



Palm Beach County Youth Services Department

Brochure

Doctoral Internship in Psychology 2017-2018



APPIC Program Code
142811

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Introduction and Mission

The overall goal of the Doctoral Psychology Internship program at Youth Services Department, Palm Beach County is to support the development of graduate student psychology interns into professional psychologists. The mission of the Youth Services Department is to “Administer programs and initiatives of the Board of County Commissioners to ensure the healthy growth, development, education, and transition of children and youth to young adulthood and the workforce.” The Doctoral Internship at the Youth Services Department is offered through the Residential Treatment and Family Counseling Division, which offers specialized programs for families who need professional support in their efforts to raise healthy functioning children. Through compassionate, caring and comprehensive services, the Division maintains and strengthens the integrity of families. The Division is committed to fostering healthy individual and family functioning in families where youth have been identified as “at-risk” for entering the juvenile justice system, dropping out of school, getting involved with gangs, running away from home, substance use, and entering the child protective system. This goal is accomplished through family, group, and individual therapy, psycho-education, parent training, psychological evaluation, consultative services, and community outreach offered across community-based, office, and residential settings. Services are provided free to Palm Beach County residents.

The Division employs psychologists, Master’s level clinicians, clinical social workers, marriage and family therapists, family counselors, residential counselors, and nurses. The agency is also an interdisciplinary training site for psychology postdoctoral residents, psychology doctoral interns, psychology practicum students, social work interns, mental health counseling interns, and marriage and family therapy interns, as well as the site of a Palm Beach County alternative school program. Psychology interns will receive primary supervision from licensed psychologists. Consultation from other staff will be provided as needed.

APPIC Membership Status

The Youth Services Department doctoral psychology internship was created and became an Association of Psychology Postdoctoral and Internship Centers (APPIC) member in 2002, when the first class of 2 interns matriculated into the program. Each year, a cohort of 2 interns has participated in the internship.

Accreditation Status

The Youth Services Department doctoral psychology internship is currently not accredited by the American Psychological Association. An APA accreditation site visit occurred in November 2016 and we are awaiting a final decision.

Disclaimer: Please be advised that there is no assurance that we will be able to successfully achieve accreditation.

Training Model

The internship integrates a practitioner-scholar model with psychological training and service delivery that is sequential, cumulative, and graded in complexity. The practitioner-scholar training model emphasizes the integration and application of critical thinking and skillful reflection across a broad range of experiential activities. By the end of the internship year, interns will be prepared with the knowledge, awareness, and skills of a practitioner specializing in youth and families. Our interns are well prepared for professional careers working with children and their families in a residential or outpatient setting who present with a wide range of presenting concerns.

Mission, Goals, and Objectives of the Internship

The overall goal of the doctoral psychology internship program at the Youth Services Department is to support the development of graduate student psychology interns into professional psychologists. Psychology interns will develop fundamental skills consistent with the mission of the Youth Services Department. This internship program incorporates a developmental training model and a strengths-based perspective, which has been a cornerstone in the Division's philosophy of training as well as prevention and intervention work with children, adolescents, parents, and families. Additionally, Palm Beach County is a culturally, ethnically, and socioeconomically diverse area, and psychology interns will have opportunities to work with a range of diverse populations with a variety of presenting issues.

It is expected that by the end of the internship year, interns will have accomplished the following goals:

Goal 1: Interns will achieve competence appropriate to their professional developmental level in the area of *evidence-based practice in intervention*

Objectives related to this goal include the achievement of competence in the following:

- Case conceptualization and treatment planning
- Implementation of therapeutic interventions
- Crisis Intervention
- Therapeutic Skills

Goal 2: Interns will achieve competence appropriate to their professional developmental level in the area of *evidence-based practice in assessment*

Objectives related to this goal include the achievement of competence in the following:

- Diagnostic Skill
- Instrument selection, administration, and scoring
- Test Interpretation
- Clinical Formulation
- Report Writing
- Communicating Results

Goal 3: Interns will achieve competence appropriate to their professional developmental level in the area of *ethical and legal standards*

Objectives related to this goal include the achievement of competence in the following:

- Knowledge of ethical, legal, and professional standards
- Adherence to ethical principles and guidelines

Goal 4: Interns will achieve competence appropriate to their professional developmental level in the area of *individual and cultural diversity*

Objectives related to this goal include the achievement of competence in the following:

