



Doctoral Internship in Professional Psychology Brochure 2017-2018 Training Year

Contact Person:

**Mimi Curtis, PhD
Mental Health Training Program Supervisor
Tarzana Treatment Centers
18646 Oxnard Street
Tarzana, California 91356
(818) 654-3908
mcurtis@tarzanatc.org**

TARZANA TREATMENTS CENTERS, INC.

DOCTORAL INTERNSHIP IN PROFESSIONAL PSYCHOLOGY TRAINING PROGRAM

Agency Description

Tarzana Treatment Centers (TTC), founded in 1972, is a Joint Commission accredited and California-licensed, private, nonprofit organization, which offers mental health, substance use, and primary care medical services to the residents of Los Angeles County. It is the largest provider of substance use disorder treatment services in Southern California, with approximately 600 employees at locations ranging from Lancaster to Long Beach.

TTC offers a full range of comprehensive behavioral health services utilizing professionals who are experts in both addiction and mental health treatment. The TTC mission and values are realized through a full continuum of integrated addiction and mental health inpatient, residential and outpatient services, as well as primary care medical services for children and adults. TTC also provides outpatient services, transitional and supportive housing, after care, HIV / AIDS Services, women's services, family counseling, domestic violence intervention, anger management, court-related services, and community education services.

The internship is located at the corporate headquarters in Tarzana, which is the largest site. Our 60 bed inpatient program is licensed as an acute psychiatric hospital, and is used for detoxification and psychiatric stabilization. All interns work on this unit conducting assessments and providing short-term counseling and crisis intervention services. There are 152 residential rehabilitation beds, divided into a short-term and long-term program. There are separate adult and youth outpatient services. While the focus of most of these activities is on individuals with substance use disorders, the majority have co-occurring psychological disorders that include affective, psychotic, PTSD, anxiety, and personality disorders. TTC also provides an array of outpatient mental health services for patients with mild to moderate to severe mental health disorders. Training is provided to practicum students (SCAPTP selected), Pre-doctoral Interns (APPIC selected), and Postdoctoral fellows.

Agency Objective

To address a wide-range of the community's health care and social service needs with responsive alcohol and drug treatment, mental health treatment and education, HIV/AIDS prevention, treatment, and education, primary outpatient and medical care, and other health care services which meet emerging

community needs.

Internship Training Program: Overview and Goals

The TTC Doctoral Internship in Professional Psychology Program is designed to prepare pre-doctoral psychology interns for entry level practice in the field. The major goals of the program are to extend the intern's previous learning with further development of the knowledge, skill, and attitudes integral to the practitioner-scholar model of training. Specifically, the goals and objectives of the program include the preparation of professional psychology practitioners to:

1. Ethically deliver effective diagnostic and therapeutic services to diverse populations.
 - a. Interns will demonstrate diagnostic skills using our structured diagnostic clinical interview, including a Mental Status Exam to assess for risk factors, arrive at a diagnosis, create treatment plans and provide recommendations.
 - b. Interns will demonstrate therapeutic skills across diverse modalities (including individual, couples, group and family psychotherapy; crisis intervention; and assessment for high risk behaviors) and theoretical perspectives (e.g., cognitive-behavioral, psychodynamic, structural-strategic family systems).
 - c. Interns will demonstrate diagnostic and therapeutic skills with clients diverse in terms of clinical and addiction concerns, age (youth to older adults), gender, sexual orientation, ethnicity, and socioeconomic status.
 - d. Interns will demonstrate ethical behavior and understanding in conducting diagnostic and therapeutic services and in their interactions with clients, members of the community, and other professionals.
2. Critically evaluate and apply psychological literature to clinical practice.
 - a. Interns will formulate case conceptualizations that draw upon theoretical and research knowledge.
 - b. Interns will engage in well timed and effective assessment and therapeutic interventions consistent with current psychological knowledge and the community standard of care.
3. Work with other disciplines, and provide training and consultation to a variety of professionals across diverse populations and settings.
 - a. Interns will demonstrate appropriate and professional interactions and an ability to work in a multidisciplinary setting with other disciplines (medical, psychiatric, nursing, social work, other mental health, and administration).

- b. Interns will appropriately seek consultation or supervision and use it productively.

The Doctoral Internship in Professional Psychology Program offers five full-time internship positions.

Psychology interns are accepted in 2 tracks, and afforded the opportunity to be involved in a variety of Programs. The Adult track offers involvement in our Inpatient Hospital, Co-Ed Residential Adult Treatment Program; Outpatient Mental Health and Outpatient Co-Occurring Disorders Adult Services. In the Youth track, interns work in our Youth Outpatient Mental Health and Outpatient Substance Use Services, while spending some time in the Inpatient Hospital. The patient population presents a wide-range of clinical concerns including not only substance use and HIV/AIDS, but also a wide range of mental health issues including affective, anxiety, psychotic and characterological disorders. TTC serves a diverse client population in term of age (adolescents to older adults), gender, sexual orientation, ethnicity, and socioeconomic status. Approximately 8% of the client population is youth, and 22% are older adults. Ethnic groups served include African-American (7%), Latina/Latino (29%), European-American (65%), Asian-American (2%), and Native American (<1%). Females are 35% of our client population and LGBT clients are 8% of our population. Approximately 65% are funded by the public sector and 35% are funded by the private sector.

