Welcome

Dear Internship Applicant,

Thank you for your interest in our APA-accredited doctoral internship in Health Service Psychology training program at the University of Memphis’ Student Health and Counseling Services. The internship at SHCS is a 2000 hour, 12-month training program. We use the APPIC Internship Matching Program for selection. The internship is for the calendar year August 21 of this year to August 20 of the following year. We encourage you to explore our web page to gather further information about our training program.

The staff represents a wide range of theoretical orientations, including psychodynamic, systemic, developmental, integrative, feminist, cognitive-behavioral, and interpersonal approaches. The training staff provides a supportive environment while exposing interns to the variety of roles and experiences typical of university counseling center psychologists.

Our internship program is fully accredited by the American Psychological Association. The internship was begun in 1987 and received accreditation in August 1988. Questions related to the program’s accredited status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington, DC 20002
Phone: (202) 336-5979 / E-mail: apaaccred@apa.org
Web: www.apa.org/ed/accreditation

We are very committed to training and are very proud of the internship program as it has evolved over its almost 30-year history. We would like to provide as much information as needed to assist in your decision-making process. I am pleased to answer any of your questions about our training program. You may reach me by email at lcwnborn@memphis.edu or please feel free to call me at (901) 678-2068. You are also invited to contact any of our staff or current interns. Again, thank you very much for your interest in our training program! I look forward to receiving your application.

Sincerely,
Lisa C. Winborn, Ph.D.
Assistant Director/ Interim Training Director
THE INTERNSHIP SETTING

The University of Memphis serves approximately 21,000 students who are enrolled in seven colleges and five graduate schools offering seventeen bachelor’s degrees in more than 250 fields of study. Master’s degrees in 54 subjects and doctoral degrees in 26 disciplines are available at the U of M., including a Specialist degree in education and a Juris Doctor (law degree).

The ethnically diverse student body of this largely urban commuter campus is comprised of 38% traditional-aged students, 34% African American students, 62% adults over the age of 22, and 11% students who identify as individuals of color, not African American. International students represent 50 different countries.

Student Health and Counseling Services consists of the Counseling Center (CC) and the Student Health Center (SHC). Our comprehensive and holistic student development agency is committed to student learning, as well as assisting students in actualizing their maximum potential. Student Health and Counseling Services is also a professionally staffed practicum and doctoral internship training facility for graduate students in counseling, counseling psychology, clinical psychology, and social work. Services are accredited by the International Association of Counseling Services (IACS) and the doctoral internship in health service psychology is accredited by the American Psychological Association (APA).

The campus is centrally located in a residential area of Memphis with shopping, entertainment, restaurants, and recreation easily accessible. Located on the banks of the Mississippi and the largest metropolitan area in the Mid-South, Memphis is a growing city with a culturally diverse population of over 1.1 million making it the 24th largest city in the country. Compared with cities across the country in cost of living surveys, Memphis consistently ranks below the national average.

The city zoo is outstanding, housing pandas on loan from China and many other exotic animals. Cultural amenities include a symphony orchestra and chorus, many theatres, galleries and the Brooks Museum of Art. Camping and outdoor recreational facilities are plentiful and easily accessible. Memphis is distinguished for its excellent transportation, distribution, and communication networks. Memphis is a primary medical, research, and education center. The city is also known for its musical heritage. The city’s Blues heritage is exemplified by the renovation of Beale Street, the Gibson Guitar Factory, the Rock ‘n’ Soul Museum, and the Rock and Roll memorabilia preserved at Elvis Presley's home Graceland. For additional information about the campus and the city, access the University of Memphis' Visitor information page at http://www.memphis.edu/vic.
PHILOSOPHY, GOALS, AND COMPETENCIES

Our philosophy of training incorporates a Practitioner-Scholar Training Model. We are committed to providing a strong foundation that lends itself to the development of competent mental health professionals. This philosophy trains psychologists as generalists, capable of functioning in a wide variety of settings, counseling with diverse populations, and dealing with an assortment of problems and concerns. Our training program focuses on "learning by doing", which underscores the role of mentorship of an intern. The center provides a supportive environment that respects interns’ individual differences and experiences. Importantly, we strongly value diversity and multiculturalism in all aspects of our training program. Our commitment to the appreciation of diversity is evident in diversity training which includes didactic, experiential, and supervisory activities that allow interns to develop effective approaches in working with diverse clientele while increasing and challenging intern self-awareness.

