



Intern Brochure

2020-2021

www.UT-PIC.org

Aim:

The Utah Psychology Internship Consortium's mission (UT-PIC) is to prepare, train and retain high quality culturally competent psychologists to provide behavioral health care for the rural and underserved people of Utah.

The Utah Psychology Internship Consortium (UT-PIC) represents the collaborative effort of multiple agencies – Intermountain Healthcare, Valley Behavioral Health, Southwest Behavioral Health Center, and Dixie State University - to share resources and faculty for the purpose of providing a diversified educational program for psychology interns. Training takes place at four training sites across Utah.

Accreditation Status

The Utah Psychology Internship Consortium (UT-PIC) **was authorized for a site visit** by the American Psychological Association and is awaiting the decision, although there is no guarantee accreditation will ultimately be granted.

APPIC Membership Status:

UT-PIC has submitted an application for APPIC membership and does participate in the APPIC match.

Questions specifically related to the program's accreditation status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington, DC 20002
Phone: (202) 336-5979
Email: apaaccred@apa.org

Program Structure

UT-PIC offers one-year, 2000-hour, full-time doctoral internships beginning and ending in August. The start date for the 2020-2021 cohort is August 3, 2020. The Consortium provides a range of clinical and didactic experiences that represents the necessary depth and breadth required for future professional practice within psychology. Interns have a primary placement at one of four sites, with both required and elective rotations and other training experiences at other sites within the consortium. Across training sites, interns are expected to complete a full-time internship during the course of the internship year, of which at least 25% (500 hours) are spent in the provision of direct face-to-face clinical services. Interns are expected to achieve the internship program aim and objectives, as stated below, and to abide by the APA Code of Ethics, the requirements of the UT-PIC training program, and the policies and procedures of their primary training site.

UT-PIC trains clinical psychologists who are effective consumers of research and who utilize scholarly inquiry to inform their practice. UT-PIC offers generalist training with a focus on rural and underserved populations, with the opportunity for specialized training that varies across training sites. More information about each training site and the resources and opportunities offered by each is provided below.

UT-PIC Goals and Objectives

Program Aim:

The Utah Psychology Internship Consortium's mission (UT-PIC) is to prepare, train and retain high quality culturally competent psychologists to provide behavioral health care for the rural and underserved people of Utah.

Profession Wide Competencies and Learning Elements

Overarching Goals: The Utah Psychology Internship Consortium (UT-PIC) represents the collaborative effort of three Utahan state agencies and the Western Interstate Commission for Higher Education, WICHE, to share resources and faculty for the purpose of providing a broad and general educational program for psychology interns.

Our program offers one year, full-time internship positions at agencies across Utah. It is expected that by the conclusion of the internship year, interns will have achieved intermediate to advanced competence in APA's nine Profession Wide Competencies and associated Learning Elements. For a comprehensive list of all required Learning Elements, please see the UT-PIC Intern Evaluation. The following represents a list of all required competencies and a general summary of associated learning elements:

Competency 1: Interns will achieve competence appropriate to their professional developmental level in the area of Research.

Learning Elements related to this competency include the following:

- Evaluation and/or dissemination of research or other scholarly activities
- Application of scientific knowledge to practice

Competency 2: Interns will achieve competence appropriate to their professional developmental level in the area of Ethical and Legal Standards.

Learning Elements related to this competency include the following:

- Knowledge of ethical, legal, and professional standards
- Recognition of ethical dilemmas
- Adherence to ethical principles and guidelines
- Consult appropriately with supervisor to act upon ethical and legal aspects of practice.

Competency 3: Interns will achieve competence appropriate to their professional developmental level in the area of Individual and Cultural Diversity.

Learning Elements related to this competency include the following:

- Cultural awareness of self and others
- Effective navigation of cultural differences
- Effects of cultural considerations on clinical activities
- Evidence-informed approach to cultural considerations
- Initiate discussion with supervisors as appropriate about diversity issues and integrate feedback into practice.

Competency 4: Interns will achieve competence appropriate to their professional developmental level in the area of Professional Values, Attitudes, and Behaviors.

Learning Elements related to this competency include the following:

- Behave in ways that reflect the values and attitudes of psychology, including integrity, deportment, professional identity, accountability, lifelong learning, and concern for the welfare of others.
- Engage in self-reflection regarding one's personal and professional functioning; engage in activities to maintain and improve performance, well-being, and professional effectiveness.
- Actively seek and demonstrate openness and responsiveness to feedback and supervision.
- Respond professionally in increasingly complex situations with a greater degree of independence as they progress across levels of training.
- Accept responsibility for meeting deadlines, completing required documentation promptly and accurately.

