



Practicum – Fall 2023



A Specialized Therapy Practice in
the Heart *of* Pittsburgh

“The Calm Pittsburgh practice aims to provide to our clients what the name expresses: *Calm*.”

Owner/Director **Dana Kirkpatrick** founded Calm Pittsburgh™ in 2020 to offer high-level therapeutic sessions to those in search of assistance navigating life’s most complex challenges.”

I mainly worked with Allie, Dana, and Jen.



Allie
Albright

Operations Manager



Dana
Kirkpatrick

Owner/ Director



Jen
McNulty

Interior Design Consultant



Entrance to the Lawrenceville office



Main waiting area including the coffee cart



Jen worked hard to make all the office spaces welcoming and *calm...*

These are some of the first spaces you see walking into the Lawrenceville building.

Some of the beautiful office spaces...



The Lawrenceville location has 5 offices, while the Monroeville location has 7 offices.

I was at LV for my practicum, although I did visit MV for a day.



This bookshelf is one of my favorite pieces in the office.

There are fidget toys in each room for clients and clinicians both!

Paints, markers, coloring books, sketch pads are in the biggest room for art therapy.

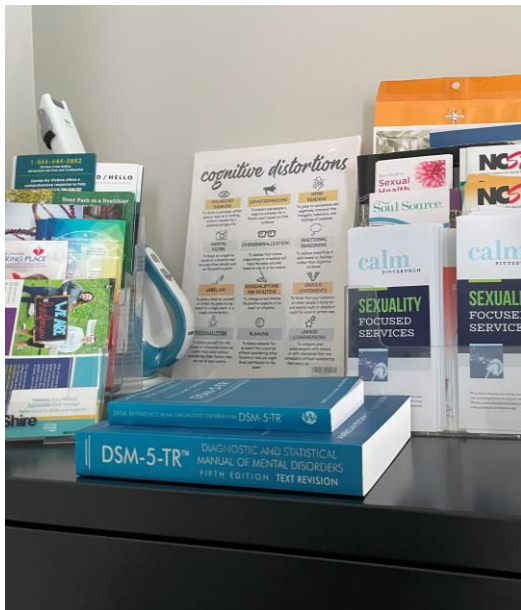
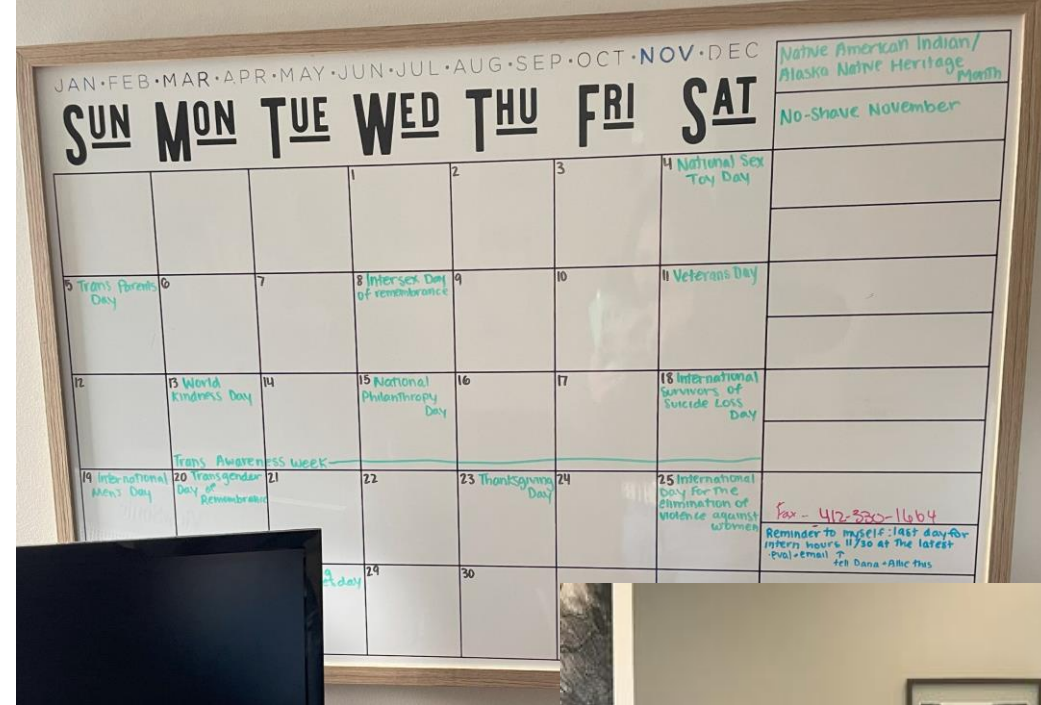
Something I did daily was ensure each office was tidy and welcoming for clients.



