

**PREDOCTORAL PSYCHOLOGY INTERNSHIP PROGRAM
PSYCHOLOGICAL SERVICE CENTER
SCHOOL OF PROFESSIONAL PSYCHOLOGY
PACIFIC UNIVERSITY**

Director: Lisa R. Christiansen, Psy.D.

APPLICATION FOR 2010-2011 INTERNSHIP – PROGRAM CODE #152611

A complete application consists of:

- **Application Form (Standard online APPIC Form)**
- **Supplemental Information Form**
- **Vita**
- **Official Transcript(s) for all Psychology Graduate work**
- **Three letters of reference**

IMPORTANT: All parts of the application may be submitted electronically.

Complete applications are due **November 15, 2009** for internships beginning August 2, 2010. Incomplete applications will not be considered. Applicants will be notified of their status on or before December 11, 2009 and may be invited to participate in an interview and informational Open House on January 8, 2010. The Predoctoral Internship Program is APA accredited, a member of APPIC (Association of Psychology Postdoctoral and Internship Centers), and follows the application and acceptance procedures of that association. The stipend for a full-time internship is set at \$19,000 for the year, including medical, dental, and vision benefits. Dependent coverage is available at the intern's expense. We expect to select three interns for 2010-2011. In addition to a primary placement at the Psychological Service Center (PSC), interns will have a community rotation experience at either the Oregon Department of Corrections or the Oregon State Hospital.

Important Notice for 2010-2011: The PSC is expected to transition to a newly constructed facility in Hillsboro, OR (approximately 30 minutes west of downtown Portland) sometime during the 2010-2011 academic year. Therefore, interns should expect to spend part of the training year at the new location, which is accessible via public transportation. We hope to have specific details regarding dates of transition by the time of the Open House.

Please address questions regarding your application to:

**Kristi Kephart, Administrative Assistant
Psychological Service Center, Pacific University
511 S.W. 10th, Suite #400
Portland, OR 97205
Phone: (503) 352-2407; FAX: (503) 352-2403
e-mail: k.kephart@pacificu.edu**

NOTICE OF NONDISCRIMINATION POLICY

It is the policy of Pacific University not to discriminate on the basis of sex, disability, race, color, national origin, sexual orientation, or age, in admission and access to, or treatment in employment, educational programs or activities as required by Title IX of the Education Amendments of 1972, section 504 of the Rehabilitation Act of 1973, Title VII of the Civil Rights Act of 1964, the Age Discrimination Act, the Americans with Disabilities Act of 1990, and their implementing regulations. Questions or complaints may be directed to the Vice-President for Academic Affairs, 2043 College Way, Forest Grove, Oregon 97116, (503) 357-6151.

**Pacific University
Psychological Service Center
Predoctoral Psychology Internship Program**

PROGRAM OVERVIEW

- The Psychological Service Center (PSC) of Pacific University's School of Professional Psychology offers a 2100 hour, one-year, predoctoral internship to prepare qualified graduate students for entry level professional practice in clinical psychology.
- **The internship is APA approved and an APPIC member. Questions about our accreditation status may be directed to the APA Commission on Accreditation, 202-336-5979, 750 First Street NE, Washington, DC, 20002-4242.**
- **This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant.**

SPONSORING AGENCY

Since the 1980's, the Psychological Service Center (PSC) of the School of Professional Psychology has served as a training site for doctoral students and interns to provide outpatient psychological services to residents of the Portland metropolitan area. The PSC is a not-for-profit organization and is one of two training clinics supported by Pacific University's School of Professional Psychology. The PSC is joined by the Iris Clinic in Hillsboro, OR under the unified title "SPP Training Clinics." While interns will be placed at the PSC (until the consolidation of both clinics in Hillsboro sometime during the 2010-2011 training year), they will also have contact with students training at the Iris Clinic.

While the PSC is part of SPP, the internship program is **open to all qualified applicants and no slots are reserved** for SPP doctoral students.

