

## Introduction

The Nova Southeastern University Psychology Services Center (PSC), formerly known as the Community Mental Health Center (CMHC) is a University-based, mental health treatment center organized to provide applied research and excellent professional clinical training to future psychologists within a broad-based clinical service delivery system. The PSC's three-part mission of research, training and service is accomplished cooperatively its organizational structure within Nova Southeastern University's Center for Psychological Studies (CPS) and through its provision of affordable services to the Broward County Community. The resulting environment is one that is unique in that it offers:

1. A NSU Center for Psychological Studies treatment program that is managed by professional psychologists, most of whom are CPS faculty.
2. A "real-world" outpatient clinical setting that draws from a large, culturally diverse, and clinically rich population of child, adult, and geriatric clients.

## Organizational Setting

Nova Southeastern University Psychology Services Center provides a full array of outpatient services, including traditional treatment and evaluation services in general and specialized programs, information, referral, screening and crisis intervention.

Interns and practicum students complement the interdisciplinary staff and become fully integrated into the staff of the center. Such integration enhances the students' training through cross-fertilization from diverse professional viewpoints and provides

opportunities for ongoing collaboration with different disciplines. While interns become part of the treatment team in their program rotations, they regularly interact with the intern class and training staff during the time they spend together attending seminars and supervision.

Interns have access to appeals and grievance procedures made available to students within the Center for Psychological Studies and/or to employees of the University.

Nova Southeastern University's APA-approved Clinical Psychology programs (Ph.D. and Psy.D.) are located in the same building as the campus branch of the center. School faculty are available to interns for clinical or research consultation and participate in many of the program's training experiences.

## Organizational History

Nova Southeastern University (NSU) Psychology Services Center (PSC), formerly known as the Community Mental Health Center (CMHC) was designated originally as a community mental health program in 1978 when it received its first grant from the Florida Department of Health and Rehabilitative Services. During its early history, the center functioned primarily as a direct service agency with only occasional practicum training conducted by a small psychology staff.

Beginning in 1983, the Community Mental Health Center began a major expansion of its training role, developing a formal practicum training program in conjunction with the NSU Center for Psychological Studies. Additional psychology staff was hired, and in September 1984 the program accepted its first half-time intern who completed a two-year internship in an unfunded position. Three additional full-time interns, all from NSU, were trained in

unfunded slots during 1985 and 1986. The CMHC accepted its first two students from outside NSU in 1986-87, each of whom received a stipend. The internship program was awarded full APA accreditation in late 1987, and has remained fully accredited since that time, typically admitting a class of 6 funded interns. In 2004, the clinic changed its name to the Psychology Services Center. During this period of reorganization, the internship took a 2 year hiatus, maintaining APA – accredited “inactive” status. The main change involved a move toward sliding scale fee for service funding rather than large contracts for public funding. We are now admitting a class of two funded interns.

## Philosophy and Goals

The internship training program provides generalist clinical training in a practitioner informed by science model. It is the philosophy of the training staff that the predoctoral internship should encourage the acquisition of "generalist" skills rather than support the pursuit of narrowly defined specialties. The program is therefore designed to provide instruction and experience in the wide spectrum of functions engaged in by the psychologist operating in an outpatient facility, and/or an academic or other facility.

In keeping with the goal of training psychologists in the "generalist" model, a variety of therapeutic styles are taught. The members of the training staff represent a spectrum of therapeutic models including psychodynamic, cognitive-behavioral, experiential, and systems approaches. Additionally, Interns have the opportunity to work with clients representing the lifespan including children, adolescents, adults, and elderly.

The program faculty also believes that clinical practice should be informed by science and thus emphasis is placed on using the psychological literature as a guide to treatment. Internship training includes supervised practice experience, training in empirically supported assessment and intervention methods, supervision by adherents to the scientist-practitioner model, and opportunity for involvement in the process of applied clinical research.

Due to the structure of the center, which combines a community clinic model with that of a university-based psychology clinic, the staff has a particularly high investment in training psychologists. The training activities of the psychology staff, therefore, constitute an integral aspect of its role at the center. The center views the staff's role as trainers seriously, so that supervision and teaching take on primary importance.

The goals of the internship program are to enable doctoral candidates in psychology to develop professionally, enhance their ability to utilize scholarly research to inform practice, develop proficiency in psychological assessment and psychotherapeutic intervention, and to acquire basic competence in the provision of supervision and consultation.