Interns provide a variety of diagnostic and psychotherapeutic services and engage in other related clinical activities including: individual, couple, family (mainly in our Youth track) and group psychotherapy; admissions triage; diagnostic clinical interviews; crisis intervention; intake evaluations; case conferences; consultation/liaison; case-management; progress notes/chart documentation; treatment planning; and discharge planning. Supervision in Cognitive-Behavioral Psychotherapy, Psychodynamic Psychotherapy, Mindfulness, Group Psychotherapy, Crisis Intervention, and Psychological Emergency Assessments are core areas of the training program. In addition, interns have opportunities to participate in parenting groups, and have longer-term individual therapy cases in which psychodynamic orientations can be applied.

In the Youth track, there are also multi family groups. **Please be aware that this is not a psychological testing site, and full test batteries are not utilized at our site.**

The inpatient psychiatric hospital is primarily used for medically-supervised detoxification for patients presenting with a severe substance use disorder, co-occurring psychological disorders, or presenting with a need for psychiatric stabilization. It is a closed unit, with alarmed doors, but not a locked unit. All patients are voluntary admissions, who are not in imminent danger to their self or

others or gravely disabled. The hospital is comprised of two units: one 22 bed unit with male and female dormitories (West Unit); and a 38 bed unit with private and semi-private rooms, configured with a male and female wing (East Unit). The East Unit is comprised of higher acuity patients (i.e. those with more severe psychological symptoms). The program is staffed by a physician, psychiatrists, psychologists, nurses, counselors, a dietitian, and other staff. Psychology Interns receive supervision and training in providing psychological services to patients on this unit. Activities in which the Interns participate include psychological diagnostic evaluations, consultation/liaison, crisis intervention and assessment for high risk behaviors. Interns in both tracks work on the inpatient unit for 12 months, with opportunities for participation increasing as the intern becomes acclimated to the program.

The didactic and supervisory aspects of the interns' experiences are scheduled and given priority in the hierarchy of interns' responsibilities. Details are provided below under **Supervision and Training**.

Adult Track

The Tarzana Treatment Center Outpatient Mental Health Program treats a broad range of mental health and substance use issues. Interns rotating through this service participate in group psychotherapy and co-lead process and skills groups including: Mindfulness, Co-occurring Disorders, Feelings Management, Healthy Relationships, Men's & Women's Process Groups, Parenting and Lifestyle & Lifeskills groups. Interns provide consultation to in-house staff as well as to external agencies and other treating professionals.

The Tarzana Treatment Center Residential Treatment Program (TRTP) offers co-ed short and long-term residential substance use disorder treatment to patients representing with a wide-range of substance use, psychological and psychosocial concerns. Interns see patients for individual psychotherapy and occasionally for couples and family sessions. They consult with the Long Term and Short Term Clinical Supervisors as well as with the counselors on the unit. Interns also co-lead process and skills building groups within the program which focus on different areas of functioning that can be of assistance to the recovery process, including: Grief and Loss, Mindfulness, Emotional Recovery, Creative Expressions, and Co-occurring Disorders.

Youth Track

The Tarzana Outpatient Youth Services program provides substance use and mental health treatment to Youth ranging in age from 10 to 19. The program serves adolescents from all socioeconomic groups, as well as those involved with the courts and Department of Child and Family Services. Youth referred fo

mental health treatment can receive individual and possibly family sessions weekly, while others in the intensive outpatient drug treatment program may attend 1 individual session and 7 groups a week. This provides an opportunity for interns to develop their clinical skills with a wide variety of presenting problems and modalities. Interns have a caseload of around 10 clients and also lead various process and psychoeducational groups. Group topics span all areas and include Seeking Safety, Relapse Prevention, CBT, Men's & Women's Groups, and Multi-Family Groups. Interns also consult and engage with teachers, probation officers, counselors, and with family members and may provide family therapy. Collectively staff works as a close multidisciplinary team in a community-based model providing services to populations that are underserved. Interns in the Youth track are integrated into other aspects of the Youth Program such as attending the weekly Community meeting with all Youth and staff. Because the adolescents are seen after school, this program requires Interns to be on site 12:00-8:30pm Monday through Friday.

Program Administration and Faculty

The internship program is under the supervision of the Mental Health Training Program Supervisor, who is responsible for all aspects of the internship activities including the coordinating the selection of interns, determining rotations and assigning primary supervisors, organizing the group supervision, ensuring that the seminar series is scheduled and conducted, leading the psychology staff in developing and evaluating the training program's activities, and maintaining the intern's training records.