Admin Office

This is the office space I primarily worked in.

I was in charge of rewriting the calendar each month, including any events we were volunteering or hosting!



The kitchen is always stocked with snacks that clients are welcome to enjoy.



This table I would work at with Dana frequently.



(Look how cute these posters are in both bathrooms!)

The bathrooms include a changing table, hygiene essentials, including tums, Advil, a first aid kit, tide sticks, feminine hygiene products, and more!

Part of my daily tasks included restocking these items and reordering when we were low.



The space is really designed to ensure everyone feels comfortable, even the bathroom.



I adored the library, fishtank, and puzzle table.

Lawrenceville has an amazing selection of books, games, and puzzles for clients to enjoy while waiting.

The fish are a nice touch to the space as well.

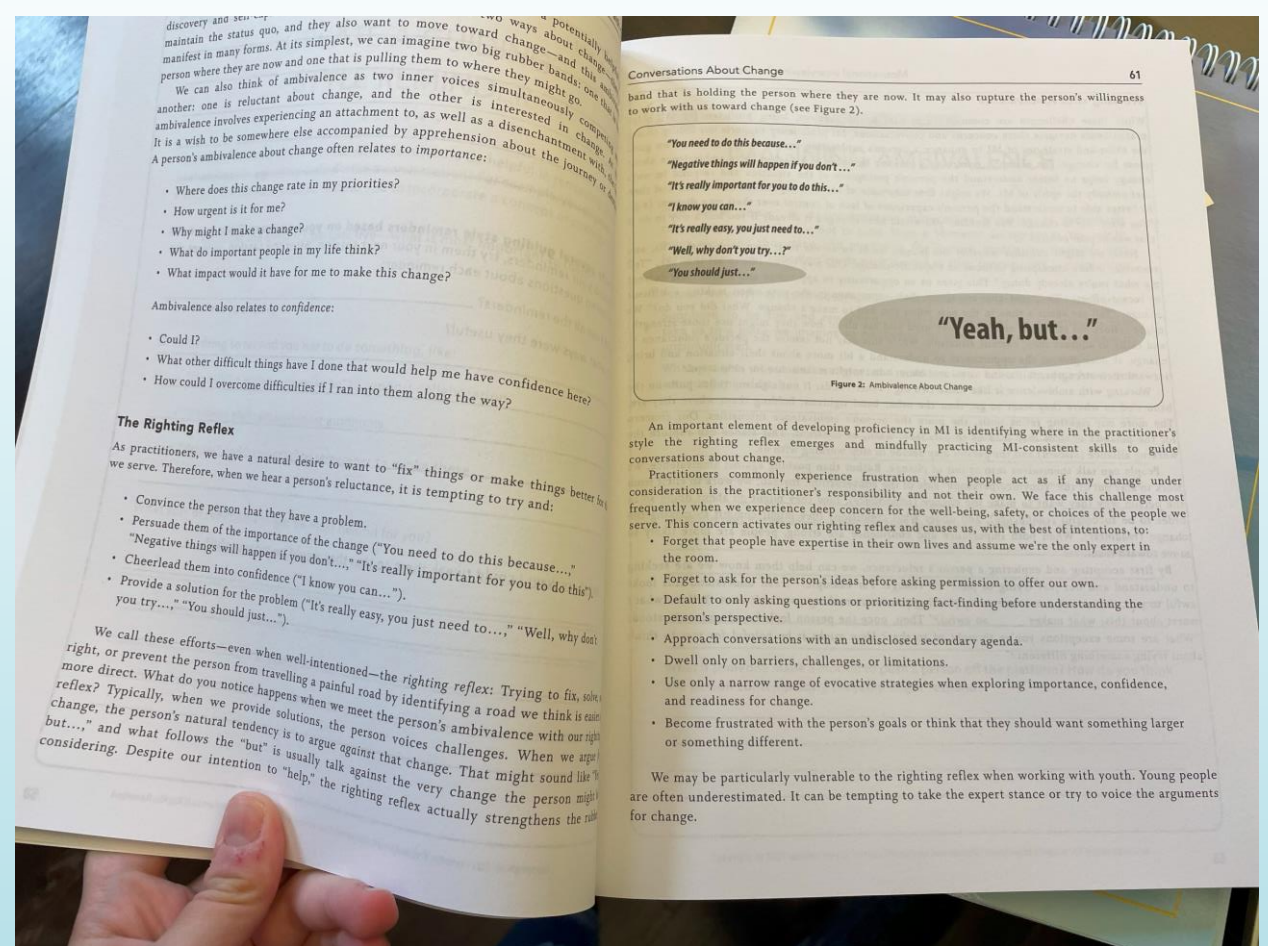


On of the bigger projects I worked on was categorizing and color-coding the library books and making a library book sign out sheet!



