



**CHILD & FAMILY CENTER
DOCTORAL PSYCHOLOGY INTERNSHIP
PROGRAM**

2019-2020

TABLE OF CONTENTS

Contents

Message from the President/CEO _____	1
About the Agency _____	2
The Training Setting _____	3
The Training Model _____	4
Training Goals & Objectives _____	5
Program Structure _____	6
Direct Service Activities _____	7
Training _____	9
Supervision _____	11
Training Year Logistics _____	12
Application and Selection Requirements _____	13
Contact Information _____	14
Agency Information _____	14

Message from the President/CEO

WHY CHILD & FAMILY CENTER

We are excited that you are considering Child & Family Center for your doctoral internship site. For over 40 years, Child & Family Center has continued to build on what our founders started, providing quality care and services to children and families in need. Child & Family Center is deeply embedded within the community with strong community partnerships with other non-profit agencies providing services to those in need. This gives our interns a wonderful opportunity to build their clinical skills in a truly community based and collaborative agency with exposure to a full continuum of services and settings.

OUR PROGRAM HIGHLIGHTS

With Child & Family Center, interns work in various departments and programs within the Agency as well as being able to select specialized elective rotations. Our Interns participate in a wide array of services through such programs as: Outpatient Mental Health, Wraparound, Therapeutic Behavioral Services (TBS), Medication Support (Psychiatry), School-Based Services, Targeted Case Management, Full Service Partnership, Multidisciplinary Assessment Teams (MAT), Early Childhood Mental Health, Crisis Services, and Psychological Testing. In addition to establishing strong clinical skills within our core programs, the ability to select rotations through training electives allow Interns to gain exposure to the varied roles that psychologists play in community mental health agencies.

LOOKING AHEAD WITH YOU

Child & Family Center is a vibrant and growing community based behavioral health organization that offers a full continuum of services to a large and varied population from early childhood all the way to young adulthood and beyond. We value growth, training, initiative and innovation and strive to build a learning culture. We look forward to you being a part of our mission and journey.

Joan Aschoff, PsyD
President/Chief Executive Officer
August 31, 2018

About the Agency

Child & Family Center (“C&FC” or “Agency”) is dedicated to helping children, families, and adults to thrive and reach their full potential. Established in 1976 as St. Stephen's Special School, the Agency's founders saw a need to assist children with emotional, learning, and behavioral problems. Helping parents and caregivers learn better ways to parent children was a priority. Evolving into the Santa Clarita Valley Special Children's Center in 1985, counseling services were added for teenagers and their parents. Now known as the Child & Family Center, the Agency has grown into a provider of comprehensive prevention, early intervention, diagnostic evaluation, and therapeutic services for children, teens, adults, and families who live in the Santa Clarita Valley and surrounding areas in Los Angeles County.

Child & Family Center helps thousands of children, their families, and the community by providing comprehensive prevention, early intervention, diagnostic evaluation and therapeutic services for children, teens, adults and families. Programs include

Individual, family and group counseling

- Substance use prevention, education, and treatment
- School-Based counseling
- Crisis intervention
- Intensive in-home care
- Domestic violence services

The staff of professionals includes child psychiatrists, licensed psychologists, licensed clinical social workers, marriage family and child therapists, case managers, and therapists who work in collaboration to provide the best possible care. The Agency collaborates with school districts, social service agencies, Los Angeles County Department of Mental Health, Los Angeles County Department of Children & Family Services, Los Angeles County Department of Substance Abuse Prevention and Control, among others to provide the best possible care for clients. The basic philosophy underlying all the Agency's programs is that early intervention and guidance in an individual's life can prevent more serious problems from developing.

The Training Setting

Child & Family Center is a 501 (c)(3) nonprofit public-benefit corporation and provides community-based mental health, substance use, and domestic violence services. Its headquarters are in Santa Clarita, California in the County of Los Angeles. It also operates outpatient clinics in Newhall and Palmdale, California and a confidential domestic violence shelter in the Santa Clarita Valley. It is Medi-Cal and Drug Medi-Cal certified in the state of California, Medicare-eligible provider through the Centers for Medicare & Medicaid Services, and has other various third-party funding arrangements (e.g., grants, TRICARE).