Throughout the internship year, interns are expected to:

- ◆ Demonstrate knowledge and application of ethical principles
- ◆ Seek and utilize appropriate consultation and supervision
- ◆ Interact professionally with peers, technical teams and supervisors
- ◆ Provide 16-18 hours per week of direct service and complete required documentation

- ◆ Utilize research literature to guide their clinical practice
- ◆ Choose, administer, interpret and write a total of six psychological assessment batteries
- ◆ Establish and maintain rapport with clients
- ◆ Maintain sensibility to diversity issues
- ◆ Conduct intake interviews, evaluate safety issues and provide informed consent
- ◆ Formulate case conceptualization
- ◆ Generate appropriate treatment plans and implement interventions
- ◆ Provide supervision and consultation to other mental health professionals

Upon completion of the training year, interns are expected to be capable of maintaining a degree of independence and demonstrating good judgment in the performance of the duties of a psychologist.

Further, it is hoped that the interns will leave the center with an interest in and a commitment to the provision of high-quality service in the public sector or in an academic or other setting and will have a basic understanding of the role of the psychologist.

### Program Description

The internship training program consists of two major components: (a) supervised clinical experience in general and specialty service programs; and (b) training meetings and seminars. Interns will receive experience in these areas with an emphasis on a

practitioner informed by science model, service delivery based on a knowledge and understanding of relevant research, and advancing knowledge in the field of service delivery through the use of research in an applied clinical setting. Opportunities to participate in ongoing research or to conduct original research are available. A list of CPS faculty and their areas of interest is available on the CPS website <http://www.cps.nova.edu>

### Supervised Clinical Experience

Interns devote at least 40 percent of their time to direct clinical service. Sixteen hours per week of direct service is required for the first half of the year, increasing to 18 hours per week of direct service for the second half.

The particular activities and cases composing the intern's direct service time are negotiated with his or her clinical supervisors. The activities will vary somewhat for each individual depending upon his or her particular interests and training needs. In order to provide exposure to a broad range of clinical experiences and modalities, all interns are required to gain experience in the following areas:

1. **Psychotherapy:** Interns are required to work in a variety of modalities, which may include individual, marital, family, and group. Patient population will include diverse socioeconomic backgrounds, ethnic groups, ages and ranges of pathology.
2. **Clinical Evaluations:** Interns generally complete at least one intake evaluation per week to provide a means of refining diagnostic and treatment planning skills.
3. **Psychological Testing:** Interns perform psychological tests based on each intern's interests and negotiation with supervisors. Interns complete a minimum of six batteries during the training year.

4. **Consultation/Education:** Interns may participate in supervised consultation/education projects based on center needs and trainee interest.

5. **Clinical Supervision:** Interns may have the opportunity to provide individual and group supervision to practicum students, which is in turn supervised by the psychology training staff.

Each intern receives three hours of individual clinical supervision per week from members of the training staff. Supervision may include the use of audio and videotapes, case notes, and other supporting materials. Additional clinical supervision is provided in group settings through seminars and case conferences (see Training Meetings and Seminars). Supervisors are responsible for providing interns with written feedback quarterly regarding their clinical functioning and progress (See Intern Evaluation). Informal verbal feedback is provided on an ongoing basis.

Interns simultaneously complete both required rotations and select one of the center's specialty programs for the course of the year.

### **Required Rotations**

**Child, Adolescent and Family Services Program** provides psychological services to catchment area children ages 5 to 17 years with a variety of problems.

Coordinator and Supervisor:  
Yukari Tomozawa, Psy.D.

**Adult Services Program** serves catchment area mentally ill adults with a broad range of problems.

Director: Leonard Schnur, Ph.D.  
Supervisor: Alan Katell, Ph.D.

### **Rotation Options**

**Child and Adolescent Traumatic Stress Program** serves children to age 17 years with somatic and/or psychological problems in reaction to trauma.

Director and Supervisor:  
Jan Faust, Ph.D.

**Program for the Seriously Emotionally Disturbed** provides assessment and psychodynamic psychotherapy to children, adolescents and adults with psychotic disorders.

Director and Supervisor:  
Jan Faust, Ph.D.

**Trauma Resolution Integration Program** serves adults ready to work on issues related to past sexual abuse, and adults who have experienced single-incident trauma.

Director and Supervisor:  
Steven Gold, Ph.D.

## **Training and Seminars**

In addition to individual supervision, interns are given the opportunity to continue to develop a theoretical framework to support their direct clinical and research experience. These consist of:

◆ **Case Conference (1 hour weekly)**

Presentations may include case-oriented seminars as well as group supervision. Case Conference is led by the Director of Internship Training.

◆ **Special Topics Seminar (2 hours weekly)**

A series of didactic modules on topics on general interest are conducted by members of the training staff, faculty of the doctoral programs of Nova Southeastern University's Center for Psychological Studies. Interns also

attend seminars in the community once per month.