The primary goal of this program is to prepare interns in a variety of functions required by generalist psychologists and secondly, to provide interns with an understanding of and experience in the operations of a comprehensive university counseling center.

Clinical or counseling psychology doctoral students from APA-accredited programs, whose career objectives include working primarily with adults, are appropriate intern candidates. The program is also highly suitable for candidates who want to broaden their experience by working with a college student population. For those interns who plan to work in a higher education counseling setting, the program is ideal.

The training program aims to help interns develop competencies in the following nine (9) areas:

1. **Research**: Demonstration of the integration of science and practice
2. **Ethical and Legal Standards**: Demonstration of knowledge and application in professional practice
3. **Individual and Cultural Diversity**: Demonstration of awareness, knowledge, sensitivity, and skills when working with diverse individuals and communities who embody a variety of cultural and personal background and characteristics (e.g. age, disability, ethnicity, gender, gender identity, language, national origin, race, religion, culture, sexual orientation, socioeconomic status, and other sources of difference)
4. **Professional Values, Attitudes and Behaviors**: Demonstration of a strong professional identity as a psychologist that includes personal and professional responsibility.
5. **Communication and Interpersonal Skills**
6. **Assessment**: Demonstration of competency in psychological testing.
7. **Intervention**: Demonstration of strong clinical skills required for professional practice in psychology.
8. **Supervision**: Demonstration of competencies in providing supervision
9. **Consultation and Interprofessional/ Interdisciplinary Skills**
CONTENT OF THE PROGRAM

A developmental practitioner-scholar training model, as applied in our Center, requires primary, secondary and tertiary psychological intervention by psychologists working in this setting. The diversity of the student body demands that interns engage in all levels of interventions to manage the concerns and problems of students involved in various stages of personal development. The Internship Training Program in Health Service Psychology at the University of Memphis Student Health and Counseling Services - Counseling Center can be divided into five components.

I/ Internship Orientation

Interns begin the training program by participating in a three-week orientation; a schedule will be provided. The mission of, training model and operations of the counseling center are reviewed. Administrative and policies and procedures are communicated. Interns also begin to integrate into the University community, meet other Division staff and graduate assistants, and develop a greater awareness of the community roles of the Counseling Center and the Division of Student Affairs. The course of training and clarification of expectations are reviewed. Interns interact with all supervisors in a group setting to learn about their theoretical orientation, supervision philosophy, style, expectations and clinical interests. After these meetings, interns submit rankings for their desired primary supervisors for the semester. Final determination of supervisory dyads will be made by the Training Committee. During Orientation, interns will also be provided with crisis/ triage and initial assessment training.

II/ Clinical Training

The Health Service Psychology Doctoral Internship training program has at its foundation standard core requirements, including training in the areas of individual, couples, group, crisis intervention/counseling, supervision, assessment, outreach, and consultation.

1. Psychotherapy

a) Individual Counseling: Interns provide 12-18 hours of psychotherapy per week. A short-term treatment model of twelve sessions per client per academic year is in effect with opportunities for unlimited group therapy
services. Longer-term treatment options may be available after client staffing. Interns have an opportunity to develop skills by observing and being observed by senior staff members. The intern, supervisor, and the Training Committee will determine readiness for more autonomous functioning.

b) **Couples Counseling:** Couples counseling is available to any student couple (married, same-sex partnered, partnered) or family when one partner or family member is enrolled in six semester hours.

c) **Group Counseling:** Interns lead or co-lead both structured and unstructured groups throughout the year. A beginning intern co-leads at least one group with a senior staff member. After they have demonstrated proficiency, interns may lead a group(s) or co-lead a group(s) with other interns. Ideally, interns conduct at least one group during each six months period. Senior staff members provide supervision of group work.