Dedicated to meeting the behavioral health needs of children, adolescents, adults, and their families, a range of services are provided such as counseling, intervention services, and parent education. Professional training is offered to all staff, members of the community, and mental health interns and trainees. The Agency's mission is to change lives and heal relationships by helping people thrive through education, treatment, prevention and advocacy, with the goal to strengthen families today for stronger communities tomorrow. The Agency is committed to evidence-based practices, client outcomes, staff training and development, linguistic/cultural competency, and continuous quality improvement.

The Training Model

The Doctoral Psychology Internship Program is experiential in nature and based in the belief that breadth of training and experience is essential to the development of well-rounded psychologists. C&FC provides a broad generalist training based in the scholar-practitioner model. Interns are encouraged to take the stance of “local clinical scientists” as described by Strickler & Trierweiler (1995).¹ Interns are exposed to a variety of research based theoretical knowledge and evidence-based practices and are encouraged to engage in ongoing analysis, reflection, and discussion as they deliver direct services to clients. Through the process of learning, doing, and reflecting, or learning through reflection on doing, Interns can adapt their interventions and approach to meet the individual needs of each client.

¹ Strickler, G. and Trierweiler, S. (1995). The Local Clinical Scientist: A Bridge Between Science and Practice. *American Psychologist*, 50, 995-1002.

Training Goals & Objectives

The overall goal of C&FC's Doctoral Psychology Internship Program is to prepare Interns for the professional practice of psychology. The Program has clearly defined areas of expected competency that are consistent both with the Agency philosophy and training model as well as with more global standards for the training of professional psychologists. By the end of the internship year, it is expected that Interns will develop basic competency in the following foundational and functional competency areas.

FOUNDATIONAL COMPETENCIES

1. Professionalism
2. Reflective practice/self-assessment
3. Ethical and Legal Standards
4. Research
5. Relationships
6. Individual and cultural diversity
7. Assessment
8. Intervention
9. Consultation and Inter-professional/Interdisciplinary Skills

FUNCTIONAL COMPETENCIES

1. Assessment, diagnosis, case conceptualization
2. Intervention
3. Supervision

Program Structure

Experiential Training-Interns are provided with opportunities to work in various departments and programs within the Agency. These include a variety of direct and indirect service activities. The Intern may participate in any of C&FC's wide array of services through the following programs: Outpatient Mental Health, Wraparound, Therapeutic Behavioral Services (TBS), Medication Support (Psychiatry), School-Based Services, Targeted Case Management, Full Service Partnership, Multidisciplinary Assessment Teams (MAT), Early Childhood Mental Health, Crisis Services, and Psychological Testing.

Direct Service Activities

INDIVIDUAL THERAPY

Interns are responsible for the diagnosis and treatment of approximately ten (10) individual clients. When providing service to children and adolescent clients, Interns also work closely with parents and other family members (i.e., collateral services and/or family therapy) specifically to assist the clients in meeting their treatment needs. Interns are expected to provide family therapy, case management, crisis intervention, and team consultation for their clients.

GROUP THERAPY

Interns conduct weekly therapy groups with children, adolescents, or parents. These groups may be in the school-based programs or the outpatient department. Groups often focus on a topic or theme, which is selected by the group leader in conjunction with the supervisor. Topics in the past have included such areas as anger management, social skills, DBT skills, independent living skills, parenting skills, etc. Groups in the school-based programs often focus on social skill development, helping clients listen to, respect, and appropriately interact with peers while functioning within a group setting. Outpatient groups may be structured and on a particular topic, educational in nature, or process-oriented.

PSYCHOLOGICAL ASSESSMENT

Interns participate in providing psychological testing services for clients at C&FC. The typical age range for testing is 7-16 years of age, with some possibilities of assessment or psychodiagnostic assessment consultation for children 0-5 years of age, as well as possibilities with Transitional-Age Youth.

Interns are typically expected to complete at least four comprehensive diagnostic assessment batteries during the year. Interns may choose to conduct more if time permits or if required by their academic program. Interns may also participate in providing brief psychodiagnostic consultation services as well.

The Psychodiagnostic Assessment Group Supervision provides Interns with opportunities to expand their skills in this area. Care is taken in the assignment of testing cases to ensure that each Intern's testing experience is characterized by a wide range of ages, diagnostic categories, and referral questions. Testing currently provided by the Interns is with cases

CHILD & FAMILY CENTER

DOCTORAL PSYCHOLOGY INTERNSHIP PROGRAM

that are already in treatment at C&FC and referrals are made by Agency therapists from various programs throughout the Agency.

