



Palm Beach County Youth Services Department

Brochure

Postdoctoral Residency in Psychology 2018-2019



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Introduction and Mission

The overall goal of the Postdoctoral Residency program at Youth Services Department, Palm Beach County is to support the development of graduate student psychology residents 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 Postdoctoral Residency 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, marriage and family therapy interns, as well as the site of a Palm Beach County alternative school program. Psychology residents will receive primary supervision from licensed psychologists. Consultation from other staff will be provided as needed.

Training Model

The training program 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 training year, residents will be prepared with the knowledge, awareness, and skills of a practitioner specializing in youth and families. Our residents are well prepared for professional careers working with children and their families in an outpatient and/or residential setting who present with a wide range of concerns.

Mission, Goals, and Objectives of the Postdoctoral Residency

The overall goal of the Postdoctoral Residency program at the Youth Services Department is to support the development of psychology residents into professional psychologists. Psychology residents will develop fundamental skills consistent with the mission of the Youth Services Department. This postdoctoral residency 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 residents 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 training year, residents will have accomplished the following goals:

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

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

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

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

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

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

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

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

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

Program Structure

The psychology resident is required to complete 2,000 hours, beginning on August 6, 2018 and continuing for one year. The minimum Florida state requirements for licensure include 900 hours of direct service and an average of two hours of weekly supervision by a licensed psychologist, with at least one hour of weekly face-to-face individual supervision by a licensed psychologist. Residents at the Youth Services Department will be provided these required supervision times along with typically having an additional hour (totaling 2 hours per week) of group supervision with a licensed psychologist and the therapists working at each site.

The postdoctoral residency offers 2 one-year, full time placement options – one in an outpatient setting and the other in a residential setting. The *Youth Services Department Outpatient Therapy and Testing* postdoctoral resident will complete the majority of his/her placement at the Division's outpatient settings, including the Education and Training Center as well as Youth and Family Counseling offices. Minor

experiences may take place at Highridge Family Center, a residential setting. The *Highridge Family Center Residential Treatment for Youth* postdoctoral residency will complete the majority of his/her placement at Highridge Family Center. For both postdoctoral residency positions, travel between various sites will be required.

Education and Training

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 postdoctoral resident, internship, and practicum placements for doctoral psychology students, as well as field placements for Master's level students from other mental health disciplines. In addition to providing family therapy through the Youth Services Education Center, residents may also be involved in intake assessments, parenting education/skills/support groups, continuing education workshops, and outreach activities, including presentations to schools and community agencies. The outpatient psychology resident will also complete psychological and psycho-educational evaluations. Referrals for psychological testing come from within Highridge Family Center, Youth and Family Counseling, and Education and Training.

Youth and Family Counseling

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. Residents may provide family therapy services out of the Youth and Family Counseling offices located in Delray Beach, West Palm Beach, and Belle Glade.

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. The psychology resident at the residential facility will serve on the treatment team and carry a caseload of residents, with whom he/she will conduct individual, group, and family therapy. The outpatient postdoctoral resident may perform psychological evaluations and run therapy and/or psychoeducational groups with youth residing at Highridge.

To learn more about the Palm Beach County Youth Services Department's Residential Treatment and Family Counseling Division, please access the following link: <http://www.pbcgov.com/youthservices/counseling>. Additional information on the training programs can be found by visiting the Education Center link.

Primary Activities:

Psychology residents integrate theoretical, clinical, and professional issues in psychology into the service delivery model at sites within the Youth Services Department's Residential Treatment and Family Counseling Division. The postdoctoral residency position involves a blend of assessment and treatment activities. Specific

time commitment to each type of clinical activity may be negotiated based on the candidate's career goals. *Candidates may apply to both tracks, but should specify a preference for residential or outpatient setting.*

Clinical activities will focus primarily on child, adolescent, and family assessment and treatment. Treatment activities will focus on family, systemic, behavioral, and cognitive-behavioral interventions for youth and their families presenting with a diverse set of clinical issues. Outpatient intervention activities include intakes, family therapy, psychological evaluation, parent education, and consultation. Assessment duties will involve the use of a range of assessment tools including intellectual and educational measures, objective measures, self-report measures, and projective inventories, with most evaluations including assessment of the child's cognitive, behavioral, and emotional functioning, and developmental level, as well as assessment of parental stress. The postdoctoral resident in the residential setting will be responsible for providing family, group, and individual therapy to residents of Highridge Family Center, and will participate in weekly multidisciplinary treatment team meetings, case conferences, multi-family groups, staff consultations, and presentations to parents.

