



University of Cincinnati
Counseling & Psychological Services

Doctoral Internship Program in Professional Psychology

Internship Description



Hello! Thank you for your interest in the Doctoral Internship in Professional Psychology at the University of Cincinnati's Counseling & Psychological Services! Please read through our website and if you have any questions, please contact Betsy Lehman, PhD., Training Director at lehmanea@ucmail.uc.edu or 513-556-0648.



MISSION AND VALUES OF THE COUNSELING CENTER

Mission

UC CAPS achieves excellence through a community-based, integrated care approach to psychological services and training that creates an optimal healthy environment for students to grow psychologically, spiritually, and intellectually, as well as achieve wellness and academic success. We seek to encourage holistic well-being through psycho-education, community outreach & consultation, and direct clinical services. UC CAPS is committed to personal growth, human development, and promoting understanding and respect for individual, cultural, and role differences.

Vision

CAPS strives to be a system that encourages emotional, psychological and relational health, and builds a responsible and compassionate community that supports the holistic development and academic success of students.

Values

1. **Organized Teamwork:** We rely on teamwork and collaboration which values diverse ideas, actively engaged communication and organized action between CAPS staff, the UC community and most importantly students
2. **Care and respect in all our relationships:** we value all experiences and respect and value all individuals, groups and ideas with compassion and care. We value openness, honesty, and genuine care and concern for each other

3. Student-centered: We meet students where they are and respond to their needs with open communication and respect. We encourage autonomy and informed choice
4. Equity & Inclusion: We contribute to a highly inclusive campus and value equity, inclusion, and social justice in programming, service provision, recruitment, curriculum involvement, and advocacy
5. High Quality Accessible Services: dedicated to reducing stigma and barriers to create high quality accessible services
6. Data-informed: we encourage innovation, creativity, and quality services that are always informed by data, research, and best practice
7. Contemplative Practice: We value presence in our work and a focus on joy, mindfulness and meaningful interaction
8. Graduate Training: CAPS is focused on contributing to quality, multi-disciplinary graduate training focused on integrative practice and inter-professional education

COMMITMENT TO DIVERSITY

Cultural and individual diversity issues are highly valued at CAPS by all staff and are at the core of our training. Knowledge and skills in issues of diversity are essential in providing competent and ethical services to our campus community. Diversity awareness and competency skill-building are an emphasis on our internship program and are infused into all aspects of training. Interns at CAPS will participate in a social justice/multicultural counseling seminar in which they will be asked to reflect on their own identities as diverse individuals and as a psychologists-in-training and how this impacts their work. They will be exposed to ways in which to expand their knowledge, skills, and awareness of cultural diversity, broadly defined. All of our seminars will incorporate aspects of diversity so that our interns leave the internship with skills to help them improve their cultural competency as psychologists and with the understanding that cultural competency is a lifelong process. Additionally, all staff at CAPS will participate in regular discussions and trainings on issues of diversity to demonstrate our commitment to learning and teaching in a competent manner. Supervision will provide a safe environment for interns to process reactions to and reflections of diversity conversations and issues. Finally, interns will evaluate staff and the training program on how well we meet our diversity training goals so we can make continual improvements to the program.

Each CAPS staff member is committed to providing assistance that is culturally-sensitive and affirming to our diverse clientele. We take a stance against discrimination and oppression in any form and we strive to create an atmosphere of openness, trust, and safety where all attitudes, beliefs, values, and behaviors can be openly shared and explored.

CAPS staff and our trainees adhere to the Council of Counseling Psychology Training Programs' (CCPTP) Counseling Psychology Model Training Values Statement Addressing Diversity.

TRAINING PHILOSOPHY AND MODEL

The doctoral internship has its foundation in a generalist, practitioner-scholar model, which is a refinement of the traditional scientist-practitioner model and incorporates a developmental learning model. The primary mission of CAPS is direct service to the University of Cincinnati community. The internship is designed to maximize quality service to that community and provide a challenging and supportive learning environment for interns. Our developmental, practitioner-scholar model views

learning as cumulative and sequential with an emphasis on providing a level of training to each intern based on her/his individual learning needs and style. We assist our interns with a progressive advancement and acquisition of clinical skills and professional identity by offering supportive collaboration and modeling with our senior staff clinicians. The goal is to facilitate intern growth from a reliance on supervisors to a position of independent practice and readiness to enter the profession of psychology.

