

The South Florida Consortium Internship Program Brochure

2009-2010

Stacey Lambert, Psy. D., Director of Training

INTRODUCTION

The South Florida Consortium Internship Program (SFCIP) was developed by the Center for Psychological Studies of Nova Southeastern University in response to the shortage of quality pre-doctoral internship sites in South Florida. By creating a consortium of community clinical facilities and an academic environment NSU provided new internship sites for clinical psychology pre-doctoral interns. Nova Southeastern University's South Florida Consortium Internship Program (SFCIP) is a member in good standing in the Association of Psychology and Postdoctoral Internship Centers (APPIC). The SFCIP is exclusively affiliated with the NSU doctoral program, meaning it only accepts applications from student enrolled in the NSU doctoral program.

ORGANIZATION AND STRUCTURE

The Center for Psychological Studies (CPS) sponsors the Consortium. Located on the main campus of Nova Southeastern University, the Center has 34 full-time faculty and offers two doctoral programs in clinical psychology, master's programs in counseling, mental health counseling, school guidance and counseling, clinical psychopharmacology, and a specialist program in school psychology. The Ph.D and Psy.D. programs in clinical psychology are accredited by the American Psychological Association (APA). The Psychology Services Center Internship Program is also accredited by the APA (Committee on Accreditation, 750 First Street, NE, Washington, DC, 20002-4242; Telephone number 202-336-5979). An APA accredited Continuing Education program series that interns are encouraged to attend is also offered by CPS.

The SFCIP is managed through an Executive Board (EB) which is composed of the Dean of CPS, or her designee, the Consortium's director of training (DOT), the supervising psychologist at each training site, and a management representative from each training site. The EB is responsible for the development of SFCIP policy, the integrity of the program, the oversight of psychology training, and selection of interns. An Operations Committee composed of the site supervisors and the director of training serves as the management arm of the Executive Board. It meets monthly to monitor and manage the overall functioning of the SFCIP to ensure to that the interns receive sufficient and appropriate training.

The Consortium provides a variety of training opportunities in community settings, supervised by on-site licensed psychologists. Site supervisors utilize various therapeutic models, from cognitive-behavioral to psychodynamic, providing a unique learning opportunity for the interns. The Consortium Internship Program actively supports the university's mission to provide community mental health services.

PHILOSOPHY AND GOALS

The SFCIP's principal goal is to enable doctoral candidates in psychology to become prepared to competently practice professional psychology. Interns will develop proficiency in the execution of a broad range of clinical, assessment, consultation, program evaluation, and supervision skills in community settings. It is the Executive Board's philosophy to place emphasis on encouraging the acquisition of "generalist" skills rather than narrowly defined specialties. The program is designed to provide instruction and experience in a wide spectrum of functions engaged in by licensed psychologists at each particular Consortium site, supplemented by academic and research support through the CPS. The goals and objective are consistent across all sites.

Goal #1: Interns will be prepared to competently practice professional psychology.

Objective A: Interns will demonstrate active participate in the program training activities.

Objective B: Interns will follow APA ethical code of conduct and applicable laws.

Objective C: Interns will routinely use scholarly material to guide their clinical work.

Goal #2: Interns will develop proficiency in evaluation, diagnostic, and general assessment skills.

Objective A: Interns will be proficient in completing written clinical evaluations of patients.

Objective B: Interns will be able to use DSM-IV to diagnose and provide a multi-axial assessment for patients.

Objective C: Interns will take cultural and ethnic diversity into consideration in developing an appropriate assessment strategy for each client.

Objective D: Interns will be able to effectively administer, interpret, and write integrated psychological reports.

Goal #3: Interns will develop proficiency in providing clinical interventions.

Objective A: Interns will be able to develop an appropriate treatment plan based upon conceptualization, theoretical understanding, and empirical support for each client's presenting problem.

Objective B: Interns will take into account implications of diversity in relation to conceptualization, treatment planning, and therapist/client interaction.

Objective C: Interns will identify and discuss alternative theoretically-based methods of treating cases.

