

## **Adler Teen Wellness and Opportunity Internship Program**

### **Internship Training Details**

The [APA-accredited](#) Adler Teen Wellness and Opportunity Internship Program is partially-affiliated with [Adler University](#) and includes placements in more than one community-based partnership sites. Through these placement experiences, interns gain entry-level psychologist knowledge and skills in the application of direct psychological services, diagnostic assessment, professional development, human dignity and rights, socially responsible practice, and professional ethics and standards. The primary objective of the program is to prepare interns to become entry-level Doctors of Psychology.

Interns offer clinical services at and through community-based partnerships. Interns are assigned to community sites based on their interests, training and educational needs, and abilities. In addition to providing direct clinical service, interns receive individual, group, and peer supervision; participate in case disposition meetings; become active members of interprofessional teams; and attend didactic workshops and seminars. Interns also provide supervision to assessment and therapy externs and receive supervision on their supervision by a licensed clinical psychologist.

Services provided in the community within partner sites may include individual, group, and family psychotherapy; personality and cognitive ability assessment; support and therapy groups; consultation; partner site staff training; program development and evaluation; telehealth; and psycho-educational programs.

The internship program offers three (3) full-time positions. The internship begins on September 1st and ends August 31st.

### **Intern Compensation**

- Stipend: \$31,500 per annum
- Extended Health Benefits
- 80 vacation hours
- 80 sick hours

### **Program Goal**

The primary goal of this internship program is to prepare interns for entry-level practice, and readiness for the next phase of their training to become a clinical psychologist, whether it is a postdoctoral fellowship or supervised work experience.

### **Training Model**

Professional psychology has been defined by [Adler University](#) faculty as the application of psychological knowledge and skills to forward the improvement of the human condition in the broadest sense with an emphasis on the direct delivery of professional services, including the design, implementation, and evaluation of assessment and change strategies as they are applied to individuals, families, groups, couples and organizations.

The internship uses the scholar-practitioner model of training, as articulated by the [National Council of Schools and Programs in Professional Psychology \(NCSP\)](#) as the base for its training program. The internship has four goals with attendant objectives and competencies.

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

### **Goal One: Entry-level relationship competence across all professional activities**

- Objective One: Entry-level Doctor of Psychology performance in communication and interpersonal skills
- Objective Two: Entry-level Doctor of Psychology performance of professional values, attitudes, and behaviors

**Goal Two: Entry-level competence in the delivery of psychological services**

- Objective One: Entry-level Doctor of Psychology performance in psychological assessment and testing
- Objective Two: Entry-level Doctor of Psychology performance in psychotherapy (individual, group, and couple/family)

**Goal Three: Entry-level competence in the delivery of psychological professional services**

- Objective One: Entry-level Doctor of Psychology performance in supervision
- Objective Two: Entry-level Doctor of Psychology performance in consultation and education
- Objective Three: Entry-level Doctor of Psychology performance in research and evaluation

**Goal Four: Entry-level competence in professional approach, attitude, and practice commitment to human dignity and human rights**

- Objective One: Entry-level Doctor of Psychology performance of respecting and valuing human dignity and rights
- Objective Two: Entry-level Doctor of Psychology practice of ethical and legal standards
- Objective Three: Entry-level Doctor of Psychology performance of socially responsible practice

**Internship Training Activities**

Interns provide service, receive supervision, and participate in meetings and seminars throughout the internship. Services are provided at community sites that have partnerships with ACHS.