Our practitioner-scholar model views the doctoral intern as an emerging professional seeking to integrate knowledge, skills, and experiential training in the journey from student to new professional psychologist. We expect that professional tasks of our interns will increase over time in frequency, intensity, and complexity. The internship builds on the combination of experiences the trainee brings from her or his previous graduate coursework, practica, research and other professional applied experiences. We stress the importance of consultation and supervision, emphasis on experiential learning, and the integration of scholarly knowledge and research into practice. Interns are encouraged to focus on ongoing growth in counseling skills and abilities via multiple formal and informal learning opportunities during the course of their training. CAPS views development as a lifelong process over one's career and as such, continuing education with all staff is promoted through case conferences, in-service programs, and staff development activities. At CAPS, we expect our interns will consolidate their professional identity and emerge as culturally sensitive, clinically skilled, and ethical psychologists.



DIRECT SERVICES AND INTERN ACTIVITIES

OVERVIEW

The interdisciplinary staff at CAPS provides interns the opportunity to work with mental health and wellness professionals from a wide array of theoretical backgrounds and professional interests. CAPS uses a stepped care model of treatment that presents client with a variety of therapeutic support options to meet the level of their needs. This model includes, but is not limited to, access to biofeedback and meditation resources, participation in workshops, group therapy, and short-term individual therapy. We offer interns opportunities to participate in all of these modalities of

treatment. We also work closely with psychiatrists at CAPS to help connect clients to medication when needed. In addition to providing therapeutic interventions, interns are heavily involved in professional activities and programs in the university community via outreach and liaisons.

INDIVIDUAL COUNSELING

Interns spend approximately 50% of their time conducting individual counseling. Individual sessions occur on a biweekly basis, and we follow a brief-therapy model of treatment. With consultation from their supervisors, interns will have the opportunity to hone their initial assessment skills, their clinical decision making about a client's appropriateness for our center, and their individual therapy skills.

GROUP COUNSELING

CAPS offers a wide range of groups to students. Groups run during Fall and Spring semesters, and some groups run during the summer semester as well. Interns co-facilitate groups with other senior staff members, and typically facilitate one group in the Fall semester and one group in the Spring semester. Interns may have the opportunity to design and facilitate a new group consistent with the needs of the center during the Summer semester and may have the opportunity to facilitate a group with a fellow intern at that time as well. For a current listing of groups, please use the following link: <http://www.uc.edu/counseling/services/groups.html>

WORKSHOPS

There is a rotating list of workshops offered at CAPS on a weekly basis. The workshops offer a way for both clients and non-clients to learn a little more about common mental health struggles and strengthen their coping strategies. Interns will be invited to create a workshop consistent with the needs of the center and facilitate it or co-facilitate it for UC students. For a current list of workshops, see the following link:

<http://www.uc.edu/counseling/services/groups.html>

ON-CALL COVERAGE

During the second half of their internship, interns are invited to participate in providing on-call crisis care for students who walk in to CAPS during the on-call hours. All on-call coverage takes place during regular business hours, and interns will always have senior staff members with whom they may consult during this experience. No on-call hours occur outside of business hours because CAPS contracts with an outside counseling agency to address crises that are reported during evenings, overnight, and on weekends.

SUPERVISION

Doctoral interns will provide supervision to a psychology practicum student or to a Masters level intern within the counseling program. They will meet with their supervisee, review tapes, and help trainees develop and hone their therapy skills and self-efficacy. Interns will receive supervision of supervision to help them feel prepared to take on this role.

Outreach

All interns will conduct outreach presentations to the greater UC community as part of their internship program. Interns typically participate in at least three outreach presentations each semester. Common outreach topics have included: overview of CAPS services, stress management or identifying students in distress. Outreach may also include collaborating with campus partners to facilitate an event, such as Stress Less Fest.

AREAS OF CONCENTRATION

TRAUMA-INFORMED CARE

Although CAPS offers a well-rounded training for interns to grow in their skills as generalists, we also provide specialty training in trauma-informed care. The ARISE program supports students who have experienced sexual assault or gender-based violence. The ARISE program reduces barriers to treatment for these students and provides them with specialized care. Interns are welcome to work with ARISE clients after receiving specialized trauma training. Our trauma focused treatment includes two trauma recovery groups that run each semester and ongoing liaisons with Title IX and advocate resources available to students on campus.

SUICIDE PREVENTION AND MENTAL HEALTH PROMOTION

CAPS offers specialized opportunities for interns to participate in suicide prevention and mental health promotion efforts with campus and community partners. Participation in the suicide prevention/mental health promotion track entails learning and facilitating Bearcats Care suicide prevention trainings, attending Suicide Prevention and Mental Health Task Force meetings, and serving as a liaison to student-led mental health groups including the Mental Health Ambassadors and the Bearcat Support Network.