Approximately 750 assessment and therapy clients are seen each year and over 6,700 client sessions are conducted annually at the PSC. Clients range in age from preschool-aged children to adults and typically are presenting without insurance. Clinical services are provided by practicum students and interns under the supervision of licensed psychologists. Services include:

1. Psychotherapy for individuals, couples, groups, and families from a variety of theoretical foundations, including cognitive-behavioral, behavioral, psychodynamic, Gestalt, and integrative.

2. Intellectual, personality, and psychoeducational assessment.
3. Psychoeducational workshops, seminars, and community outreach.
4. Psychopharmacological evaluation and medication management by a licensed psychiatric nurse practitioner for clients involved in psychotherapy at the PSC (interns attend clients' consultation with the psychiatric nurse practitioner)

Typical adult client issues include depression, anxiety, relationship conflicts, anger management problems, trauma related to sexual and physical abuse or domestic violence, stress management, interpersonal difficulties, adjustment to illness, work or academic difficulties, financial hardships, and parent-child problems. Presenting problems with child and adolescent clients include academic or family difficulties, anxiety and depressive disorders, sleep problems, enuresis, oppositional defiant behaviors, ADHD, and issues related to trauma.

Psychological Service Center Facilities

Location: The PSC is located on the fourth and sixth floors of the Portland Medical Center in the heart of downtown Portland. The PSC has offices for several core faculty supervisors who are typically on-site. The PSC is also one of two primary training facilities for Pacific University's School of Professional Psychology in which first and second year practicum students are supervised.

Facilities/Support Services: There are 8 therapy rooms, one of which is assigned to the intern during his/her scheduled time at the PSC. Interns are also assigned offices to which they have exclusive access at all hours for administrative work. Additionally, there is office space for groups, assessment, and clinical observation. Further facilities include a workroom, computer room, a lounge/kitchen, a reception area, and two classrooms. Video cameras are mounted in each of the therapy rooms, and audiotape players are available for use. Mobile video equipment, playback units, and computers with internet connections are available. The PSC has a library of clinical and testing materials, treatment manuals and self-help materials, and interns have access to Pacific University's library facilities, interlibrary loan through ORBIS, PsychInfo, Medline search on-line programs, and reciprocal privileges at a number of local university libraries, including Portland State University and Oregon Health Sciences University.

The front desk staff supports the interns by processing client payments, answering phones, and assisting in medical chart management. The staff is also available to support interns in learning policy and procedures of the clinic and answering questions.

Emergency Coverage by Supervisors: Interns are not on call after hours but do work at the clinic 1-2 evenings per week and during Saturday clinic hours on a rotating basis to serve as a consultant to practicum students. A faculty supervisor is usually present during normal business hours Monday-Friday and there is a faculty supervisor (usually either the Director or Associate Director) on call at all times.

ONE-YEAR FULL-TIME REQUIREMENT

The internship is a **full-time** (2100 hour, 45 + hour per week), 12-month program of training. We do not accept part-time interns. All interns begin the first Monday in August and complete their internship by the end of July of the following year. Like faculty, interns do not accrue vacation or sick leave time but may arrange to take limited time off as long as they make up the necessary work and complete all training requirements. Interns have approximately 20 days vacation on the university holidays when the clinic is closed.

If an intern is unable to complete the internship due to illness or some other extenuating circumstance, the intern may petition the internship committee for an extension of the training experience beyond the scheduled graduation date. The internship committee will make decisions regarding extension of the training year on a case-by-case basis.

COMMITMENT TO RESPECT FOR CULTURAL AND INDIVIDUAL DIFFERENCES

It is the policy of the Psychological Service Center and Pacific University's School of Professional Psychology not to discriminate on the basis of sex, disability, race, color, national origin, sexual orientation, or age in admission, access to, and treatment in employment, educational programs or activities. This policy is required by the University nondiscrimination policy and applicable local, state and federal laws. This policy pertains to interns, staff, and clients of the PSC. The PSC is committed to making psychological services nondiscriminatory, affordable and accessible to all eligible clients. Interns and supervisors are strongly committed to and interested in working with clients from diverse backgrounds including but not limited to ethnic, racial, SES, and sexual orientation diversity.