The following are the internship training staff for 2017-2018, all of whom are licensed for independent practice as a psychologist in California:

Mimi Curtis, Ph.D., Mental Health Training Program Supervisor
Ken Bachrach, Ph.D., Chief Psychologist / Clinical Director
Sarah Schwartz, Psy.D., Licensed Psychologist
Tim Petersen, Psy.D., Licensed Psychologist

The psychology staff includes three post-doctoral fellows who provide additional supervision to interns under the supervision of a licensed clinical psychologist. Interns also receive experience working with professions from other disciplines, including physicians, psychiatrists, counselors, social workers, marriage and family therapists, dieticians, and other support services, including technical support for maintaining electronic medical records.

Internship Expectations and Evaluation

The internship is a year long, full-time, 2000-hour training experience. Interns are expected to accumulate their hours based on a 40-hour week over a period of 50

weeks. Interns will provide a minimum of 900 to 1000 hours of direct client contact or approximately 45-50% of their time. The rest of the time should be spent in training experiences, supervision, report writing, case conferences, meetings, and research. The internship carries a stipend of \$22,800. Internship positions offer working primarily with adolescents in the Youth Track or with adults in the Adult Track; however, all Interns will have the opportunity to work with adults in our Inpatient Psychiatric Hospital. Three of the five internship positions each year are for the Youth Track, and two positions are for the Adult Track.

Interns complete a supervisory agreement at the beginning of the internship year. This agreement specifies the expectations for interns as follows:

Interns are expected to act in accord with all TTC policies, as outlined in the TTC Employee Handbook, the Psychology Training Program Manual, and in their supervisory agreement. Interns see patients in individual, group, and some couples psychotherapy, and interns in the Youth Track have more opportunities for family psychotherapy. All interns receive extensive training and experience in psychological assessment, and interviewing, with complex cases with co-occurring disorders and clinical and personality disorders. Please note that this is not a psychological testing site.

For each new client accepted for individual psychotherapy, interns are expected to provide informed consent at the outset of treatment and to explain the limits of confidentiality. Interns also discuss and provide written documentation to the client that includes their training status, the name and phone number of the psychologist supervisor, and that their therapy may be audiotaped, with their approval, and examined by the supervisor.

Interns are expected to act in accordance with the APA Ethical Code and are expected to be familiar with this code.

Supervision and Training

Interns receive a total of 7.5 hours of formal supervision and didactic training experiences weekly. Each week Interns participate in: 2 hours of individual supervision by two licensed clinical psychologists, 2 hours of group supervision focusing on psychotherapy cases and related issues; 1.5 hours of didactic training which addresses a broad range of assessment, diagnostic, intervention, and ethical topics and issues; a 1 hour Professional Growth Seminar; and a 1 hour Assessment, Consultation and Supervision seminar. Additional training seminars are held for TTC personnel throughout the year and are open for intern attendance. Special training seminars on HIV/AIDS are offered frequently and interns are encouraged to participate. Additional supervision beyond the 2 hours

per week may be provided by other licensed mental health supervisors, and some of the seminars are provided by either other licensed mental health staff, or outside experts on specific topics. In addition to the regularly scheduled 2 hours of formal supervision, supervisors are consistently available for consultation.

Supervision may include the review of interns' therapy notes, audiotapes, and/or live supervision of a case or group therapy session. Interns are expected to come prepared for supervision and to bring therapy notes to each supervisory session so that they can be reviewed and countersigned. Weekly individual supervision focuses on two major issues: enhancing interns' professional development (in areas both according to the internships overall goals and according to Individual Training Program Goals established with the internship supervisor or primary clinical supervisor at the beginning of the internship) and providing formal evaluative feedback. Formal written evaluations occur at least twice yearly (mid year and end of internship). All written evaluations will be placed in the intern's training file.

Application

Qualifications of Applicants

Applicants must be enrolled and in good standing in an APA approved clinical or counseling psychology doctoral program, and have completed all of the program coursework and examination requirements prior to beginning the internship. Successful applicants will have completed a minimum of 800 hours of supervised practicum and have experiences commensurate with the training offered.

Application Deadline and Procedures

The following completed application materials must be received by November 1, 2016:

1. Cover letter indicating interest and experience commensurate with the training provided through TTC and indicating if the applicant wishes to be considered for the adult and/or the adolescent concentration.
2. Completion of all sections of the APPIC Application for Psychology Internship (APPI) available on the APPIC website: www.appic.org.

Candidates who are being considered for acceptance will be invited for interviews to be held in December and January. In-person interviews are required where possible.

The internship participates in the Association of Psychology Post-Doctoral and Internship Centers (APPIC) Match and as such abides by all of the policies related to the Match. These policies are available at the APPIC website: www.appic.org.

Address application materials and inquiries to:

Mimi Curtis, PhD
Mental Health Training Program Supervisor
Tarzana Treatment Centers
18646 Oxnard Street
Tarzana, California 91356
(818) 654-3908
mcurtis@tarzanatc.org