Counseling Services, at the Center for Student Health and Counseling

Doctoral Internship in Psychology
(APPIC Match Program Code Number 179811) Updated 8/19/2015

GENERAL INFORMATION

Counseling Services (CS) is part of PSU’s Center for Student Health and Counseling (SHAC). We are committed to training and believe that the most effective learning occurs through providing service under the supervision and mentorship of experienced professionals. Such “learning by doing” is guided and enriched through didactic presentations, consultation, and staff development activities. We subscribe to a practitioner-scholar model and our approach is to provide training grounded in the core competencies and scientific principles of our profession, with a focus on clinical practice. Although individual psychotherapy and psychoeducational assessment are emphasized, other areas of training include process and psychoeducational group psychotherapy, crisis intervention, consultation, outreach, social justice/cultural diversity, and professional ethics.

We strive to build on and expand the intern’s existing skills, and to facilitate his or her further development and increased independence in professional practice. CS’ developmental approach to training provides interns with opportunities for experience in a variety of professional activities.

While our primary specialty is training for positions in college and university counseling centers, our focus on core competencies provides a foundation for interns to be successful in a variety of generalist positions in the field.

Qualifications

Qualified candidates must be doctoral students in counseling or clinical psychology and have psychotherapy and psychometric assessment experience. This includes completion of at least 400 intervention and assessment hours (majority of which are with adults), and 3 years of graduate training, with a preference for applicants with a minimum of 50 hours of individual supervision and 1000 total practicum hours. Qualifying examinations must be completed by the application deadline. A candidate’s dissertation proposal must be accepted before the internship match ranking deadline.

The AAPI form and instructions for on-line submission are available on the APPIC website. All application materials must be uploaded to AAPI Online by midnight (PST) Sunday, November 15, 2015. More details on the application process are provided in the “Application for Internship” section of this document. Please review the Application Materials section carefully, as we require a Supplemental Assessment.
Report for all applicants, and would like applicants who have limited ADHD/LD assessment experience to please address that issue in their cover letter.

IMPORTANT NOTE: Oregon licensure rules are in the process of changing. Psychologists who want to become eventually licensed in Oregon must complete an APA-approved graduate program in the near future. We still accept applicants from non-APA approved graduate programs at this time.

From the Oregon Board’s website:

The Board will phase out its acceptance of doctoral degrees in psychology from programs at regionally accredited or provincially/territorially chartered institutions but which are not accredited by the American Psychological Association (APA) or Canadian Psychological Association (CPA). Degrees from programs at regionally accredited institutions will qualify only if 1) the applicant enrolled in his or her program prior to July 22, 2014 and applies by July 22, 2019; or 2) the program submitted an application to the APA or CPA for accreditation prior to the date the applicant’s degree was conferred, and has been granted a site visit by the APA or CPA.

Our internship starts and ends in August, so assuming a typical timeline and trajectory, the last cohort that can be from a NON-APA-approved program and still become licensed in the state of Oregon are those who complete their internship during the 2017 to 2018 academic year (not 2019). States across the nation are starting to adopt similar such practices; it is important to research licensure requirements for any potential state in which you may want to become licensed.

Site Description

The Center for Student Health and Counseling (SHAC) is a multidisciplinary center that has five units including Counseling Services (CS), Health Services, Dental, Health Promotion, and Testing Services. CS works side by side with the Health Services (HS) branch of SHAC, which includes physicians, nurses, and other medical professionals.

CS provides focused, time-limited outpatient individual and group psychotherapy, crisis counseling, community outreach and psychoeducational assessment services to the students of PSU. CS is staffed by psychologists, social workers, and psychiatrists. Other members of the team include psychology interns, postdoctoral psychology residents, psychiatry residents, and master’s students in clinical social work and counselor education as well as psychology practicum students who do psychoeducational assessment. CS provides an opportunity for interns to practice in a rich environment that values a variety of disciplines and theoretical perspectives.

Each intern is assigned a private office equipped with a networked computer for note preparation, report-writing and internet access that includes on-line PSU library resources.

Hours of Operation

Fall, Winter, Spring Terms: Monday – Thursday 8:30 A.M. to 5:30 P.M.; Friday 9:00 A.M. to 5:00 P.M.
**Intersession / Summer:** Monday – Thursday 8:30 A.M. to 5:00 P.M.; Friday 9:00 A.M. to 5:00 P.M.

Emergency needs that arise at other times are met by Portland community resources.

**OVERVIEW OF PROGRAM**

It is an 1800 hour internship; up to 2000 hours can be arranged to meet an intern’s licensing or academic program requirements (interns should initiate a conversation with their supervisors in the fall if this is something they want to pursue). These hours are distributed over a 12-month period, generally beginning in the third week of August. Interns work an average of 40 hours per week (full-time). The annual compensation is $25,000.