The internship committee selects interns based on their experience, education, and training interests. We welcome interns from a variety of backgrounds and strongly encourage interns from diverse backgrounds and/or interest in diversity issues to apply to our internship.

INTERNSHIP MISSION STATEMENT

The mission of the internship is to prepare interns for entry level professional practice in clinical psychology. Assessment, evaluation, intervention, consultation, and supervision are domains in which interns are provided with opportunities to develop more in-depth areas of skill and competency. Although all interns primarily receive training in individual psychotherapy with adult clients, they may choose to develop additional areas of competency by working with couples or groups. Interns receive training in assessment with individuals across the lifespan. A practitioner-scholar model of understanding and applying the empirical literature in the clinical setting is emphasized during the internship training program. In addition, the internship faculty and interns affirm the

principles of ethical and humane practice by honoring diversity and striving to increase interns' self-awareness and sensitivity to cultural and individual differences.

INTERNSHIP PHILOSOPHY AND TRAINING MODEL

Philosophy

The PSC internship training approach is a practitioner-scholar model. Within this practitioner-scholar model, this program has adopted a local clinical scientist approach (Stricker & Trierweiler, 1995). This approach focuses on development of professional and ethical practitioners who think critically and apply established and/or validated psychological theories, scientific principles, and interventions to assist a range of clinical populations. Practitioners use scientific knowledge and tools to assess and intervene with clients and systematically evaluate clients' response to treatment (e.g., measurable changes in targeted problems). Practitioners also draw upon knowledge from practical experience and are encouraged to consider ways to modify empirically validated treatments for specific client needs and contexts. Within this model, practitioners may contribute to scientific knowledge through their publication of clinical findings and other research (e.g., single case designs) but most of their activities are in the domain of clinical practice. For example, some of the PSC internship supervisors are actively involved in conducting applied research (e.g., effective interventions with depressed clients and factors in client retention), but most of their time is focused on clinical training and supervision that is informed by the literature.

Training Model

The supervisory philosophy gives interns progressively greater autonomy, beginning with a more directive approach during the first third of the year, using guided questioning to facilitate the supervisees' problem-solving and discovery (e.g., Overholser, 1991) during the middle third, and to a non-directive stance by the final third. This overall approach to supervision draws from the integrated developmental model of supervision described by Stoltenberg and his colleagues (Stoltenberg & Delworth, 1987; Stoltenberg, 1997) which recognizes that supervisees require different types of supervision depending on their developmental level in a particular domain. For example, an intern might be advanced in clinical intervention but be at a more beginning stage of development as an evaluator of cognitively impaired clients—the content and approach to interns' training is therefore modified to fit each domain. These stages may be accelerated as the intern shows progressively greater ability to perform as an entry level clinician.

As with other competencies, knowledge of diversity is addressed through mentoring, didactics, and through opportunities to work with a broad range of clients. Although the internship schedule includes more clinical experiences than research, interns receive training in the practitioner-scholar model through the intern didactic seminar and individual supervision which emphasizes using the empirical literature to inform assessment, case conceptualization, and intervention. Interns are expected to incorporate awareness of relevant literature and the empirical verification of hypotheses into all of their professional activities. Interns present two clinical cases to the PSC community and internship faculty in which they are required to incorporate a theoretical and empirical overview in their

presentation of the case.

Distinct Program and Policies from SPP

The internship program has its own training policies, application procedure, and advanced level of experiences and curriculum distinct from the SPP doctoral program. The intern didactic seminar, consultation seminar, nature of cases, external rotations, diversity seminar, optional diversity community placements and individual supervision experiences are designed specifically for and attended only by interns and the internship faculty. The interns do interact with practicum students during Grand Rounds, clinic-wide trainings, and assessment and therapy supervision teams.

