

PORTLAND STATE UNIVERSITY

Counseling and Psychological Services, at the Center for Student Health and Counseling

Predoctoral Internship in Psychology

(APPIC Match Program Code Number 179811)

Updated 11/06/09

Note: We apologize for confusion caused by prior versions of this document that stated that all coursework must be completed by the application date. This was inconsistent with the requirements set forth in PSU's APPIC listing, and has been changed in this document to conform to the APPIC listing. It is therefore not necessary that coursework be completed to apply. Our application deadline has been extended by one week, to November 23, to try to accommodate applicants who may have previously believed they were ineligible to apply.

Overview

Counseling and Psychological Services (CAPS) is part of PSU's Center for Student Health and Counseling (SHAC). The predoctoral internship in psychology is a one-year, full-time training program with the objective of developing ethical, competent psychologists who are capable of functioning independently and will contribute both to the welfare of society and to the profession of psychology. Our approach is to provide training grounded in the core competencies and scientific principles of our profession, with an emphasis on clinical practice. We 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. Although individual psychotherapy and psychometric assessment are emphasized, other areas of training include couples and group psychotherapy, crisis intervention, consultation, outreach, human diversity, and professional ethics.

The annual stipend is \$24,000. Qualified candidates must be doctoral students in counseling or clinical psychology with completion of at least 400 intervention and assessment hours and qualifying examinations passed by the application deadline. A candidate's dissertation proposal must be accepted before the internship match ranking deadline.

For selection of interns for 2010/2011, CAPS and all other APPIC member internship programs will use the new APPIC Application for Psychology Internship (AAPI) Online application process. Applications will no longer be accepted by mail. 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 5:00 p.m. (PST) Monday, November 16, 2009. More details on the application process are provided in the "Application for Internship" section of this document.

The CAPS predoctoral internship continues to evolve, and the information contained herein is subject to revision. Any inadvertent discrepancies with PSU or Oregon State policies will be resolved in accordance with those policies.

Training Philosophy

PSU CAPS subscribes to a practitioner-scholar model of training in which members of our training staff provide supervision, co-lead therapy groups with trainees, provide didactic presentations, and oversee the general growth and development of our interns. Our primary goal is to prepare our interns for generalist positions in college and university counseling centers. Because, however, our generalist training program is focused on core competencies for general practice, we also prepare interns for other, similar types of agencies as well as private practice.

The CAPS internship affords a supervised professional experience in which the intern functions as a staff-member-in-training. Members of our training staff serve as mentors to guide interns toward competent, ethical practice in a range of professional activities that include administration, outreach and consultation, as well as direct services. The ongoing educational, training and supervision needs of the intern are addressed by a program that facilitates the intern's development throughout the training year. 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. CAPS' developmental approach to training provides interns with opportunities for experience in a variety of professional activities.

Site Description

CAPS provides focused, time-limited outpatient counseling, psychotherapy and assessment services to the students of PSU in a multidisciplinary environment staffed by psychologists, social workers, psychiatrists, a substance abuse counselor, and psychometrists. In support of the missions of CAPS/SHAC and PSU, services are provided to aid students in the successful completion of their educational goals at the university.

In addition to training predoctoral interns in psychology, CAPS serves as a psychotherapy training site for post-doctoral psychology residents, psychiatry residents, masters students in clinical social work, and masters students in counselor education. CAPS also offers a psychology practicum in psychometric assessment.

During the regular academic year CAPS/SHAC is open 8:00 A.M. to 7:00 P.M. Monday through Thursday, and 8:00 A.M. to 5:00 P.M. on Friday. During the summer session and academic breaks, hours are 8:00 A.M. to 5:00 P.M. Monday thru Friday. Emergency needs that arise at other times are met by Portland community resources.

PSU students access both mental and physical health services at SHAC, a modern facility that opened to students in the 2003-2004 academic year. 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.

Overview of Program

Interns complete a minimum of 1500 hours of service; up to 2000 hours can be arranged, however, to meet an intern's licensing or academic program requirements. The internship hours are distributed over a 12-month period, from the third week of August through August of the following year. Interns work an average of 40 hours per week, but vary over the academic year. Therefore during academic terms work hours may at times exceed 40 hours per week, and during academic breaks and intercession may be fewer than 40 hours per week. The annual stipend is \$24,000.

Interns are involved in all areas of service available at CAPS. The internship is focused primarily, however, on direct clinical service, through individual and group psychotherapy and psychoeducational assessment, to a diverse college population. 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

CAPS provides a range of mental health services to the PSU student community, including:

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

The interdisciplinary structure of SHAC provides an opportunity for interns to practice in an environment that values a variety of disciplines and theoretical perspectives. In addition to interacting regularly with clinical social workers and psychiatrists as well as psychologists, interns frequently consult with physicians, nurses, a dietician, and other medical professionals.