2. **Crisis Counseling/ After Hours’ Emergency Coverage**

Interns are responsible for providing crisis intervention as needed. After-hours cell phone coverage begins for interns no later than October, and only after training and shadowing in September. Supervisors accompany interns when after-hours crises require a return to campus. Staff psychologists are always available for consultation and to assist with crises when necessary.

3. **Triage**

Interns participate in the center’s triage/ walk-in system. Students coming to the center between 10 a.m. to 3 p.m. are seen briefly to assess for safety and schedule or refer as appropriate.

4. **Assessment**

Assessment training includes diagnostic interviewing, test administration, interpretation, professional report writing, and feedback review. Interns receive training and experience with a variety of assessment materials, including objective and projective personality measures, intelligence tests, and a variety of other measures. Interns are expected to complete 8 assessment reports over the course of the internship year. All of which may be LD/ADHD assessments (two [2] can be substituted for personality assessments). Interns must show competency administering the WAIS - IV and the Woodcock Johnson IV –Achievement by the end of orientation period. Assessment deadlines are at least two assessments completed by November 1. Assessments are to be completed by June.

5. **Relaxation Zone**

Interns will spend a minimum of two hours a week staffing the Relaxation Zone. Interns will become familiar with biofeedback and other resources of the Relaxation Zone. Interns may orient students to the Relaxation Zone, check students in, facilitate guided tours of the Relaxation Zone or facilitate relaxation activities. Interns will ensure students complete pre-and post-test measures associated with utilization of the Relaxation Zone.

6. **Consultation/Outreach**

Consultation and outreach are important activities and interns are required to participate. Outreach topics include, but are not limited to, stress management/anxiety management, building healthy relationships, time management, suicide prevention, and sexual assault prevention/bystander intervention. Interns are expected to develop and implement a minimum of one consultation/outreach presentation. Interns are required to actively participate in all
center’s outreach activities.

7. **Supervision of Practicum Students**
Interns provide primary supervision for a practicum student for the fall and spring semester. Interns meet with their supervisee for an hour and a half weekly to monitor clinical work and discuss their supervision work within Supervision of supervision.

8. **Community Resources**
Interns are to familiarize themselves with both campus and community resources in order to make appropriate referrals. Referral information is available in the Counseling Center and through consultation with senior staff.

**III/ Intern Training Seminars**
This is a weekly didactic and interactive seminar (often with assigned readings) primarily focusing on a variety of clinical issues, ethics, and integrating science and scholarly knowledge into practice. Other professional areas addressed include managing multiple roles, job search/application/interviewing strategies, preparation for licensure, and internship selection activities.

**Crisis/ Triage Training**
This training is designed to provide practical skills required for assisting clients in crisis. Topics to be covered include but are not limited to: Assessing risk level, law and ethics, ethical decision making, confidentiality, and dealing with angry clients. This training is designed for 3-4 hours but may vary depending on need.

**Multicultural Seminar**
This seminar is a year-long, monthly seminar, designed to expose interns to a variety of cultures and diversities as well as integrate their knowledge into culturally appropriate interventions and treatment. Interns will develop awareness, knowledge, and skills for working professionally with diverse individuals, groups, and communities of various cultural and personal background and characteristics defined as cultural, individual, role differences, including those based on age and gender, gender identity, race, ethnicity, cultural, national origin, religion, sexual orientation, disability, language, socioeconomic status and impact of social justice systems. Interns will also integrate self-reflections on their own privilege, culture, and identities.

**IV/ Supervision Training**

1. **Individual Supervision**
Interns receive a minimum of two hours weekly of individual supervision. Individual supervisors are rotated to ensure exposure to a variety of supervisory styles and areas of expertise.

2. **Case Conference**
Case conference is a weekly two-hour group supervision activity that is supervised and evaluated by senior staff. In case conference, interns present cases, case conceptualization write-up, concerns, or topics of particular interest. Interns are expected to show video recording of their sessions as well as provide feedback to their peers.

3. **Assessment Supervision**
Assessment supervision focuses on clinical assessment and case conceptualization with particular emphasis on a therapeutic use of assessment. Training in administration and interpretation of a variety of assessment instruments. This also includes information on assessment of special populations.