INTERNSHIP PROGRAM GOALS AND OBJECTIVES

The internship goals and objectives are as follows:

1. **Assessment:** to produce entry level psychologists with assessment competencies including reliable and comprehensive diagnostic interviewing skills, knowledge of valid and appropriate test instruments, and an ability to communicate professionally useful information gathered from the assessment process including diagnosis and recommendations. Interns will conduct approximately 2 comprehensive intake assessments each month and will complete approximately 6-10 comprehensive cognitive test batteries.
2. **Intervention:** to produce entry level psychologists who have the requisite knowledge and skills to provide psychotherapeutic services to diverse clients presenting with a range of significant psychological problems. Interns will use this knowledge and skill with individual adult clients. Some interns may elect to get additional training in work with couples or groups. Foundational intervention skills include case conceptualization, collaborative treatment planning, implementation of theoretically and empirically informed interventions, awareness of interpersonal process issues, attention to legal and ethical factors, and the ability to form a strong therapeutic alliance.
3. **Supervision:** to prepare graduates for entry level professional practice as a supervisor. Interns will participate in therapy team supervision in which they will model the team supervisor and provide some supervision under the direction of the team supervisor.
4. **Consultation:** to prepare graduates with the necessary knowledge and skills for entry level professional practice as a consultant. Interns will acquire knowledge about different consultation models and employ consultation skills as formal case consultants for practicum therapy teams and informal consultants for clinic intake assessments and crises.
5. **Practitioner-Scholar:** to produce graduates who understand how empirical findings impact clinical activity. Skills include acquiring, applying and disseminating knowledge and understanding of the clinically relevant research and literature as it applies to the intern's area of practice. Interns will routinely collect outcome data for each client and utilize findings to inform their work.

6. Diversity: to prepare interns for practice within a diverse cultural community by acquiring knowledge of the histories, cultures, norms and values of diverse groups and adjusting their clinical practice to provide respectful and effective services to diverse groups.
7. Ethical and Humane Practice: to produce graduates who demonstrate ethical and humane practice by teaching ethical principles and encouraging an attention to ethical and legal issues in their presentations and practice.
8. Self-Awareness/ Professionalism: to prepare interns for the integration of active self-awareness into their psychology practice as professionals. Skills include acquiring more knowledge of their personal and interpersonal functioning with clients, supervisors, and peers and modifying their professional functioning to become better able to function effectively, genuinely and responsibly.

PSC TRAINING OPPORTUNITES

Internal PSC Rotations

Adult Psychotherapy

All interns will carry a caseload of approximately 8-12 clients and will work with a wide array of diagnoses, as reviewed in the description of the PSC provided above. While interns will primarily conduct individual adult psychotherapy, opportunities exist for supervision in couples and/or group therapy. The intern's primary supervisor oversees their therapy work at the PSC and integrates the intern into an accompanying team of practicum students first as a participant and later as a junior supervisor. Current supervisor theoretical orientations include cognitive-behavioral, integrative, and psychodynamic. All supervisors incorporate evidence-based practice and the local clinical scientist model into their teaching.

Assessment

Interns will participate in a year-long assessment rotation at the PSC in which they will conduct comprehensive psychological evaluations with children, adolescents, and adults. Most referrals involve questions of learning disorder or attention-deficit disorder. Clients receive a standardized, extensive battery of tests covering a wide range of functional domains. Interns may expect to spend approximately 6-8 hours each week administering and scoring tests and writing reports. Supervision is conducted in a seminar format weekly for 2 hours, with additional individual supervision as needed.

Diversity Seminar and Community Placements

Interns at the PSC experience diversity in their clients in terms of sexual orientation, religion, socioeconomic status and gender. Although approximately 18% of PSC clients identify themselves as ethnic or sexual minorities, the majority of clients at the PSC are European-American. As part of the Diversity Seminar, interns will be placed at more

ethnically diverse community sites for 4 hours each week beginning in January to increase their experiences and awareness with these populations. Sites may vary each year and are dependent upon the needs of the individual intern.