ELECTIVE ROTATIONS

Interns participate in training at least two elective rotations during the internship year. Rotations through training electives allow Interns to gain exposure to the varied roles that psychologists play in community mental health agencies. Interns can choose electives that best fit their interests and experience. If an Intern's specific needs or interests are not met by any of the listed electives, they may work with the Director of Training to design an alternative. The specific electives offered may vary from year-to-year as new programs are developed based on the changing needs of the Agency and the community served. Current electives are:

- Intake Assessment
- Crisis Intervention
- School-Linked Services
- Domestic Violence Advocacy and Treatment
- Substance Use and Co-Occurring Disorders
- Early Childhood Mental Health
- Mental Health Consultation
- Administration

RESEARCH

While the Doctoral Psychology Internship Program is primarily a clinical and treatment-focused training experience, Interns are provided with opportunities to increase skills in the areas of research, program evaluation, and program development. As part of their training at C&FC, Interns are required to complete a research, program evaluation, and program development project in coordination with a member of the Quality, Training & Compliance Department or Senior Level Agency Staff. Interns are required to develop and present a proposal early in the training year and required to present a report on their results at the end of the project. There are Agency-identified areas for further development that Interns may choose to address. However, Interns are also encouraged to collaborate with supervisors and other Agency staff to identify projects based on personal interest and/or identified gaps in service to better meet the needs of the clients and the community that the Agency serves.

Training

A variety of formal structured training sessions are provided for Interns, including the following:

ORIENTATION TRAINING

During the month of September, Interns receive trainings related to Agency and training program's policies and procedures. In addition, the following trainings are provided:

- Electronic health record
- Department of Mental Health and other funder clinical documentation
- Outcomes measures (Interns are expected to collect pre and post-treatment outcome measures)
- Crisis intervention
- Child abuse and adult dependent abuse reporting

DIDACTIC SEMINARS

Interns participate in a year-long didactic seminar series, which is held weekly and covers a wide range of topics in professional psychology, including diversity issues, empirically supported treatment models, Cultural diversity, supervision, and other topics related to the practice of psychology in a community mental health setting. Agency staff who are experts in various aspects of professional psychology may be invited as speakers. C&FC also offers other educational programs to advance professional development.

PSYCHODIAGNOSTIC ASSESSMENT GROUP

A one-hour weekly psychodiagnostic assessment group offers the Intern graduate level instruction and practice in administering a broad range of tests and other procedures for gathering data: organizing the resulting observations and data into relevant, useful inferences or impressions; and writing concise client-focused reports. Prior basic understanding of the principles and theories underlying psychodiagnostic assessment is expected. The emphasis of the group is on the acquisition of practical skills that will assist the interns to function as increasingly independent consultants to colleagues, parents, and clients.

CHILD & FAMILY CENTER

DOCTORAL PSYCHOLOGY INTERNSHIP PROGRAM

The training provided by the testing program aims to assist the Interns in mastering various assessment skills, including test selection, administration, interpretation of results, providing effective feedback to professionals as well as the client and/or client's family members, identifying and understanding the limits of testing (i.e., personality theories, related philosophical beliefs, factors influencing test construction, and empirical constraints), as well as current challenges in the practice of psychological assessment.

EVIDENCE-BASED TRAINING OPPORTUNITIES

In cooperation with the Los Angeles County Department of Mental Health, the Agency uses evidence-based practices (EBPs) under the County's Prevention and Early Intervention (PEI) Program. These EBP offerings include Parent-Child Interaction Therapy (PCIT), Seeking Safety, Positive Parenting Program (Triple P), Managing and Adapting Practice (MAP), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Individual Cognitive Behavioral Therapy (ICBT). Intern training in specific EBPs is based on trainer availability and Agency need.

ADDITIONAL PSYCHOLOGY-SPECIFIC TRAINING

Child & Family Center is a longstanding American Psychological Association (APA) approved Continuing Education (CE) Sponsor. A needs-based continuing education program is provided for Licensed Psychologists and other health service professionals. C&FC offers a variety of training opportunities generally offered on a quarterly basis. Interns are welcome to participate in CE trainings along with Agency staff. Examples of past CE topics include Law and Ethics, Child Abuse Reporting, Reflective practice and Reflective Supervision, CSEC Human Trafficking, Autism, and Fetal Alcohol Spectrum Disorder.

Supervision

Supervision is conducted according to Stoltenberg's (1981) Integrated Developmental Model (IDM), which delineates distinct stages of supervisee development from novice to expert and specifically defines characteristics and skills at each level.² This model allows supervisors to assess their supervisee's unique stages of development. Interns are expected to video/audio tape their sessions and are also provided the opportunity for live supervision.