Interns are involved in all areas of service available at CS. The internship is focused primarily on direct clinical service to a diverse college population, through individual and group psychotherapy and psychoeducational assessment. Consequently, applicants with experience or expressed interest in college counseling, issues of diversity, short-term models of therapy, and psychoeducational assessment are strongly encouraged to apply.

**Range of Professional Experiences**

- Focused, time-limited individual psychotherapy
- Group psychotherapy (interpersonal process, support, psychoeducational, and wellness groups)
- Psychoeducational assessment for learning disorders and ADHD
- Crisis intervention
- Outreach and consultation

In the past, interns have participated in or developed a number of programs, including classroom presentations on sexual health, assertiveness, stress management, study skills, and smoking cessation; weekly support to international students; consultation to LGBTIQQ student groups; new student orientation; and many others. Interns are encouraged to explore and develop programs in areas of interest, with support from staff mentors.

**Training**

SHAC values education and training as part of its mission to PSU and the community at large. The training philosophy of SHAC is rooted in a developmental, multicultural, and practitioner-scholar model. We are committed to training and the aforementioned idea of "learning by doing" is strongly valued. We have developed a solid training program that provides an excellent foundation for a generalist. Our aim is to create a supportive learning environment in which an intern can hopefully thrive and become a highly competent psychologist.

Our training goals focus on developing competence in:

- Clinical skills
- Learning Disability/ADHD Assessment
TRAINING ACTIVITIES

Psychological Services

Interns will be trained to provide short-term individual therapy, intakes, crisis intervention, group therapy, and psychoeducational assessment for PSU students. At least 25% of each intern’s time will be direct clinical service; they must attain a minimum of 500 hours. Hours allotted to direct services progressively increases; usually an intern will build up to 17 hours in the fall, do 17 hours in the winter, and then 18 hours in the spring and summer quarters. Additional training will be provided in consultation and outreach to the campus community.

Individual Therapy

Interns provide individual therapy with students. Individual therapy ranges from 4-12 sessions, depending on the client’s issue, although longer term therapy is available in some cases. Community resources are incorporated into the therapeutic process and students needing more extensive or more specialized treatment are referred to community resources as appropriate.

Intake Interviews

After a client is assigned to them, interns complete an intake assessment, in order to gather history, presenting issues, diagnose and begin to formulate treatment plans for students.

Triage Sessions and Crisis Intervention

Interns are regularly scheduled for on-call duties (walk-in hours, which may include emergencies) at designated time periods during business hours. Students access our services by first using our walk-in system. These are typically 15-30 minute consultations in which the goal is to assess risk, help the student stabilize, and activate coping strategies, while developing an immediate treatment plan. Licensed staff members are always available as back-up.

Group Therapy

Interns are given the opportunity to co-facilitate interpersonal process and psychoeducational groups for students. In the past graduate student groups, men’s groups, women’s groups, and mixed interpersonal process have been offered. Types of psychoeducational groups have included healthy relationships, social anxiety, emotional expression, stress management, mindfulness, grief, and overcoming procrastination. Usually an intern facilitates at least one group for two terms.
Assessment and Evaluation

Assessment is a core component of the internship at SHAC. The assessment team includes interns, residents, and three masters level practicum trainees. Evaluations are predominantly for learning disorders and attention deficit hyperactivity disorder (ADHD). Intensive training is provided in the administration and interpretation of instruments that measure aspects of cognitive functioning and neurological functioning (e.g. WAIS-IV, WMS-IV, ACS, WJ-IV Cognitive, IVA), achievement (e.g. Nelson Denny Reading Test, WJ-IV Achievement, TIWRE, GORT, Key-Math 3), and personality functioning (e.g. MMPI-2), culminating in writing comprehensive integrative reports. These reports may be used to apply for learning accommodations through the PSU Disability Resource Center or to facilitate psychological and psychopharmacological treatment at SHAC or with a provider in the community.

Interns complete four comprehensive batteries, one per term, with time built into the schedule for report writing. Testing is completed the week before the term begins and the first 1-2 weeks of the term are predominantly assessment focused. The rest of the term is dedicated to therapy.

Supervision

Supervision, training and professional development activities in which interns participate include:

- Individual supervision (2 hours weekly)
- Psychotherapy case conference (aka group supervision) (1 hour weekly)
- Supervision of group therapy (30 min)...if co-leading a group
- Intensive assessment training seminar in August and September
- Assessment group supervision/didactic training (1 to 1.5 hour weekly)
- Individual assessment supervision (1-2 hours per week during scheduled assessment periods)
- Team meeting (1 hour weekly)
- Professional development seminar (1 hour weekly)
- Didactic seminar (1 hour weekly)

FACILITIES

The Center for Student Health and Counseling is a modern facility that houses mental and physical health services together in one large space; dental and testing services have separate suites one floor up. The Center includes two large group rooms and a conference room. Each intern will be provided with a private office and networked computer for accessing scheduling software, email, and the internet. Full access to library resources is provided.