The required diversity seminar has been created to raise interns' comfort levels while engaging with minority people as well as provide an opportunity to examine personal biases before beginning clinical interventions with these populations. The seminar occurs twice monthly for 2 hours and includes discussions, readings, videotapes and debriefing of the intern's experience in their diversity sites and their assessment and treatment practices with their PSC and DOC/OSH clients. During these discussions interns explore their own cultural norms and expectations and discuss how these norms affect their work with all of their clients. Interns are required to become sufficiently knowledgeable and culturally competent to adjust and accommodate their assessment, diagnosis and treatment skills to diverse clients.

External Rotations

Oregon Department of Corrections

Two interns will participate in an external 8-10 hour per week rotation with the Oregon Department of Corrections (DOC) at the Coffee Creek Correctional Facility in Wilsonville, OR. It is approximately a 20 minute drive from downtown Portland, and is the intake center for all male and female inmates for the Oregon DOC. It is also the site for the women's' medium and minimum security prisons. Supervision is provided on site.

As an intern there are several different types of training experiences available. These include opportunities to complete psychological intakes of new inmates to assess the level of care they will need to manage their mental illness in prison. There are also opportunities to run groups in the medium and minimum security prisons ranging from symptom management to transition for inmates leaving the facility. There is also the possibility to run groups in a program that operates as an inpatient psychiatric hospital for severely mentally ill females in the medium security prison. Interns may expect to spend approximately 4 hours a day in direct client contact.

There is considerable diversity in this population with a wide variety of ethnic and economic backgrounds. This rotation offers an excellent opportunity to develop and fine hone clinical skills, with an emphasis on assessment and group therapy service delivery.

Oregon State Hospital

One intern will participate in an external 16-20 hour per week rotation with the Oregon State Hospital in Salem, OR (approximately a 45 minute drive from downtown Portland). Supervision is provided on site by staff psychologists and is overseen by the Chief of Psychology.

Interns can select from a variety of rotations depending on training needs and interests,

including Forensic Evaluation Services, Forensic Treatment Services, Gero/Neuro-Psychiatric Rehabilitation Services, Civil Commitment Services, Behavioral Psychology Services, and a variety of Specialty Programs such as work with sexual offenders, neuropsychology, and risk assessments. Interns typically cycle through three or four rotations throughout the training year. Interns may expect to spend approximately 4 hours each day in direct client contact.

There is considerable diversity in this population with a wide variety of ethnic and economic backgrounds. This rotation offers an excellent opportunity to develop and hone forensic and inpatient clinical skills.

Supervision and Training

Past interns have rated the amount and quality of supervision of the internship as satisfactory and high quality. Faculty supervisors are highly committed to providing interns with support, guidance, and helpful feedback to promote their professional development. Interns receive a minimum of 2 hours of individual supervision weekly and 2 hours of team supervision weekly. The following supervision is offered:

The year-long clinical supervisor is the primary supervisor and is responsible for overseeing the intern's PSC client case load. The clinical supervisor meets individually 1 hour weekly with the intern to review videotaped therapy sessions, client charts, reports, treatment plans, and client progress measures. This supervisor also addresses professional development issues.

The year-long assessment supervisor is responsible for supervising interns in the administration, scoring, interpretation, write-up and presentation of findings to clients who are undergoing multi-test batteries at the PSC. The supervisor provides supervision in a 2 hour team supervision/seminar.

The external rotation supervisor is responsible for providing 1 hour weekly of individual supervision for the DOC or OSH rotation.

The diversity seminar facilitator is responsible for assigning interns to community diversity experiences, overseeing their work, and discussing their diversity experiences through a 2 hour seminar twice monthly.

The consultation seminar facilitator is responsible for instructing the interns about various models of consultation, overseeing their consultation with therapy teams and individual students, and evaluating progress through a 2 hour seminar twice monthly.

The didactic seminar facilitator is responsible for coordinating speakers and trainings in empirically-supported treatments and professional development. The seminar meets for a 3-hour training once per month, except for the first month of the internship in which the seminar occurs weekly.