<b>Service</b>	
Direct Client Contact (see below for qualifying activities)	12-13 hours weekly
Indirect Services (interprofessional team meetings, psychoeducation programming, didactics, supervision, consultation, charting, etc.)	27-28 hours weekly
<b>Seminars/Didactics</b>	
Family / Systems Therapy Workshop	3 one-hour modules + 3 consultation calls
Clinical Meeting	1 hour weekly
Intern Seminars (*note: modules are spaced out throughout the training year)	
Socially Responsible Practice	20 one-hour modules/year *
Ethics & Professional Development	12 one-hour modules/year *
Trauma-Informed Care & Self-Care	20 one-hour modules/year *
Assessment	12 one-hour modules/year *
Program Evaluation/Research	4 one-hour modules/year *
<b>Supervision</b>	
Individual Supervision (1 hour with 2 different licensed supervising psychologists)	2 hours weekly
Group Supervision & Assessment Case Disposition	1 hour weekly
Group Supervision of Supervision & Clinical Supervision Seminar	1 hour weekly
<b>Other Meetings</b>	
Extern Supervision	Up to 2 hours weekly

- Orientation – Introduction to ACHS policies and procedures, documentation, internship goals and individual training goals and objectives- client populations, competencies/criteria and standards for doctoral psychology internship, supervision, health and safety, ethics and risk management, documentation and electronic health records, site introduction, diversity, and team building with peers and faculty.
- Direct Client Contact (minimum 25% of intern's time) – Psychotherapy (individual, group, and couple/family therapy), psychoeducation (individual and group); intake assessments; treatment planning with clients; psychological testing (minimum 4 batteries, ); crisis interventions (individual and

group); program development and evaluation time involving direct contact with program participants and/or stakeholders; aftercare planning with a client/caregiver directly involved; milieu management involving direct contact with clients; and other psychological services not listed here involving clients/caregivers at the discretion of primary supervisor.

- Practice Environments – Averaging 28 hours per week (3-4 days) in the field, including on-site and telehealth psychological service options with ACHS partner organizations. Interns are generally assigned to two sites but may be assigned to only one site.
- Interprofessional Practice - Consultation, team huddles, case conference, case management, and program development and evaluation services with each assigned site and as included on individual training plan.
- Human Dignity and Rights - Integrated in doctoral psychology internship learning and clinical activities. Internship will offer didactic and experiential programming based on intern interest and faculty evaluation of cohort learning needs to effectively and serve community partner populations in a culturally responsive manner.
- Supervision of Supervision – Each intern is assigned a minimum of one (1) practicum student to provide supervision services for a minimum of one (1) semester.
- Competency Evaluation of Intern Performance - Two (2) times a year which includes a final cumulative performance review.
- Minimum of 2080 hours achieved in the internship year.

### **Integration of Science and Practice**

Interns are encouraged to be involved in science, practice, and research activities. Interns will be required to track session rating scales and treatment outcomes, which will be supported by the Program Evaluation Didactic session.

### **Program Outcomes**

Upon completion of the internship, interns are expected to demonstrate entry-level competence as a psychologist in the practice of clinical psychology:

- Entry-level Doctor of Psychology performance in psychological assessment, intervention, consultation, and program development and evaluation.
- Demonstrate skills in developing and sustaining therapeutic relationships, rapport building, and dialogue with a diverse population of clients.
- Effective supervision skills.
- Research and application of the local clinical-scientist model in providing evidence-based clinical services.
- Integration of human rights and dignity in the provision of all psychological services
- Integration of social determinants of health and socially responsible practice in addressing individual and community health resiliency and challenges.
- Demonstrate professional values, attitudes, and behaviors, including individual responsibility, respect, cooperation, and collaboration in working with others.
- Demonstrate standards of professional ethics, lifelong professional development, and transition from student to independent professional.

### **Supervision**

Each intern is assigned two licensed supervising psychologists. The intern will meet one hour per week for individual supervision with each of the two supervisors. The psychologist supervisor of a case is the legal and ethical owner of the case.

### **Accreditation**

The Adler Teen Wellness and Opportunity Internship Program at Adler Community Health Services is accredited by the American Psychological Association (APA). The Commission on Accreditation of the APA can be contacted at:

Commission on Accreditation



**ADLER UNIVERSITY**

Adler Community Health Services

[Office of Program Consultation and Accreditation](#)

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