4. **Supervision of Supervision**

Supervision-of-supervision is group training provided by senior staff to support interns as they supervise practicum students who are one or more training levels below the intern.

V/ **Professional Development**

**Outreach Project**
Interns are required to independently develop and present an outreach project/presentation on a relevant topic. In addition, the interns will also develop a group outreach project. It is expected that the outreach projects are appropriate, current, and have strong theoretical, research, and practice foundation. Topics of the projects must be submitted to the training committee for approval.

**Intern Meeting**
Interns meet for one hour weekly with the Training Director to discuss the training experience, to have questions and/or concerns addressed and to respond to personal and/or professional concerns.

**Record Maintenance and Titanium**
Interns are required to maintain accurate and timely records for clients on their caseload. These records include all relevant correspondence and documentation associated with treatment. Case notes will be stored in Titanium and forwarded electronically to supervisors for signatures within seven (7) days. Upon termination, a termination summary must be completed. Task Lists and Client Lists should be monitored.

Records must be secured. Access to electronic student information should be protected. Hard copy materials (e.g., assessment protocols) should be maintained in the mail room behind the front desk when not being used in offices.

Schedules on Titanium must be accurate and current. Open hours on the daily schedule are available to schedule sessions. Interns are to maintain weekly logs of their clinical and professional activities. Logs should be reviewed with primary supervisors and submitted to Training Director weekly for intern’s file. Clients are **not** to be scheduled for more than two weeks in advance.

**Ethics**—Interns are expected be knowledgeable regarding the 1) APA Ethical Principles of Psychologists, 2) Standards for Providers of Psychological Services, and 3) The Specialty Guidelines for the Delivery of Services. To maximize trainee awareness of these resources, interns will review and discuss them with a licensed psychologist. Supplemental materials to be used in this seminar will include journal articles, periodicals, books on ethics, legal documents, and APA Training Video Series.
The following is a sample work week which may vary according to the service needs of the Center and the intern's individual needs:

- Psychological Counseling .................. 12 to 18 Hours
- Group Counseling .................. 1 to 3 Hours
- Triage/ Crisis Counseling .................. 5 Hours
- Consultation/Outreach/Committees .................. 3 Hours
- Assessment .................. 4 Hours
- Administration/Paperwork .................. 3 Hours
- Case Conference .................. 2 Hours
- Special Topic Seminar .................. 1.5 Hours
- Supervision of Practicum Students .................. 1.5 Hours
- Individual Supervision .................. 2 Hours
- Specialized Supervision/Training .................. 1.5 Hours
- Interns Meeting .................. 1 Hour
- Total will vary .................. 37.5 to 42 Hours Weekly

*The internship may require additional hours for training purposes.*

In regard to employment secondary to their positions as psychology interns, interns are expected to follow APA ethics and the University of Memphis policy pertaining to such employment.
SALARY AND BENEFITS

The stipend for 12 months is $26,827.76.

Additional benefits include:

- 24 days annual leave
- 12 days sick leave
- 13 holidays
- Employee Assistance Program
- Retirement benefits
- Medical/dental insurance available
- Also Available: tuition waiver, health service, computer and recreational facilities

For more information, access the University of Memphis Human Resources page at http://www.memphis.edu/hr/ or call them at (901) 678-5373.
INTERNSHIP APPLICATION INFORMATION

Qualifications:

- Candidates must be enrolled in counseling or clinical psychology programs and have completed 500 hours of practicum work.
- All relevant program course work must be completed.
- Preference will be given to candidates from APA accredited programs.
- It is required that candidates have completed their comprehensive exams prior to the application deadline.
- Dissertation proposals are required to have been approved by the start of internship.

APPIC Matching Program Code # 1559

Applications: Deadline is November 15, 2017.

The APPIC Online Application for Psychology Internships is to be submitted. APPIC internship application, accessible at http://appic.org.

An on-site interview is preferred, although phone/Skype interviews are options. Applicants who opt for phone/Skype interviews can make arrangements to visit our site. Applications from minority candidates are strongly encouraged. If you have any questions about the information above, please contact:

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