy.com), before submitting your application.

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Simply aware, fully alive.

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