Competency 5: Interns will achieve competence appropriate to their professional developmental level in the area of Communication and Interpersonal Skills.

Learning Elements related to this competency include the following:

- Develop and maintain effective relationships with a wide range of individuals, including colleagues, communities, organizations, supervisors, supervisees, and those receiving professional services.
- Produce and comprehend oral, nonverbal, and written communications that are informative and well-integrated; demonstrate a thorough grasp of professional language and concepts.
- Demonstrate effective interpersonal skills and the ability to manage difficult communication well.
- Demonstrate knowledge of and comfort with the technological systems necessary for professional engagement.
- Demonstrate understanding of appropriate social media activities that maintain professionalism and respect.

Competency 6: Interns will achieve competence appropriate to their professional developmental level in the area of Assessment.

Learning Elements related to this competency include the following:

- Select and apply assessment methods that draw from the best available empirical literature and that reflect the science of measurement and psychometrics; collect relevant data using multiple sources and methods appropriate to the identified goals and questions of the assessment as well as relevant diversity characteristics of the service recipient.
- Demonstrate the ability to apply the knowledge of functional and dysfunctional behaviors including context to the assessment and/or diagnostic process.
- Interpret assessment results, following current research and professional standards and guidelines, to inform case conceptualization, classification, and recommendations, while guarding against decision-making biases, distinguishing the aspects of assessment that are subjective from those that are objective.
- Communicate orally and in written documents the findings and implications of the assessment in an accurate and effective manner sensitive to a range of audiences.
- Articulate relevant developmental features, clinical symptoms, and cultural factors as applied to presenting questions and findings (e.g., intergenerational trauma).

Competency 7: Interns will achieve competence appropriate to their professional developmental level in the area of Intervention

Learning Elements related to this competency include the following:

- Establish and maintain effective relationships with the recipients of psychological services.

- Develop evidence-based intervention plans using best practice guidelines specific to the service delivery goals.
- Implement interventions informed by the current scientific literature, assessment findings, diversity characteristics, and contextual variables.
- Demonstrate the ability to apply the relevant research literature to clinical decision making.
- Modify and adapt evidence-based approaches effectively when a clear evidence-base is lacking.
- Evaluate intervention effectiveness and adapt intervention goals and methods consistent with ongoing evaluation.

Competency 8: Interns will achieve competence appropriate to their professional developmental level in the area of Supervision.

Learning Elements related to this competency include the following:

- Apply supervision knowledge in direct or simulated practice with psychology trainees, or other health professionals. Examples of direct or simulated practice examples of supervision include, but are not limited to, role-played supervision with others, and peer supervision with other trainees.
- Demonstrate understanding of roles and responsibilities of the supervisor and supervisee in the supervision process.
 - o Collaborate with supervisor and provides feedback regarding supervisory process.
 - o Seek supervision to improve performance, presenting work for feedback, and integrating feedback into performance.
- Provide feedback to peers regarding peers' clinical work in context of group supervision or case conference.

Competency 9: Interns will achieve competence appropriate to their professional developmental level in the area of Consultation and Interprofessional/Interdisciplinary Skills.

Learning Elements related to this competency include the following:

- Demonstrate knowledge and respect for the roles and perspectives of other professions.
- Apply this knowledge in direct or simulated consultation with individuals and their families, other health care professionals, interprofessional groups, or systems related to health and behavior. Examples include but are not limited to role-played consultation with others, peer consultation or provision of consultation to other trainees, and consultation within a direct care team or setting.

Supervision

Interns receive a minimum of 2 hours of individual supervision each week from a licensed psychologist at their site. Supplemental weekly individual supervision may be provided by faculty at each site and/or by licensed providers at elective rotation sites. Licensed supervisors provide interns with experientially-based clinical training and direct observation is a component of the supervision and evaluation process.

Two hours of required weekly group supervision from a licensed psychologist is conducted with all interns across consortium sites via high quality, secure distance technology. Group supervision focuses on case presentation, professional development, and clinical topics. All interns receive a minimum of 4 hours per week of supervision.

Research

Research opportunities vary by consortium site. Please inquire with Site Directors about current and future research opportunities.

Stipend, Benefits, and Resources

The annual internship stipend across all consortium sites is \$26,000.

Health benefits will be provided to all interns. Annual vacation, professional, and sick leave will be provided to all interns.