Objective D: Interns will demonstrate the ability to consistently establish strong therapy alliances and effectively implement an array of psychotherapeutic interventions.

Goal #4: Interns will develop basic proficiency in consultation, program evaluation, and supervision.

Objective A: Interns will be able to provide appropriate in-service training sessions.

Objective B: Intern will effectively participate in a multi-disciplinary team.

Objective C: Intern will participate in program evaluation activities.

Objective D: Intern will be able to understand how to, and/ or provide competent developmentally appropriate supervision.

PROGRAM DESCRIPTION

The community-based training sites that form the SFCIP provide an array of clinically and culturally diverse populations that offer our interns supervised clinical training and experience during a one-year placement at one of the six Consortium sites. Services include behavioral medicine, forensic psychology, individual and family therapy, group therapy, assessment, and crisis intervention in a number of inpatient and outpatient community settings.

Approximately twenty-five percent of the intern's time is dedicated to direct clinical service. The particular activities and cases comprising the intern's direct service time are negotiated with the intern's clinical supervisors. The activities vary for each individual intern depending upon his or her training site, 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. **Clinical Evaluation:** Interns generally complete one clinical interview per week to provide a means of refining diagnostic and treatment planning skills.

2. **Psychological Testing:** Interns perform psychological tests based on intern interests, patient's need and site requirements.
3. **Psychotherapy:** Interns are required to work in a variety of modalities, which may include individual, marital, family, and group. Patient population ordinarily will include diverse socioeconomic backgrounds, ethnic groups, ages, and ranges of pathology.
4. **Consultation/Program Evaluation:** Interns participate in supervised consultation/education projects based on site needs and trainee interest. This may include lectures, staff in-service training, and consultation within a multi disciplinary setting.
5. **Clinical Supervision:** Interns have the opportunity to provide individual and group supervision to practicum students, who are in turn, supervised by the psychology training staff. This activity typically occurs in the latter half of the internship year. In sites where there are no practicum students, interns provide some supervision and training to the staff at their internship site.

While the sites may not be in close proximity to one another, interns meet together regularly for seminars, grand rounds and professional development training. The Consortium's Executive Board promotes intern interaction among interns, CPS faculty, and each agency.

Interns receive two hours of individual face-to-face clinical supervision each week from the licensed clinical psychologist located at the internship site. Supervision is provided in an atmosphere that respects the intern's level of development and may include the use of audio and videotapes. Supervisors are responsible for providing interns with quarterly written feedback regarding their clinical functioning and progress. Interns must achieve a rating of three out of five on all objectives on the mid-year evaluation and a four out of five in all areas on the final evaluation in order to successfully complete the program.

Weekly professional development training and case conferences are an integral part of the program and provide additional clinical supervision in group settings. Seminars and case conferences are held at the internship site and at the university. Topics include professional development, special populations, and ethical issues. Topics may be presented based on intern interest. Each intern is required to present on an area of their expertise one time per year. The university library and computer labs are available to interns.

In the case of complaint or grievance, interns have access to the grievance procedures established by the SFCIP. The Executive Board is the final arbiter. In the years that the SFCIP has been in operation problems have been satisfactorily resolved.

INTERNSHIP SITES

Broward General Medical Center (BGMC) – Bill Bracker, Psy. D., Supervisor

BGMC has been serving Broward County residents since 1938 and it is the most complete medical referral center in the county. Each year, BGMC admits approximately 24,000 patients, deliver 4000 babies and handle more than 75,000 emergencies. BGMC is also one of only three Level 1 trauma facilities in South Florida. Interns will have experiences in trauma services, pediatrics, behavioral health, family medicine, oncology, palliative care, and wellness programs. Opportunities for individual consultation, psychological testing, short-term solution focused therapy and family therapy are available with a wide range of patients. BGMC also offers weekly lectures, presentations, and Grand Rounds, which Interns are encouraged to attend. Interns at this site will provide lectures to medical residents, staff, and students and may also participate in the supervision of psychology practicum students.