- Cultural awareness
- Effects of cultural considerations on clinical activities
- Evidence-informed approach to cultural considerations

Goal 5: Interns will achieve competence appropriate to their professional developmental level in the area of *research*

Objectives related to this goal include the achievement of competence in the following:

- Application of scientific knowledge to practice

Goal 6: Interns will achieve competence appropriate to their professional developmental level in the area of *professional values and attitudes*

Objectives related to this goal include the achievement of competence in the following:

- Professional awareness
- Interpersonal relationships
- Self awareness
- Clinical documentation
- Case Management

Goal 7: Interns will achieve competence appropriate to their professional developmental level in the area of *interprofessional and interdisciplinary consultation*

Objectives related to this goal include the achievement of competence in the following:

- Multidisciplinary collaboration
- Theories and Methods of Consultation

Goal 8: Interns will achieve competence appropriate to their professional developmental level in the area of *supervision*

Objectives related to this goal include the achievement of competence in the following:

- Theories and Methods of Supervision
- Effective use of supervision

Goal 9: Interns will achieve competence appropriate to their professional developmental level in the area of *communication and interpersonal skills*

Objectives related to this goal include the achievement of competence in the following:

- Provides clear and effective written communication
- Exemplifies respectful and professional interpersonal skills
- Presents scholarly information to an audience of professionals

Program Structure and Rotations

The internship offers 4 one-year, full time placements. The psychology intern is required to complete 2000 hours, beginning on August 7, 2017 and continuing for one year. In accordance with APPIC standards, the minimum requirements include 500 hours of direct clinical contact, 100 hours of individual supervision by a licensed psychologist, 100 hours of group or additional individual supervision, and 100 hours of didactic training. Interns will spend at least 30 percent of their time in direct clinical contact. Psychology interns integrate theoretical, clinical, and professional issues in psychology into the service delivery model at the rotation sites within the Youth Services Department's Residential Treatment and Family Counseling Division. There are three subdivisions that comprise the Division and the internship training program: Highridge Family Center, Education and Training, and Youth and Family Counseling. Each intern will complete a six month residential rotation at Highridge Family Center and a six month outpatient rotation at Education and Training/Youth and Family Counseling, which together provide a range of clinical and didactic experiences that represent the necessary depth and breadth required for future professional independent practice. Formal evaluation of the intern occurs every six months.

Highridge Family Center

Highridge Family Center is a 60-bed residential facility serving at-risk youth between the ages of 11 and 16 who reside in Palm Beach County. Typically, the families seeking services through Highridge have been struggling with conflicted family relations, poor academics, disruptive school behavior, drug experimentation, poor peer group choices, minor law infractions, and emotional difficulties. In conjunction with the School District of Palm Beach County, residents of Highridge are provided alternative education while they are enrolled in the program. Referral sources include schools, parents, prevention and diversion programs, as well as former clients. The facility is divided into five (three male and two female) dormitory-style "houses," each with the capacity for 12 residents. The residents live at the facility Monday through Friday, returning to their homes on weekends and school holidays to practice newly learned skills with their families. A therapist provides family, group, and individual therapy, and three Residential Counselors (two day shift, one night shift) provide behavior management and therapeutic milieu activities for each house.

Psychology interns will be at Highridge Family Center for six months. The intern, under the supervision of a licensed psychologist is responsible for providing family, group, and individual therapy to residents of Highridge, working in the same capacity as the other houses' therapists. Additionally, the intern will participate in weekly multidisciplinary treatment team meetings, case conferences, multi-family groups, staff consultations, and presentations to parents. The Highridge Family Center rotation also requires written psychosocial evaluations, formal treatment plans, treatment plan reviews, and discharge summaries. Two hours of weekly individual supervision are provided. A minimum of two and one-half hours of weekly group supervision are also provided.

Education and Training/Youth and Family Counseling

The Education and Training Center is a community resource for primary prevention through education, training, and professional development. The Education and Training Center provides free services to families, parents, children, school personnel, and mental health professionals in Palm Beach County. The Education and Training Center also facilitates internship, postdoctoral resident, and practicum placements for doctoral psychology students, as well as field placements for Master's level students from other mental health disciplines. Clinical staff includes doctoral level clinicians.