UT-PIC interns have access to numerous resources. Funding for travel within the state of Utah is provided in order for interns to complete required training experiences. Assessment and other training materials are provided by each training site, and additional materials that may be needed may be purchased using Consortium funding with Training Committee approval. Each intern additionally has access to administrative and IT support through their primary training site.

UT-PIC Training Sites

The consortium includes the following training sites:

- Dixie State University;
- Intermountain Healthcare – Sevier Valley Clinic;
- Valley Behavioral Health;
- Southwest Behavioral Health Center;

A description of each site and the internship experience by site is below:

Dixie State University

General Information:

Dixie State University is an open-enrollment institution committed to student access, affordability and success. DSU has adopted an instructional approach of "active learning. active life" and DSU is located in picturesque southwestern Utah with its red rocks, desert climate, over 300 days of sunshine annually, and featuring easy access to world class outdoor recreational opportunities. We offer 1 master's degree, 44 bachelor's degrees, 15 associate's degrees, and 124 certificates, endorsements, minors, and/or emphases for a total of 184 programs. The DSU Health & Counseling Center provides acute health care, brief mental health services, health education, and referrals so that students are able to pursue their academic, career, and personal goals. The DSU Health & Counseling Center has a staff of licensed medical and mental health practitioners. We work to provide high quality, cost-effective care for DSU students, staff and faculty. The DSU Health & Counseling Center offers wellness programming that delivers educational services and information to teach healthy approaches to life, coping skills, and encouraging the development of healthy lifestyle behaviors.

The Internship Experience:

DSU seeks to recruit Psychology Interns who enthusiastically support the University's strong commitment to the academic success of all our students, including students of color, students with disabilities, students who are first generation to college, veterans, students with diverse socio-economic backgrounds, and students of diverse sexual orientation and gender expressions. Interns placed at the DSU Health & counseling Center are engaged in many aspects of the services provided. Their primary clinical responsibilities at the site are conducting mental health screenings, providing brief individual therapy, and participating in Health Promotion. The intern placed at DSU may also have the opportunity to engage in other supervised opportunities including provision of awareness and prevention workshops, process group therapy and consultations with the medical staff. Interns may be involved with providing training, supervision or consultation to practicum students.

Contact Information

Site Director: Dylan Matsumori, Ph.D.

Email address: Dylan.Matsumori@dixie.edu

Phone number: 435-652-7756

Mailing address:

Dylan Matsumori, Ph.D.

Dixie State University Health and Counseling Center

1037 E. 100 S.

St. George, UT 84770

Intermountain Healthcare – Sevier Valley Clinic

General Information:

The Intermountain Sevier Valley Clinic is located in the Sevier Valley Hospital in Richfield, Utah – a community of 8000 in scenic South Central Utah. It serves a large geographic catchment area and lies at the midpoint between Denver and Los Angeles. Primary industries in the area range from agriculture and mining to outdoor recreation. There are many recreational opportunities at Capitol Reef National Park, Fish Lake National Forest, and Utah’s San Rafael Swell. It is largely an underserved area for mental health care.

The Mental Health Integration program is embedded in a large family medicine practice, and also serves ObGyn and Internal Medicine providers. It also serves two small outlying family medicine clinics in nearby communities. The Intern would be working as part of a personalized primary care team that includes a lead physician, psychologist, clinical care manager and two care guides. Mental health integration integrates recognition, screening, treatment, and management of mental health into the routine medical encounter. The model allows the clinic to meet and maintain National Committee for Quality Assurance (NCQA) Medical Home accreditation, with integrated mental health services being a critical component of the medical home accreditation standards

Intermountain Healthcare is a Utah-based, not-for-profit system of 22 hospitals, a Medical Group with more than 1,600 physicians and advanced practice clinicians at about 180 clinics, a health plans division called SelectHealth, and other health services. Intermountain is widely recognized as a leader in clinical quality improvement and in efficient healthcare delivery. National and local awards and rankings recognize Intermountain as a model health system that strives to provide extraordinary care and superior service at an affordable cost. Intermountain continues to lead the industry in integrating treatment of behavioral and mental health conditions with traditional approaches to care. Our experienced and caring team of psychologists, physicians, and behavioral and mental health specialists work closely with patients of every age group and socioeconomic background. Our mission at Intermountain is helping people live the healthiest life possible, which we achieve by treating both mind and body. Intermountain’s award winning mental health integration program embeds mental health screening and treatment within primary care and select specialty care clinics. In our inpatient and outpatient behavioral health programs, we partner with patients in understanding their unique needs and building an individual treatment plan utilizing innovative technology and our advanced facilities.