- ◆ **Program Meetings (2 hour meetings)**  
Interns attend program meetings in each their rotations. Activities include case staffing, clinical discussion, and group supervision.
- ◆ **Internship Program Evaluation Meetings (quarterly)**  
Interns and the Director of Internship Training meet to discuss the interns' experience of the program, monitor their progress, and evaluate how successfully the program is addressing their needs.
- ◆ **Continuing Education Workshops**  
Nova Southeastern University's Center for Psychological Studies sponsors several professional workshops on campus. Nationally and internationally known professionals are invited to present valuable training experiences in a variety of areas of interest to professional psychologists and other disciplines. Interns are expected to attend at least two of these workshops. The fee is waived for Interns.

## Resources

Interns share an office which is equipped with a computer. Interns see clients in the PSC clinic rooms. Interns receive administrative support from the PSC office staff. Interns also have access to all of the CPS and University resources which include a fully stocked psychological testing library, a computer lab, and a large University library.

## Intern Evaluation

Interns are evaluated four times per year by each of the program supervisors. Interns are evaluated using a brief evaluation form at the three month and nine month point in the training year and the comprehensive evaluation form is utilized at the six month point and end of the training year. The brief form provides a global rating of the intern's overall performance whereas the comprehensive form lists all of the internship goals and operationally defines each of the objectives.

On the brief evaluation form: At the three month evaluation, each intern must receive a rating of "needs regular supervision", "meets expectations", or "exceeds expectations". A rating of "needs remedial work" triggers the formation of a formal remediation plan. The standards are raised as the intern progresses toward completion of the internship year in that at the nine month evaluation, each intern must receive a rating of "meets expectations" or "exceeds expectations". Any rating of "needs regular supervision" or "needs remedial work" will be addressed via a remediation plan.

On the comprehensive evaluation form: At the six month evaluation, each intern must receive a rating of "needs regular supervision", "meets expectations", or "exceeds expectations" in all goals areas and objectives assessed. Any rating of "needs remedial work" requires the generation of a remediation plan to assist the intern in improving the particular issue. Again, the standards are raised as the intern nears the completion of the intern year in that for the end of the year evaluation, each intern is required to receive ratings of "meets expectations" or "exceeds expectations" in all areas assessed in order to successfully complete the training program.

It is our belief that at the end of the training year, interns who display full competency in all of the specified goal areas are indeed ready to move on to the post-doctoral level training.

## Application Process

Applicants considered for an internship at Nova Southeastern University Psychology Services Center must be enrolled in an APA- or CPA-approved program in clinical or counseling psychology. In addition, they must have completed a minimum of two years of doctoral-level training, including at least 1000 hours of supervised clinical practicum experience. At least 100 direct hours with children/adolescents and 100 direct contact hours with adults are required in either supervised practicum or other clinical experience. Approval of a dissertation proposal or final research paper by the time of acceptance of an internship is also preferred.

The quality of each applicant is assessed on the basis of review of the completed application materials and a personal interview. A number of applicants will be selected for an interview after the application deadline date. The application materials required of each applicant consist of:

1. The APPIC Application for Psychology Internship (AAPI).
2. A curriculum vitae.
3. Official transcripts of all graduate work.
4. Three letters of recommendation from faculty and supervisors.

The deadline for receipt of all application materials is **November 1. Please note that all application materials including transcripts and letters of recommendation should be**

**submitted electronically via the AAPI Online which can be accessed at [www.appic.org](http://www.appic.org), click on “AAPI Online.”** Internship offers are made in compliance with APPIC guidelines.

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 prior to Uniform Notification Day.

## Stipend

The stipend is \$17,000 for a 12-month period. In addition to a three-week paid vacation, there are 12 paid holidays. During the internship year, the trainee is covered by health insurance, liability insurance and other fringe benefits as determined by University policy.

## The Region

Nova Southeastern University and the Psychology Services Center is located in Fort Lauderdale, Florida. The area is noted for its year-round mild climate, beaches, resorts, and outdoor recreational activities. With easy accessibility to downtown Fort Lauderdale and Miami, there are many cultural resources including libraries, and philharmonics, ballet and theatrical companies. There are several universities and colleges in the Dade, Broward, and Palm Beach County area. Lectures and workshops by visiting scholars from a wide range are frequent.

Notice of Non-discrimination: Nova Southeastern University accepts applicants of any race, color, sex, age, nondisqualifying disability, religion or creed, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in

administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelors, masters educational specialist, and doctoral degrees. The University is chartered by the State of Florida. The Center for Psychological Studies' doctoral and internship programs are accredited by the American Psychological Association (750 First St., NE, Washington, DC, 20002-4242; Telephone number 202-336-5500).