The internship involves components of both receiving and providing supervision and consultation. Interns will work together to provide a weekly group supervision for C&FC's psychology practicum students. Interns will utilize the skills they develop through "supervision of supervision" to provide feedback to practicum students on their clinical work with clients. Interns engage in a structured program of "Supervision of Supervision" where they receive didactic seminars on various elements of supervision. Interns participate in an ongoing supervision from clinical supervisors to guidance and support as they engage in supervision of practicum level students.

Interns are both evaluated and act as evaluators of their current supervisors to ensure that their needs are met within supervisory relationship. Each quarter, supervisors and supervisees engage in this evaluative process and discuss the outcome in supervision to make any needed adjustments.

Interns receive at least four hours of supervision weekly that may include:

- One (1) hour face-to-face individual supervision with Primary Supervisor
- One (1) hour face-to-face individual supervision with Delegated Supervisor
- One (1) hour face-to-face Individual Supervision with Psychodiagnostic Testing Supervisor
- Two (2) hour face-to-face Group Supervision
- One (1) hour monthly Supervision of Supervision Group.

² Stoltenberg, C. (1981). Approaching supervision from a developmental perspective: The counselor complexity model. *Journal of Counseling Psychology, 28*(1), 59-65.

Training Year Logistics

Child & Family Center's full-time Doctoral Psychology Internship will begin September 3, 2019 and will conclude on August 26, 2020. The Internship is structured to support doctoral interns in obtaining minimum of 1800 hours over the course of the year. During the internship, Interns are expected to be on site Monday through Friday for a full time 40-hour work week.

STIPEND & BENEFITS

The stipend for doctoral interns is \$29,000 per year. Health and dental benefits are available to Interns beginning approximately six weeks after the start of internship. These benefits are chosen from among different plans, requiring different contributions. Interns are provided 80 hours of paid vacation, 10 days of sick leave, and 15 paid holidays including the Agency winter break, which occurs during the week between Christmas and New Year's. The specific dates of the Agency winter break will be announced at the beginning of the internship year. The Director of Training must approve any additional times that Interns are not on site.

Child & Family Center is an equal opportunity employer and prohibits unlawful discrimination based on race, color, creed, gender, gender identity, religion, marital status, age, national origin or ancestry, physical or mental disability, medical condition including genetic characteristics, pregnancy, sexual orientation or any other consideration made unlawful by federal, state, or local laws.

Application and Selection Requirements

By the beginning of the internship, applicants must have completed all doctoral course work and all qualifying and comprehensive exams. They should have also passed the proposal stage for their doctoral dissertation or doctoral project. Applicants should have at least 500 practicum hours (total intervention and assessment hours) by the beginning of the internship year. United States citizenship or legal residency is required.

Qualified predoctoral students interested in seeking placement at Child & Family Center for Internship are required to participate in the APPIC Match. Applicants submit an online APPIC Application for Psychology Internship (AAPI). Information regarding the application process is available on the APPIC website at <http://www.appic.org>. The application deadline is **December 1, 2018** for the 2019-2020 internship year.

Application Materials Must Include:

- A completed APPIC "Application for Psychology Internship"
- A copy of the applicant's curriculum vitae
- Official transcripts of all graduate education.
- Three letters of recommendation.
- A copy of a testing report completed by the applicant with removal of all identifying information (e.g., name and address of examinee, etc.).

Please note: applicants must obtain full legal clearance from the Department of Justice (DOJ) and related California entities prior to the start of the internship year. Internship appointments are contingent upon obtaining full legal clearance and approval from Child & Family Center's Human Resources Department (please see APPIC MATCH POLICIES (6b): "Appointments of applicants to internship positions may be contingent upon the applicants satisfying certain eligibility requirements.")

APPIC Matching Program Code Number: 249111

CHILD & FAMILY CENTER

DOCTORAL PSYCHOLOGY INTERNSHIP PROGRAM

Contact Information

Programmatic questions should be directed to Director of Training, Amy Warren, PsyD.

Dr. Warren can be reached by email at: amy.warren@childfamilycenter.org or by phone at (661) 259-9439.

Agency Information

Child & Family Center

21545 Centre Pointe Parkway Santa Clarita, CA 91350

Tel (661) 259-9439

Fax (661) 259-9658

www.childfamilycenter.org