Chrysalis Center – Gloria Montes de Oca, Psy. D., Supervisor

The Chrysalis Center is an organization that provides mental health and support services to children, adolescents, adults, and families of Broward, Dade, and Palm Beach counties. We service clients whom are experiencing an array of needs including those that are emotional, social, cognitive, behavioral, and psychiatric in nature. The Chrysalis Center's programs serve to ensure the most favorable outcome possible for clients who may be experiencing a myriad of mental health disorders, clients with difficulties in their everyday functioning, and clients who may be living in the aftermath of childhood abuse and/or neglect.

The internship program at The Chrysalis Center is intended to provide pre-doctoral interns with dynamic experiences in working with a diverse population of clients. The internship program fulfills this goal by providing the intern with four separate and unique experiences. One aspect of the internship program involves a four month rotation at each of our three therapeutic group homes. Each group home consists of children and adolescents requiring comprehensive and intensive mental health services, including individual and group therapy conducted by the interns. The second aspect of the intern's training experience involves co-facilitating and directing weekly multidisciplinary staffings. These staffings consist of various professionals in the field of sexual abuse, and focus on providing legal and mental health recommendations for children throughout Broward County who have been involved in child on child sexual abuse cases. A third facet to the intern's training involves providing intensive on-site therapeutic services to children and/or adults. Many of our clients have experienced sexual trauma and interns will be trained in providing sexual specific treatment and victim counseling. Lastly, the interns will be conducting various psychological evaluations, psycho-educational evaluations, and psychosexual assessments as part of their training experience. In addition to the four core components of the

program, interns will attend monthly Broward Sexual Abuse Intervention Network (BSAIN) meetings, will have opportunities to provide family therapy, crisis intervention, in-service trainings, and provide ongoing supervision to practicum students.

Broward Sheriff's Office-Timothy Ludwig, Ph. D., Supervisor

The Broward Sheriff's Office Department of Detention operates the tenth largest fully accredited local jail system in the nation-with five detention facilities. One facility operates a 375-bed mental health unit that provides interns a unique training opportunity in forensic mental health services. Interns will have the opportunity to conduct individual and group psychotherapy, crisis-intervention, and psychological evaluations. The interns will work with a broad range of disorders, work as a part of a multidisciplinary team faced with challenging behavior and symptom management issues, and be exposed to the workings of the criminal justice system. In addition, interns will have the opportunity to provide mental health education and training for detention deputies and health care staff.

Child Provider Specialists at Miami Children's Hospital Dan Marino Center

Child Provider Specialists (CPS) provides comprehensive psychological services to children in the South Florida area. CPS has its main office at the Miami Children's Hospital Dan Marino Center in Weston Florida. As psychologists we use an integrated multi-disciplinary approach to provide services to children and families. Related specialties include Neurology, Speech-Language Pathology, Occupational and Physical Therapy, and Educational Intervention.

Interns are offered a rich learning experience. Working hand in hand with highly experienced psychologists, interns develop their skill base in neuropsychological assessment, consultation, parent and professional education, and psychotherapeutic techniques (group, family and individual). Our primary supervisor of diagnostic services, Sheri Silverman, Psy.D. has over 15 years of experience in testing. To encourage a collegial team environment, support is available at all times to interns from at least one licensed professional throughout the workday.

One day each week (Monday) cases are presented for case review with a senior psychologist present in an individual and/or group format. Our interns are coached in presenting cases and clinical areas of interest to professionals and parents. Interns are provided with 4 to 6 hours per week of direct supervision when engaged with patients, either in the testing or therapy situations. Supervisors are available for one on one consults one morning each week to assist as needed. As the skills of the interns increase, they are provided the flexibility to handle more complex cases and work more closely with related professionals within our center in an integrated team format.