The postdoctoral resident will have access to professional development opportunities through the Youth Services Education and Training Center. 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. Further, the postdoctoral resident will provide training to Youth Services Department staff and trainees and outreach presentations in the community. Moreover, the postdoctoral resident will participate in a monthly Journal Club and Supervision Series, where discussion of clinical, ethical, and supervision issues based on scholarly articles takes place. The postdoctoral resident will also practice supervision skills by engaging in supervisory consultation with a fellow postdoc and reviewing this experience with clinical supervisors. In addition to participating in individual and group supervision, there may be opportunities to supervise practicum trainees.

Qualifications:

Applicants must have: (a) completed their doctoral training in clinical psychology from an APA-accredited doctoral program; (b) completed a doctoral internship from an APA-accredited or APPIC-member site; and (c) demonstrated strong potential for a career in clinical psychology with an emphasis on child, adolescent, and family clinical assessment and intervention. Successful applicants must be culturally competent, with good interpersonal and organizational skills. Flexibility and ability to handle multiple tasks are desirable.

Stipend, Benefits, and Resources

The Palm Beach County Board of Commissioners has authorized the Department to budget funds for the stipend of two residents. The annual stipend is \$34,480, paid biweekly. There are 12 unpaid government holidays and two weeks of unpaid leave time. A \$500 health insurance stipend is awarded after 6 months of service. Educational leave to attend conferences or presentations may be granted. The work week shifts are 10 hours long, Monday through Thursday. Residents are considered Independent Contractors with Palm Beach County. Prior to the start date, residents must complete a Level 2 background check with fingerprints, submit proof of professional liability insurance with the signed contract, and submit an official transcript from their graduate program with doctoral degree conferral date.

The Youth Services Department postdoctoral residency satisfies Florida requirements for a postdoctoral residency, which are 1 year or 2,000 total hours; at least 900 hours in activities related to direct client care; an average of two hours of weekly supervision by a licensed psychologist, with at least one hour of weekly face-to-face individual supervision by a licensed psychologist.

Residents with the Youth Services Department have access to numerous resources. Residents 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 resident has an office with a desktop computer, phone, and voicemail. Residents have access

to office printers, scanners, and fax machines, as well as access to administrative and technical support. Residents are provided with their own email address and computer account. Clerical support is available to assist with scheduling.

Postdoctoral Residency Expectations

The Youth Services Department residency is a year-long, full-time postdoctoral residency experience. Residents are expected to complete 2,000 hours of training during the year. Residents are also expected to achieve the goals and objectives of the postdoctoral residency 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.

Application Process: Applicants are asked to submit a cover letter, CV, a copy of the AAPI submitted during the internship selection process, graduate transcript, and a de-identified child/adolescent psychological evaluation (non-neuro) report to sginsbur@pbcgov.org. Once reviewed, you may be asked to provide two letters of recommendation from clinical supervisors.

Preference will be given to applicants whose credentials include the following:

- Extensive experience working with children, adolescents, and families.
- Training and/or classes in family and systemic theory.
- Extensive psychological/psychoeducational testing experience (for the outpatient residency).
- Experience working in a residential facility (for the residential residency).
- *Individuals with Spanish or Creole bilingual skills are strongly encouraged to apply.*

Applications will be reviewed on a rolling-basis until the position has been filled. In-person interviews are preferred. Start date for the residency will be August 6, 2018.

Potential applicants are welcome to direct inquiries to the Training Director:
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