

Therapy and Advanced Therapy Externships (Psy.D.)

Externship Training Details

The Therapy and Advanced Therapy Externships are fully affiliated with [Adler University](#) and includes placements in two (2) community-based partnership sites. Through these placement experiences, externs gain entry-level psychologist knowledge and skills in the application of direct psychological services; diagnostic assessment; professional development; human dignity, diversity, and rights; socially responsible practice; and professional ethics and standards. The primary objective of the program is to prepare externs to become entry-level psychologists.

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

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

The externship program annually offers these average number of placements:

Therapy Practicum: one (1) to two (2) positions
Advanced Therapy Practicum: one (1) to two (2) positions

Placements may be Primary or Supplemental. For ACHS to be a primary placement, a student must be able to commit to 20 hours per week comprised of two (2) clinical days providing services, and four (4) hours total of didactic programming and supervision. For supplemental placement, a student must be able to commit to at least one (1) clinical day, and four (4) hours of total didactic programming and supervision time.

Generally, the externship begins on September 1st and ends July 31st.

Extern Time-Off Allowances

- Primary Placement – 80 hours (approximately 4 weeks)
- Supplemental Placement – 48 hours (approximately 4 weeks)

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 professional practice and successful matriculation in their applied experiential learning (i.e., therapy practicum, supplemental practicum, externship). Through their placement experiences, practicum trainees gain beginner to advanced-level knowledge and skills in the application of direct psychological services; diagnostic assessment; professional development; human dignity, diversity, and rights; socially responsible practice; and professional ethics and standards.

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 teaches and applies interprofessional practice knowledge, skills, and attitudes in all appropriate learning activities.

The two Psy.D. externships have four (4) goals with attendant objectives and competencies:

Goal One: Appropriate trainee-level development within the relationship competency

- Objective One: Beginner to advanced trainee level performance in communication and interpersonal skills
- Objective Two: Beginner to advanced trainee level performance in professional values, attitudes, and behaviors
- Objective Three: Beginner to advanced trainee level performance in interprofessional collaboration and practice.

Goal Two: Appropriate trainee-level competence in the delivery of direct client contact services

- Objective One: Beginner to advanced trainee-level performance in psychological assessment/testing (assessment externs) and intake assessment (all).
- Objective Two: Beginner to advanced trainee-level performance in delivering individual, couple, family, and group psychotherapy (therapy and supplemental therapy externs)

Goal Three: Appropriate trainee-level competence in the delivery of other professional psychological services

- Objective One: Beginner to advanced trainee-level performance in psychoeducation and consultation (therapy and supplemental externs)
- Objective Two: Beginner to advanced trainee-entry level performance in research and evaluation (all)

Goal Four: Appropriate trainee-level competence in professional approach, attitude, and practice; commitment to human dignity and human rights

- Objective One: Beginner to advanced trainee-level performance in respecting and integrating human dignity and rights across all professional activities (all)
- Objective Two: Beginner to advanced trainee-level knowledge of professional standards and ethics (all)
- Objective Three: Beginner to advanced trainee-level performance in the application of at least one major theoretical orientation/model (all)
- Objective Four: Beginner to advanced trainee-level performance in socially responsible practice (all)

Externship Training Activities

Primary placement externs can expect the following weekly activities:

Therapy Practicum

Service	
Direct Client Contact (psychotherapy, groups, intake assessments, treatment planning w/client, consultation w/client/support system present, etc.)	7-8 hours per week
Indirect Services (interprofessional team meetings, psychoeducation programming, consultation, charting, etc.)	12-13 hours per week
Didactic Training	
Orientation, Didactics, and Clinical Meetings	60-80 hours per year
Supervision	
Individual Supervision – Licensed Psychologist	1 hour per week
Individual Supervision – Doctoral Psychology Intern	50-75 minutes per week
Group Supervision – Licensed Psychologist	1 hour per week

Advanced Therapy Practicum

Service	
Direct Client Contact (psychotherapy, groups, intake assessments, treatment planning w/client, consultation w/client/support system present, etc.)	6-7 hours per week
Indirect Services (interprofessional team meetings, psychoeducation programming, consultation, charting, etc.)	13-14 hours per week
Didactic Training	
Orientation, Didactics, and Clinical Meetings	60-80 hours per year

Supervision	
Individual Supervision – Licensed Psychologist	1 hour per week
Individual Supervision – Doctoral Psychology Intern	50-75 minutes per week
Group Supervision – Licensed Psychologist	1 hour per week

- Orientation – Introduction to ACHS policies and procedures, documentation, practicum goals and individual training goals and objectives- client populations, competencies/criteria and standards for practicum, supervision, health and safety, ethics and risk management, documentation and electronic health records, site introduction, human rights and dignity, and team building with peers and faculty.
- Direct Client Contact – Psychotherapy (individual, group, and couple/family therapy), psychoeducation (individual and group); intake assessments; treatment planning with clients; psychological test administration; psychological report feedback session; crisis intervention (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 16-24 hours per week (2-3 days) in the field, including on-site and telehealth psychological service options with ACHS partner organizations.
- Interprofessional Practice - Consultation, team huddles, case conference, and case management with each assigned site and as included on individual training plan.
- Competency Evaluation of Trainee Performance - Three (3) times a year (once per semester) includes a final cumulative performance review.
- Practicum Completion -
 - Therapy Practicum: Minimum of 750 total hours. Practicum does not end upon completing 750 hours. Practicum ends at the practicum contract end date.
 - Advanced Therapy Practicum: Minimum of 600 total hours. Practicum does not end upon completing 600 hours. Practicum ends at the practicum contract end date.

Program Outcomes

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

- At least minimum competency performance expectations in the areas of therapeutic relationship, assessment, intervention, consultation, and education.
- At least minimum competency performance expectations in disciplined inquiry and the integration of research in providing clinical services.
- At least minimum competency performance expectations of respecting and valuing human dignity and rights in the provision of clinical and professional services.
- At least minimum competency performance expectations in comprehension and application of theoretical models in clinical interventions and practice.
- At least minimum competency performance expectations in socially responsible practice.
- At least minimum competency performance expectations exercising individual responsibility, collaboration, and the highest standards of professional ethics, lifelong learning, and professional development.
- Commitment to contributing to the greater good of the community.

Supervision

Each extern is assigned a supervising psychologist. The extern will meet for a minimum of one (1) hour per week with a licensed psychologist, and for one (1) hour per week with a licensed psychologist, an allied mental health provider, intern, postdoc, or psychiatrist, in group or individual format. The primary psychologist supervisor of a case is the legal and ethical owner of the case.