The group supervisor (optional) is responsible for supervising interns' clinical work co-facilitating adult groups run at the PSC. The group facilitator provides 1-2 hours of team supervision weekly for interns who choose to facilitate a group.

The Director of Internship and internship faculty provide individual supervision to interns, facilitate the various internal seminars, and oversee the operations of the internship. The Director meets with the interns on a regular basis and invites them to process the experience of being an intern from a professional development perspective.

INTERNSHIP TRAINING STANDARDS

The PSC has the responsibility to provide adequate support and supervision to interns during their training. The PSC has an equal responsibility to be accountable to the public in maintaining professional standards. Thus, the internship is a critical stage in the professional development of interns and any serious problems or impairment must be remedied before recommending that interns be advanced to autonomous practice in the field. Regular, timely evaluations of interns' progress 3 times during the year, as well as intern feedback on the PSC's training program, are essential in insuring that both interns and staff carry out their respective responsibilities to facilitate growth and change in trainees. In those rare cases when a severe problem or impairment is uncovered, it must be identified and the PSC must assist the intern in addressing these concerns. An internship is inherently stressful, even while it is an exciting opportunity for growth. Many different stressors accompany the transition from graduate school to the internship, whether developmental, personal, situational, or institutional. Feelings of vulnerability arise from diverse sources such as relocation, loss of prior support systems, changes in professional identity, the experience of intense supervision, and the heightened clinical responsibility of a full case load. For the vast majority of interns, given support, adequate training, and supervision, the experience is one wherein they are able to achieve all the goals of their program.

Intern Conduct: Interns are expected to demonstrate behavior consistent with the most current Ethical Principles of Psychologists and Code of Conduct of the American Psychological Association and state and federal law governing the conduct of psychologists. The PSC, in accordance with generally accepted professional standards, reserves the right to define professional competence and demeanor, to establish standards of excellence, and to evaluate interns in regard to them. Interns have the responsibility to conduct themselves professionally and help create an atmosphere conducive to learning and service delivery. Interns are expected to uphold professional and personal integrity, to respect the rights of others, to be sensitive to diversity, and to refrain from disruptive, threatening, intimidating, or harassing behavior, or behavior that is harmful to themselves, others, or property. Interns must abide by the standards, policies, and regulations of Pacific University and the Psychological Service Center (PSC). Agreement to abide by the policies and procedures of the Internship Program is implicitly confirmed when the intern agrees to accept the internship position. Failure to adhere to PSC standards may constitute grounds for probation or expulsion from the

Internship Program.

Evaluation by Supervisors/Committee: Once each semester the Director of the Internship and the Internship Faculty Committee conduct a summary review of each intern's progress per the written evaluations by supervisors and interns' self-evaluations. Videotaped sessions may also be reviewed and detailed feedback given on areas of strength and areas to work on in future supervision.

Intern Rights, Conduct, & Grievance Policies

The Director and internship supervisors are fully committed to making the internship year a productive and positive one for the interns. Interns are highly valued as part of the clinical community and are treated in an ethical and respectful way by staff, faculty, practicum students, and each other. Interns have the right to pursue training free from discrimination based on gender, race, ethnicity, religion, marital status, age, sexual orientation, or physical handicap. Interns at the Psychological Service Center (PSC) enjoy freedom of speech, expression, and association, freedom from harassment, and the right to appeal disciplinary judgments or penalties for alleged misconduct.

It is the sincere intent of the PSC to ensure that all interns receive fair and equitable treatment and to provide an easily accessible procedure to resolve grievances in a manner that allows constructive relationships to be maintained within the center. Any instances in which interns are not treated in an ethical and respectful way would be addressed immediately by the Director and internship committee. Supervisors also encourage interns to discuss concerns on a weekly basis and attempt to address them immediately if possible. This kind of close connection and regular contact between the interns, supervisors and Internship Committee facilitates interns being heard and assisted in their training endeavors.

Further information about the PSC intern rights, conduct, and evaluation procedures will be provided during orientation.