The Internship Experience:

The intern is engaged in many aspects of the clinic. The primary clinical responsibilities include providing consultation, diagnostic, and therapy services to patients referred by their Primary Care Provider in the clinic. The intern will provide consultation to the physicians and care managers on patients and clinical issues. Short term therapy approaches are primarily utilized, though some opportunity for longer term therapy is available. Training will include learning about clinical documentation and case presentation, and the intern will have the opportunity to develop relationships with community mental health partners and develop groups or classes for the community. In addition to clinical care, the intern will be involved in our monthly group meetings with other Intermountain mental health integration providers as well as be involved in Intermountain behavioral health trainings. There is the possibility of a mini-rotation in another clinic within Intermountain with a specialty focus located outside of the Richfield area dependent on intern interest and availability.

Contact Information

Site Director: Cathie Fox, Ph.D.

Email address: cathie.fox@imail.org

Phone number: 801-492-2475

Mailing address:

Cathie Fox, Ph.D.

North Valley Pediatrics

98 North 1100 E Suite 201,

American Fork, UT 84003

Valley Behavioral Health

General Information:

Valley Behavioral Health is a nonprofit network of clinics with over 60 programs providing treatment for behavioral conditions, addictions, psychiatric conditions, autism and other chronic health conditions. Valley treats chronic lifelong conditions as well as temporary conditions triggered by traumatic life events. Programs are tailored to people of all ages and every social, cultural and economic situation. When someone is suffering, whether it's from depression, an addiction, a traumatic life event or a disorder like schizophrenia, it not only affects the health and happiness of the sufferer, it also affects the lives of everyone around them. Valley deals with all these conditions in a way that reduces the disruption, emotional toll, and financial cost that mental disorders and behavioral conditions often take on families, employers and communities. Specialty placements at Valley include autism services, homeless services, substance use treatment, Alternatives to Incarceration programs, and children's services.

We provide services in outpatient clinics, day treatment programs, residential treatment programs, and supported living programs. We provide a continuum of care across three counties in Utah, Salt Lake Summit, and Tooele Counties. The internship will be primarily focused on Summit and Tooele Counties, but there will also be rotation opportunities in some of the programs in Salt Lake County. Our teams at the clinics include varying combinations of Psychologists, LCSWs, CMHCs, APRNs, RNs, Medical Assistants, case managers, SSWs, and peer specialists.

The Internship Experience:

Interns placed at Valley Behavioral Health will have the opportunity for a very broad training experience. The interns will get experience with diagnostic assessments and multiple treatment modalities. The interns will spend their time in our rural counties primarily, but will have the opportunity to participate in specialty training tracks at some of our Salt Lake Clinics. Our Summit offices are outpatient clinics that treat all ages of clients who have mental health or substance use needs. Our Tooele offices offer the same outpatient services, but Tooele also has a domestic violence shelter and a clubhouse program. Some of the specialty programs in Salt Lake include: Homeless and housing programs that serve individuals with severe and persistent mental illness and/or substance use disorders. This unique experience exposes interns to a population that is in great need of treatment, but often are underserved or unwilling to engage in treatment.

Carmen B. Pingree Autism Center of Learning is a nationally renowned autism program that provides Applied Behavior Analysis (ABA) treatment to individuals diagnosed with Autism Spectrum Disorder (ASD). Interns who do a rotation at this program will have the opportunity to get specialized training in diagnosing and working with individuals with ASD.

Our adult programs include outpatient mental health and substance use disorders that will provide an opportunity in outpatient, residential, and day treatment settings. We have residential programs for men, women, and women/children. There will also be opportunities for both individual and group therapy in an outpatient setting. Intensive Outpatient services are also provided to women and children.

Our children's services include a variety of specialized day treatment programs focused on behavioral intervention, Dialectical Behavior Therapy (DBT), and adolescent substance use. We have a family

preservation clinic that treats the whole family, not just the child, and provides services out of an outpatient clinic and in the families' homes. There are also opportunities for general outpatient therapy for children of all ages and diagnoses. We also have school-based mental health therapists who partners with local school districts to provide mental health services.

We have a number of outreach teams that provide wrap-around services to children and adults who are stepping down from inpatient hospitalization, the Utah State Hospital, or jail. These teams do some visits out of the outpatient clinic, some in-reach to the hospitals and jails, and some outreach to the clients' homes.

Contact Information

Site Director: Julia Hood, Ph.D.

Email address: JuliaH@ValleyCares.com

Phone number: 801-273-6511

Mailing address:

Julia Hood, Ph.D.