A clipboard with a 'calm' logo and a 'Library Check-Out' sheet for Lawrenceville. The sheet has columns for Book Title, Clinician's Name, Check-Out Date, and Date Returned. The data is as follows:

BOOK TITLE	CLINICIAN'S NAME	CHECK-OUT DATE	DATE RETURNED
Thinking with ADHD	Intern	10/18/23	10/23/23
Motivational Interviewing	"	"	11/6/23
CBT WORK BOOKS	"	"	10/23/23
THE SELF-DIRECTED WORKING	Julia (1/11/23)	11/9/23	11/6/23
Sensate Focus	Emily	11/01/23	



I frequently looked through the books to find useful handouts for clinicians to use in their sessions.

They are stored in this cabinet based on topic.

Above is a page from the Motivational Interviewing Workbook, one of my personal favorites!

Watering all the plants was one of my main tasks.

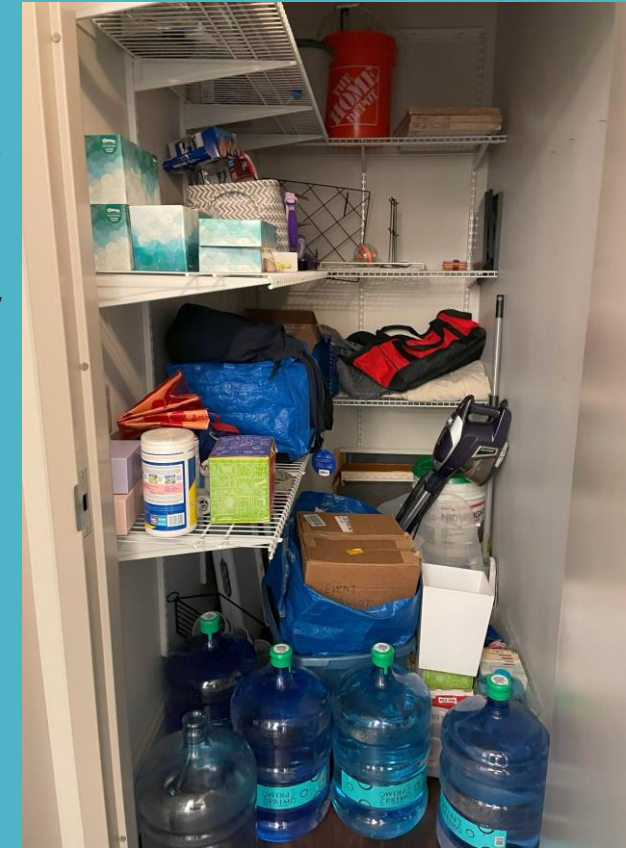


To the right is the supply closet.
Calm attends several events in the community to support various causes that are special to the clinicians.
Any event supplies needed for the event I would help get ready from this closet.



To the left is a photo from Wig Out.
Everyone in this photo is a cancer patient or survivor.

Something I love about Calm is their presence in the community and support beyond therapy sessions.





Dana as a guest on Talk Pittsburgh.

I had the opportunity to go with her twice.

Dana, as well as a handful of other clinicians, have been on TV for a variety of segments including:

- Estrangement during the holidays
- Men's mental health
- Avoiding burnout
- Dating with cancer



Final Takeaways

- I absolutely adored Calm.
- Everyone was so welcoming and eager for me to help them out.
- It was interesting to see how the office was run and all that goes into maintaining the space
- I wish I was able to have attended the events, like the Wig Out for cancer. I think it would have been meaningful to volunteer in the community.
- I do also wish I would have been able to sit in during sessions. With everyone's schedules and those willing to let me, it just did not work out.
- Overall, I would 100% recommend Calm Pittsburgh to anyone needing a practicum. They were very flexible and appreciative of everything I did.