The Renfrew Center – Jamie Long, Psy.D., Supervisor

The Renfrew Center is the country's first residential treatment facility specializing in the treatment of eating disorders (anorexia, bulimia, and compulsive overeating), substance abuse, trauma, anxiety, depression, and related women's mental health issues. Renfrew's Eating Disorder Treatment Programs encourage women to participate actively in their own recoveries. Treatment is designed to be collaborative rather than imposed, interactive rather than passive, and personal rather than distant or neutral. Our innovative programs emphasize the value and healing potential of interpersonal connections. The Renfrew Center offers a comprehensive range of services so that treatment can be tailored to meet each individual's needs. After an assessment, treatment goals and plans are developed in collaboration with the client and her referring therapist if applicable. Renfrew addresses both the underlying issues and behavioral change, offering family therapy, art and movement therapy as well as traditional psychotherapies, psychiatry, and nutrition counseling.

Interns will have the opportunity to conduct individual psychotherapy, group psychotherapy, crisis contacts, and psychological evaluations. Interns will work as a part of a multi-disciplinary treatment team and participate in weekly treatment team rounds. Interns will have the opportunity to provide individual/group supervision to practicum students, which will be supervised by licensed psychologists. Interns may have the opportunity to participate in lectures and trainings that may be offered at Renfrew. Interns will also present cases for review and will provide in-service trainings.

Henderson Mental Health Center, Inc. – Carol Bakwin, Psy.D., Supervisor

Henderson Mental Health Center is a private, not-for-profit behavioral healthcare system providing comprehensive, recovery-focused services to nearly 17,000 people annually, of which 5,000 are youth. The Center provides a continuum of high quality, community-based prevention, education, treatment and rehabilitation services by utilizing best practice and evidence-based treatment models. With 15 facilities throughout Broward and Palm Beach counties, the organization offers over 30 different children and adult programs which are fully accredited by the Commission on Accreditation of Rehabilitation Facilities (C.A.R.F.).

Through the Internship Program, interns will have the opportunity to provide individual, group and family therapy, crisis counseling, psychological testing and evaluation. In addition, interns are trained in the evaluation of psychological disorders using diagnostic interviewing and behavioral assessment and observation methods. Training in a broad array of therapeutic intervention methods with an emphasis on evidence-based treatment approaches is provided. Interns learn to develop and monitor measurable treatment goals, and assess treatment outcome. During the course of the Internship year, interns are

encouraged to develop their own interpersonal and intrapersonal skills while providing services in a culturally sensitive manner.

Biscayne Institutes of Health and Living- Marie DiCowden, Psy.D., Supervisor

Biscayne Institutes of Health and Living (BIHL) is a HealthCare Community™ that comprises: Biscayne Rehabilitation Institute (BRI); Biscayne Academy; and Biscayne Health Institute. BIHL also supports the Biscayne Foundation, a non-profit organization. Training programs are available in all aspects of BIHL.

Biscayne Rehabilitation Institute is a post-acute, CARF accredited, rehabilitation facility that specializes in treating children and adults with chronic diseases, brain or spinal cord injuries, amputations or chronic pain. Patients are evaluated and triaged into Adult Brain Injury/Neuropsychological program; Pediatric Neuropsychological program or Outpatient Medical Rehabilitation program. Biscayne Academy is a full service school that combines special education and rehabilitation. Biscayne Health Institutes provides care and consultation in the context of integrative primary and complementary care.

Goals and objectives for training: Clinical trainees will be expected to refine clinical knowledge and skills within their own specific discipline as well as expand their clinical base to include a broader conceptual framework of healthcare. Accordingly, clinical trainees will learn to practice in the context of the Biscayne Institutes HealthCare Community model. (1) Clinical trainees will learn basic skills to practice as members of interdisciplinary/transdisciplinary rehabilitation terms. (2) Clinical trainees will learn and practice mind/body principles. (3) Clinical trainees will be expected to learn to conceptualize cases using a biopsychosocial assessment model. (4) Clinical trainees will be expected to learn the clinical services provided by interdisciplinary/ transdisciplinary rehabilitation team. (5) Clinical trainees will be expected to learn to consult with interdisciplinary/ transdisciplinary rehabilitation team.