Valley Behavioral Health

4460 South Highland Drive Suite 310

Salt Lake City, UT, 84124

Southwest Behavioral Health Center

General Information:

Southwest Behavioral Health Center (SBHC) is a political subdivision of the State of Utah, created through and Inter-Local Agreement between the counties of Beaver, Garfield, Iron, Kane and Washington. As such, SBHC is supported, in part, by County, State, and Federal Funds. Client co-payments are set according to a sliding scale fee based on family size and income. No one will be denied services because of inability to pay. SBHC is a Medicaid provider for the five counties. SBHC provides an array of services including individual, family, and group therapies. There is mental health and substance abuse day treatment program for youth. Both youth and adult treatment services are available. Additionally, therapy services are located in the school provided by staff of SBHC. Psychiatric evaluation, medication management and psychological evaluations are provided.

The Internship Experience:

St. George, Utah in Washington County is one of the fastest growing communities in the nation. There are multiple national and state parks within a short distance and the weather is beautiful. Interns placed at Southwest Behavioral Health Center (SBHC) will have an opportunity to be a part of this growing community being involved in many of the treatment services that SBHC provides. Their primary clinical responsibilities include conducting mental health assessments, providing individual, family and group therapies and receive training in conducting psychological evaluations. Interns will also have experiences in learning Dialectical Behavior therapy (DBT), Cognitive Behavior Therapy (CBT), Trauma Focused – Cognitive Behavior Therapy, (TF-CBT), Attachment, Regulation, and Self-Control Therapy (ARC), EMDR, Moral Reconciliation Therapy (MRT), Seeking Safety, exposure to working with Intensive Outpatient groups and being involved in therapy services provided in the school setting. Interns will experience a diverse culture and have opportunity to travel to outlining areas that SBHC covers to help administer psychological evaluations. In addition, interns will learn to develop clinical formulations and effective and measurable treatment objectives.

Contact Information:

Site Director: Paul Staheli, Psy.D.

Email address: pstaheli@sbhcutah.org

Phone number: 435-634-5600

Mailing address:

Paul Staheli, Psy.D.

Southwest Behavioral Health Center

474 W. 200 N.

St. George, UT 84770

Application Process and Selection Criteria

The Consortium currently offers four full-time positions.

Students interested in applying for the internship program should submit an online application through the APPIC website (www.appic.org).

A complete application consists of the following materials:

1. A completed Online AAPI (APPIC's standard application)
2. Cover letter (part of online AAPI) stating your preferred training site(s) and why you are interested in those sites specifically
3. A current Curriculum Vitae (as part of the online AAPI)
4. Three letters of recommendation, two of which must be from persons who have directly supervised your clinical work (as part of the online AAPI). Please submit no more than three letters.
5. Official transcripts of all graduate coursework

All application materials must be received by November 15, 2019 to be considered. If applicants are invited to interview, they will be notified by email on or before December 6. Interviews will be scheduled in mid January via videoconference. Following the interview, follow-up discussion may be requested by contacting the site director for the training site(s) of interest.

UT-PIC will base its selection process on the entire application package noted above; however, applicants who have met the following qualifications prior to beginning internship will be considered preferred:

1. A minimum of 300 intervention hours;
2. A minimum of 50 assessment hours;
3. Experience or special interest in working with diverse populations
4. Current enrollment and good standing in an APA-accredited doctoral program.

In addition to the preferences noted above, UT-PIC takes into consideration the potential commitment or interest of any prospective intern to remain in Utah following internship. Developing a strong behavioral health workforce is an important consideration for the state, and an interest in remaining in Utah to join the workforce will be considered a benefit in a potential intern.

In addition to education and training requirements and preferences specified above, UT-PIC requires that matched interns meet additional site-level criteria to begin their training year. If a matched intern does not meet certain site-level criteria the match agreement will be terminated, and the intern will not be allowed to complete his or her internship within UT-PIC. Additional information about site level credentialing requirements can be found at www.ut-pic.org.

Questions regarding the application or interview process may be directed to Program Director, Dr. Cathie Fox (cathie.fox@imail.org) or the UT-PIC program consultant, Dr. Daria Redmon (dredmon@wiche.edu).

Consortium Contact Information

For more information about UT-PIC, feel free to contact:

Cathie Fox, Ph.D. UT-PIC Program Director – cathiefox@imail.org

Daria Redmon, Psy.D., Western Interstate Commission for Higher Education (WICHE) –

dredmon@wiche.edu or go to

www.UT-PIC.org