

# Assessment and Therapy Externship (Psy.D.)

## Program Goal

The primary goal of this externship program is to provide externs with the experience and supervision necessary to begin mastering the assessment and intervention competencies defined by their academic programs and prepare them for entry level counseling positions or future levels of training (i.e., therapy practicum, advanced practicum, internship).

## Training Model

The externship program uses the scholar-practitioner model of training, as articulated by the National Council of Schools and Programs in Professional Psychology (NCSPP) as the base for its training program. Since ACHS also trains students from disciplines other than psychology, the program also integrates into its model the competencies and training goals of the following disciplines: Counseling (Clinical Mental Health and Forensic); Art Therapy; and Couples and Family Therapy (Doctoral and Masters levels). The externship has four goals with attendant objectives and competencies:

### Training Model Goals (achievement of goals are measured across three domains: knowledge, skills, and attitude)

1. Goal One: Appropriate trainee-level development within the relationship competency across all professional activities
  - a. Objective One: Beginner to advanced trainee level knowledge and skills in communication and interpersonal skills
  - b. Objective Two: Beginner to advanced trainee level knowledge and skills in professional values, attitudes, and behaviors
2. Goal Two: Appropriate trainee-level competence in the delivery of clinical services
  - a. Objective One: beginner to advanced trainee-level knowledge of and skill in psychological assessment/testing (for assessment externs) or intake assessment (therapy and advanced therapy externs)
  - b. Objective Two: beginner to advanced trainee- level knowledge of and skill in psychotherapy (individual, couple, family, and group, for therapy and advanced therapy externs)
3. Goal Three: Appropriate trainee-level competence in the delivery of other professional psychological services
  - a. Objective One: knowledge of and skill in education/consultation
  - b. Objective Two: entry level knowledge of and skill in research/evaluation
4. Goal Four: Development of a professional critical thinking attitude
  - a. Objective One: Knowledge of and sensitivity to human diversity issues
  - b. Objective Two: Knowledge of and skill in socially responsible practice/ community embedded services
  - c. Objective Three: Basic knowledge of at least one major theoretical orientation
  - d. Objective Four: Basic knowledge of ethical and legal standards

## Externship Training Activities

Externs provide service, receive supervision and participate in didactics throughout the externship. Services are provided at community sites.

### **Program Outcomes**

Upon completion of the externship, externs, therefore, are expected to demonstrate the following:

- Appropriate trainee-level competence in the areas of relationship, assessment, intervention, and consultation/education;
- An understanding of the importance of disciplined inquiry and the use of the local clinical scientist model in providing clinical services;
- An appreciation of and respect for the role of gender, sexual orientation, ethnicity, race, religion, age, and other aspects of individual and cultural diversity in providing services and working with individuals;
- A basic understanding of how a theoretical orientation guides clinical interventions and practice;
- A sensitivity to the importance of extra-psychic context/environment that may contribute to the overall health of an individual;
- Individual responsibility, cooperation, and collaboration in working with others and a commitment to contributing to the greater good of the community; and
- A commitment to the highest standards of professional ethics, lifelong learning, and professional development.