Additionally, students are readily integrated into the BIHL community. As integral members of the community, students may expect to be respected, supported and challenged in both personal and professional arenas. Of equal weight, is the expectation that the students will support, respect and contribute to the community. In order to achieve this level of involvement, comprehend and apply principles of a HealthCare Community model, clinical psychology interns are required complete a full year, 40 hour per week internship.

SITE ASSIGNMENT

Applicants invited for interviews are provided the opportunity to meet with the site representatives, current interns, the site supervising psychologists and the DOT to find out information about all of the sites. Site supervisors and interns have the opportunity to share needs and interests in order to determine the most appropriate site placement.

Interns will have the opportunity to identify those sites they are most interested in and be interviewed by those sites. Each site will have their own match number, giving the intern the opportunity to match with their preferred site.

Prior to beginning internship and depending on the internship site's requirements, interns may be subject to criminal background check, drug screening, and/or health screening. The offer for intern placement is contingent upon passing one or all of these screenings. Should an intern match with SFCIP and not pass any of the required screenings, the guarantee of an internship position will no longer be binding.

Interns also sign a Memo of Understanding stating that they are aware that should a site contract fall through, SFCIP will attempt to find a suitable placement, but there is no guarantee that another placement will be found, nor that the replacement site will continue the intern's annual stipend.

APPLICATION PROCESS

The South Florida Consortium Internship Program is a captive site. Applicants must be enrolled in an APA-accredited program in clinical or counseling psychology at Nova Southeastern University. In addition, they must have completed a minimum of two years of residential doctoral-level training, including at least 600 hours of supervised clinical practicum experience. Approval of a dissertation proposal or final research project by the time of acceptance of an internship is preferred.

The quality of each applicant is assessed on the basis of review of the completed application materials and a personal interview by two or more evaluators. All applicants invited for interviews must attend Interview Day in order to be considered for a Consortium internship.

The application materials required of each applicant consists of:

1. A completed APPIC Application for Psychology Internship (AAPI).
2. A curriculum vitae.
3. Official transcripts of all graduate work.
4. Three (3) letters of recommendation from faculty and supervisors.
5. A letter of eligibility from the applicant's director of clinical training.
6. A brief statement summarizing the applicant's interest in psychology, experience, training, internship training goals, long-range professional goals, and reasons for applying to the Consortium Internship Program.

The deadline for receipt of all application materials is November 1, 2009. 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. Application materials should be requested from and returned to:

Stacey Lambert, Psy. D.
Director of the South Florida Consortium Internship Training
Nova Southeastern University
Center for Psychological Studies
3301 College Avenue, Ft. Lauderdale, FL 33314
(954) 262-5931, Email: lambstac@nova.edu

SELECTION PRIORITIES

The SFCIP is a captive site and will only accept applications from students at Nova Southeastern University.

THE STIPEND

Interns at the Chrysalis Center, Henderson Mental Health, and the Child Provider Specialists become the employee of their training site. The intern receives a stipend of \$14,000 for a 12-month period, in addition to paid vacation, sick leave and other all other benefits accorded to employees of their assigned site. In addition to benefits provided by the training site, interns should be covered for health insurance, liability insurance and other fringe benefits as determined by policies provided by their school.

Interns at the Broward General Medical Center, the Broward Sheriff's Office, Renfrew Center, and Biscayne Institute for Health and Living are funded as an employee of NSU-CPS. The stipend is also \$14,000. The intern receives all benefits accorded to NSU-CPS employees

THE REGION

The Nova Southeastern University's Center for Psychological Studies 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 of fields are frequent. Living expenses are relatively reasonable, and one can choose from living situations ranging from rural to suburban to beachfront. All of this makes for an excellent environment within which to spend a year of training.

NOTICE OF NONDISCRIMINATION

Nova Southeastern University accepts applicants of any race, color, sex, age, non-disqualifying 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 program are accredited by the American Psychological Association (750 First St., NE, Washington, DC, 20002-4242; Telephone number 202-336-5500).