The Youth and Family Counseling Program serves families with youth through age 22 years who are residents of Palm Beach County. Families seek services through Youth and Family Counseling Program for a variety of reasons, including behavioral disorders, school/academic problems, parent-child relational problems, adjustment to parental separation or divorce, grief/loss issues, abuse or neglect, and to fulfill requirements for diversionary programs. Therapists providing family, individual, and group therapy utilize a Brief Therapy Model. There are several area offices and satellite offices located throughout the county. Staff includes Bachelor's level counselors and Master's level therapists from various mental health fields.

The intern will complete a six month outpatient rotation. Psychology interns will be responsible for providing short-term family therapy, intake assessments, provisional diagnosis, treatment planning and implementation, consultation, and case management. Interns complete psychological evaluations, co-facilitate parent education/support groups, and may conduct outreach activities, including presentations to staff, schools, and community agencies.

Training Activities

Psychotherapy

Throughout the course of the internship placement, psychology interns will have opportunities to provide therapy in a variety of therapeutic modalities, including family therapy, group therapy, individual therapy, and milieu therapy. Therapy will take place in residential and outpatient settings and will include people from a diverse range of age groups, ethnic groups, and socioeconomic levels.

Psychological Evaluation

Psychology interns are expected to complete a minimum of three psychological evaluations over the course of the 12-month internship. Full batteries include clinical interviews and assessment of intellectual, behavioral, and personality/social functioning. Psychoeducational testing may also be included in the full assessment batteries. With supervisor approval, less inclusive partial batteries determined by the needs of the family may be completed. Interns are to consult with referring therapists, hold feedback sessions, and complete reports in a timely manner. Referrals for psychological testing come from within the Division.

Parent Education

Psychology interns may have an opportunity to co-facilitate a Parent Education group during their outpatient rotation. The Youth Services Parent Education program uses an evidence-based curriculum, Systematic Training for Effective Parenting (STEP), with information on child/adolescent development and parental stress management. Referrals to the program are from a variety of sources, including but not limited to Youth Services therapists, caseworkers from the Department of Children and Families (DCF), probation and parole officers from the Department of Corrections (DOC), agencies working with prospective adoptive parents, and previous attendees.

Intake Interviewing and Crisis Intervention

All clients are seen for an initial interview to assess the need for services and to make appropriate referrals. Interns will have the opportunity to develop interviewing skills and learn how to gather clinical information. Interns will be also trained in crisis intervention techniques. With close supervision on each case, interns will facilitate risk assessments and treatment of crisis situations.

Outreach and Consultation

Interns will have the opportunity to participate in ongoing consultation with staff, administrators, school personnel, and the Division's collaborative organizations. Interns may be asked to develop and provide outreach programs to various community agencies on a variety of mental health topics relevant to the community.

Didactics

Didactic activities include weekly formal training on a variety of topics, including ethics, professional development, intervention strategies, diagnostic issues, psychological testing, child maltreatment, domestic violence, and supervision. Interns will present at least one didactic training to Division staff. Additionally, interns will present treatment and testing cases, participate in journal review and supervision series discussions, and become part of the family therapy treatment team, both behind and in front of the one-way mirror. Opportunities to attend local workshops and conferences are available.

The Youth Services Department, as an approved sponsor of the American Psychological Association (APA) and the State of Florida Department of Health's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling, offers continuing education seminars and workshops, which are also made available to all trainees.

Supervision

Interns receive a minimum of 4 hours of clinical supervision each week, 2 hours each of individual and group supervision. The Internship Training Director will provide 1 hour of individual supervision to each intern throughout the year. In addition, each intern will receive 1 hour of individual supervision by a licensed psychologist at each clinical rotation. Moreover, a minimum of 2 additional hours will be provided weekly in a group supervision format. Interns are expected to present and discuss therapy and evaluation cases at group supervision meetings. Interns will also participate in a monthly Supervision Series, where discussion of supervision issues based on scholarly articles takes place. The intern will also practice supervision skills by engaging in supervisory consultation with a fellow intern and reviewing this experience with clinical supervisors.

Youth Services Department Licensed Psychologists

Shayna Ginsburg, Psy.D., Training Director/Chief of Clinical Services, Education and Training Center
Twila Taylor, Psy.D., Chief of Residential Clinical Services, Highridge Family Center
Amanda Terrell, Psy.D., Psychologist, Education and Training Center
Loren Berry, PsyD, Psychologist, Education and Training Center
Kelly Kamel, PsyD, Psychologist, Highridge Family Center
Tony Spaniol, Psy.D., Director, Residential Treatment and Family Counseling Division

All psychologists are licensed in the state of Florida.