LOCATION

SHAC is located on PSU’s campus in the heart of downtown SW Portland. Affordable housing can be found close to SHAC or a short commute from the suburbs. There are many benefits to SHAC’s location including easy access to public transportation and many food carts and restaurants within walking distance. There are also many shops, malls, cinemas, parks, gardens, museums, performing arts centers,
and sports arenas nearby. There are ample opportunities to hike, bike, and walk on the waterfront or in parks within the city. Popular sites to see within a few hours of Portland include the coast (2 hours away), mount hood (1 hour away), and Central Oregon featuring destination locations such as Black Butte, Sun River, and Bend (4 hours).

About Portland State University

About Portland

Portland Travel Video

PSU University Tour

Experience Portland State

Campus Map

PSU FACTS

Portland State University serves as a center of opportunity for nearly 30,000 undergraduate and graduate students. Full time PSU students include 80% Undergraduate and 20% graduate. Located in Portland, Oregon, one of the nation's most livable cities, the University's innovative approach to education combines academic rigor in the classroom with field-based experiences through internships and classroom projects with community partners. The University's 49-acre downtown campus exhibits a commitment to sustainability with green buildings, while many of the 213 bachelor's, master's, and doctoral degrees incorporate sustainability into the curriculum. PSU's motto, "Let Knowledge Serve the City," inspires the teaching and research of an accomplished faculty whose work and students span the globe.

http://www.pdx.edu/Portland-State-University-Facts

Campus Diversity

The SHAC staff believes that prejudice and discrimination are detrimental to individual and community health. We are committed to creating and maintaining an environment where all people of diverse backgrounds and identities can expect to be valued and treated with respect and dignity.

The student profile for PSU in the Fall of 2011 find that the average age of students is 28 overall, and 26.7 for undergraduates – somewhat older than the typical college-age population. 53.5% of PSU students are women. Undergraduates comprise of approximately 80% of the population, and 20% graduates. With respect to racial and ethnic identity composition, 8% identify as Asian/Pacific Islanders, 8% as Latino/Hispanic, 3% as African-American, and 1.5% as Native American. Approximately 65% identified as European-American/White, 7% identified as an international student, and 4 to 7% were either other or unknown. The demographics of students who access service at SHAC are similar to the PSU population in general.
COMPENSATION

For the 2016-2017 Internship year, the total compensation will be $25,000. The internship start date will be August 29, 2016. Note: payment is not in the form of stipend.

Benefits

Interns receive the same benefits as employees: dental insurance, health insurance, basic life insurance, sick time, and vacation time. Additionally they receive some professional development time. Please visit our Human Resources website page for more information about employee benefits.

http://www.pdx.edu/hr/benefits-overview

APPLICATION FOR INTERNSHIP

Our APPIC Match Program Code Number is 179811

Deadline: Applications for the 2016/2017 internship year will be accepted through Sunday, November 15th, 2015 at midnight (PST); the specific deadline for each year will also be indicated on the PSU page of the APPIC website. Review of applications and selection of applicants for interviews begin the week following the application deadline.

Interviews: In-person interviews are preferred and are scheduled for early January. Skype interviews are also an option. In addition to interviewing with psychology staff members, interviewees meet with a current intern to learn about the internship experience.

CS has adopted internship application, selection and notification policies and procedures in accordance with the standards of the Association of Psychology Postdoctoral and Internship Centers (APPIC). All application materials must be submitted online via the applicant portal described in the AAPI Online section of the APPIC website.

Application materials:

1) Completed APPIC Application for Psychology Internships (AAPI), available at AAPI Online cover letter describing how you would be a good fit with the internship program at PSU CS; please be specific about your goals for internship and how our program will help you meet them
2) Your curriculum vitae
3) If you do not have ADHD/LD assessment experience, please address this issue in your cover letter (e.g., how you will be able to be ready for an internship with such a significant assessment focus, and why assessment interests you)
4) Official transcripts of all graduate education in psychology
5) Three letters of recommendation, at least two from current or past clinical supervisors
6) Sample psychological report (identifying information removed) that reflects your current
assessment, test-interpretation, and report-writing skills. A report from coursework is acceptable. The report must be converted to electronic form and uploaded with your application as “supplemental materials” (see the AAPI Online section of the APPIC website).

The PSU CS training program follows APPIC policies regarding internship offers and acceptances. The APPIC selection policies are available through the APPIC website, and are listed in the printed APPIC Directory. Our 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 internship applicant.

Please see our listing and program description on the APPIC website.

Questions regarding the program may be directed to Cheryl Forster, Psy.D. at: forsterc@pdx.edu

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