

the DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



Based on the research of Brené Brown

What is The Daring Way?

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. This method was designed for work with individuals, groups, and families in clinical settings. The Daring Way curricula provide facilitators with content and materials to explore topics such as courage, vulnerability, shame, and empathy. The program enables facilitators to work with their clients to examine the thoughts, emotions, and behaviors that hold people back. Working with their facilitator, clients begin to identify new choices and practices that can move them toward more authentic and wholehearted living. Dr. Brown's work helps clients develop shame resilience skills and create daily practices that transform the way they live and love.

What is The Daring Way Internship Program?

The Daring Way Internship program was created to build a strong foundation in Dr. Brené Brown's research on courage, vulnerability, shame, and empathy. Interns will work with vulnerable populations in group and individual settings through partnerships created with local community agencies including the Women's Home (a residential treatment program that serves homeless women struggling with addiction and mental illness) and Archway Academy (a sober high school). During this experience, interns will strengthen their clinical skills by working with both adult and adolescent clients that are struggling with mental health disorders, such as addiction, depression, PTSD, and grief.

Upon successful completion of our internship program and fulfillment of all licensing and insurance requirements, interns are eligible to become a Certified Daring Way Facilitator and will be able to continue facilitating this work as a licensed social worker.

What will we do during The Daring Way Internship Program?

Interns will implement four distinct curricula based on Brené Brown's work—The Gifts of Imperfection, Daring Greatly, Rising Strong, and BOLD. They will also learn more about nuances of emotion using Dr. Brown's bestselling book Atlas of the Heart. During the internship program, students will:

- Facilitate group therapy at The Women's Home
- Provide individual therapy with clients at The Women's Home
- Facilitate group therapy with adolescents at Archway Academy

Interns will also gain experience with assessments, treatment planning, intakes, and diagnosis while working with clients at The Women's Home.

Requirements:

- Attend a three-day Daring Way Certification Training (summer 2023 in Houston, TX).
- Read the following books written by Brené Brown: *I Thought it Was Just Me*, *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong*, *Braving the Wilderness*, *You Are Your Best Thing*, and *ATLAS of the Heart* before The Daring Way Certification Training.
- Successfully complete all certification requirements for becoming a Certified Daring Way Facilitator. In addition to the above, the requirements include completion of supervised clinical hours and demonstrated understanding of all Daring Way content.
- Successfully complete all internship requirements as outlined by the GCSW.

Stipends:

- \$6,000 (paid in bi-monthly payments from September 2023 – April 2024)

Application Process:

- The first round of interviews will be conducted as virtual group interviews
- We will call a few students back for second and third interviews

Please note:

- We will be accepting two interns for the 2023 – 2024 school year
- We can only accommodate students for a Fall – Spring placement (we cannot accommodate summer placements)

***For more information,
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