Stipend, Benefits, and Resources

The Youth Services Department has been a training facility for doctoral and master's degree students for over fifteen years. The Department is encouraging internship accreditation by the American Psychological Association in an effort to continue improving the quality of training for graduate students and the quality and quantity of services provided to clients. The Palm Beach County Board of County Commissioners has authorized the Department to budget funds for the stipend of two interns.

The internship annual stipend is \$23,700, paid biweekly. There are 12 unpaid government holidays and two weeks of unpaid leave time. Educational leave to attend conferences or presentations may be granted. The work week shifts are 10 hours long, Monday through Thursday. An additional health insurance stipend of \$500 is awarded to the intern after 6 months in the program.

Interns are considered Independent Contractors with Palm Beach County. Following the APPIC Match and before the start of the internship, Youth Services Department interns must complete a background check with fingerprints and submit proof of liability insurance with the signed contract.

Interns with the Youth Services Department have access to numerous resources. Interns are provided access to assessment reference materials, current testing materials, and computerized scoring programs. Additional materials that may be needed can be purchased with approval from the Training Director. Additionally, each intern has an office with a desktop computer, a phone, and voicemail. Interns have access to office printers, scanners, and fax machines, as well as access to administrative and technical support. Interns are provided with their own email address and computer account. Clerical support is available to assist with scheduling. Lastly, during the residential rotation, interns have access to lunch and dinner served in the Highridge Family Center cafeteria.

Intern Selection and Academic Preparation Requirements Policy

Application Process

To be considered for the Youth Services Department internship program, applicants must meet the following requirements:

- Must be a doctoral candidate in an accredited clinical, counseling, or school psychology program. Applicants from schools in the process of accreditation may be considered. Clinical or counseling programs are preferred.
- At least three years of graduate education in psychology must be completed.
- A minimum of 1000 hours of training must be completed prior to internship, which may include practica as well as other clinical or work experience.
- A minimum of 600 intervention hours and 100 assessment hours by the start of internship.
- Comprehensive Exams must be passed.
- Expected dissertation proposal date must be prior to the start of internship.

Students interested in applying for the internship program should submit an online application through the APPIC website (www.appic.org). A complete application consists of the following materials:

- A completed Online AAPI (APPIC's standard application)
- Cover letter (as part of AAPI)
- A current Curriculum Vita (as part of AAPI)
- Three Standardized Reference Forms, two of which must be from persons who have directly supervised your clinical work (as part of AAPI). Please submit no more than three references.
- Official transcripts of all graduate coursework (as part of AAPI).
- A de-identified child or adolescent psychological evaluation report, preferably non-neuro (as a supplement to the AAPI)

All application materials must be received by the date noted in the current APPIC directory listing in order to be considered. Incomplete applications will not be reviewed.

Application Screening and Interview Processes

The Youth Services Department Internship Program will base its selection process on the entire application package noted above. Preference will be given to applicants whose credentials include the following:

- Extensive experience working with children, adolescents, and families.
- Extensive training and/or classes in family and systemic theory.
- Extensive psychological/psychoeducational testing experience.

All applications will be evaluated by the Youth Services Department Training Committee for potential goodness-of-fit with the internship program. We look for interns with training goals aligned with the training that we offer. The program looks not only at the total number of practicum hours, but the quality of training in terms of the type of setting as well as experience with evidence based practice. We prefer interns who have training and experience in working with youth and families and those who, based on their experience, demonstrate cultural competence working with diverse populations. However, we will consider candidates with gaps in this training who demonstrate great potential and an eagerness to learn based on strong letters of recommendation, essays, and interviews. Underrepresented groups are particularly encouraged to apply because we seek to recruit diverse interns.

All application materials must be submitted through the AAPI online portal by **November 27th** in order to be considered for our program. All applicants will be notified by email of a decision regarding an invitation to interview on or before **December 9th**. Interviews will be scheduled in January and will occur in person with members of the Training Committee.

Intern Expectations

The Youth Services Department Internship is a year-long, full-time doctoral internship experience. Interns are expected to complete 2000 hours of training during the year. Interns are also expected to achieve the goals and objectives of the internship program and to abide by the APA Code of Ethics, the requirements of the training program, and the policies and procedures of the Youth Services Department.

Questions regarding any part of the selection process or the Youth Services academic preparation requirements may be directed to the Training Director.

Training Director Contact Information

Shayna Ginsburg, Psy.D.

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