Interns are afforded opportunities to participate in a range of outreach activities. Past interns have participated in or developed a number of programs, including classroom presentations on sexual health, assertiveness, stress management, and smoking cessation; weekly support to international students; consultation to LGBT 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.

Supervision

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

- individual supervision 2 hours per week
- group supervision of psychotherapy 1 hour per week
- group supervision/didactic training in assessment 2 hours per week
- professional development seminar 1 hour per week
- other professional development and didactic training activities, as scheduled

Application for Internship

Our APPIC Match Program Code Number is 179811

Applicants must be currently enrolled in a doctoral program in counseling or clinical psychology, and have psychotherapy and psychometric assessment experience and appropriate supervision. At least 400 intervention and assessment hours, and 1000 total practicum hours, must be completed by the application date. Qualifying examinations must also be passed by the application deadline. The applicant's dissertation proposal must be accepted before the ranking deadline for the internship match.

Applications for the 2010/2011 internship year will be accepted through November 23, 2009 (the deadline has been extended from November 16); 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. In-person interviews are preferred and are scheduled for early January. In addition to interviewing with psychology staff members, interviewees meet with a current intern to learn about the internship experience.

CAPS 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). Beginning with applications for the 2010/2011 internship year, all application materials must be submitted online via the applicant portal described in the [AAPI Online](#) section of the APPIC website. Application materials must include:

- 1) Completed APPIC Application for Psychology Internships (AAPI), available at [AAPI Online](#)

- One component of the AAPI is a cover letter describing how you would be a good fit with the internship program at PSU CAPS; please be specific about your goals for internship and how our program will help you meet them
 - Include your curriculum vita in your AAPI
- 2) Official transcripts of all graduate education in psychology
 - 3) Three letters of recommendation, at least two from current or past clinical supervisors
 - 4) 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 CAPS 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 Chris Hodson, Ph.D. at: hodson@pdx.edu

Chris Hodson, Ph.D.
 Coordinator of Training
 Center for Student Health and Counseling (SHAC)
 Portland State University
 P.O.Box 75001
 Portland, OR 97207-0751

SHAC Psychologists

Jennifer Dahlin, Psy.D., Clinical Psychology, Pacific University, 2004. Orientation: Integrative (Cognitive, Systemic, Interpersonal). Interests: Systemic/environmental influences on mental health, domestic violence and sexual assault, group psychotherapy, psycho-educational and career assessment.

Cheryl Forster, Psy.D., Clinical Psychology, Pacific University, 2005. M.A., Tufts University, Applied Developmental Psychology, 1997. Coordinator of Diversity Activities. Orientation: Interpersonal/Gestalt/DBT with cultural/developmental emphasis. Interests: Sexual abuse, complex trauma, relationship/attachment issues, racial/ethnic diversity issues, gender issues, coping strategies, affect regulation, stress, mindfulness, self-harm behavior, and supervision & training, community outreach, personality and career assessment.

Chris Hodson, Ph.D., Counseling Psychology, University of Southern California, 2002. Career Counseling Coordinator. Orientation: Psychodynamic. Interests: Childhood sexual trauma, eating disorders, personality disorders, psychoanalytic theory, clinical supervision, career assessment.

Jane Larson, Psy.D., Clinical Psychology, Pacific University, 2005. Orientation: Interpersonal/Intersubjective and integrative. Interests: Sexual minority issues, life transitions, relationship and attachment issues, psychoanalytic theory and process, clinical supervision.

Karen Ledbetter, Psy.D., Clinical Psychology, Biola University, 1997. Assessment Coordinator. Orientation: Psychodynamic/developmental and Cognitive/Behavioral. Interests: Dialectical Behavior Therapy, anxiety disorders, personality disorders, psychoeducational assessment, community outreach.

Noelle Savatta, Ph.D., Counseling Psychology, University of Georgia, 2007. M.A., New York University, Counseling, 2000. Orientation: Integrative – Humanistic, Cognitive, Psychodynamic. Interests: Multiculturalism, mindfulness based therapy, body image and eating issues, anxiety, first generation and international students.

Previous Interns

Interns at CAPS have come from a variety of academic institutions, including:

Argosy University- San Francisco Bay Area
Argosy University- Twin Cities
Biola University
California School of Professional Psychology, Fresno
Fuller Graduate School of Psychology
George Fox University
Pacific Graduate School of Psychology – Stanford PsyD Consortium
Pacific University School of Professional Psychology
University of Colorado
University of Texas
University of Victoria, British Columbia