

The Help Group

Clinical Psychology APA Accredited Pre-Doctoral Internship Program

Intern Manual 2010-2011

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The Help Group

Overview of the Agency

The Help Group is a family of affiliated non-profit agencies deeply committed to serving children, adolescents and families with compelling special needs related to abuse, abandonment and neglect, serious emotional disturbance, mental retardation, autism and learning and language disabilities. At the heart of The Help Group is the mission to enable young people to fulfill their potential to lead positive, productive and rewarding lives.

Recognizing that the problems of our community are complex and multifaceted, The Help Group offers a continuum of services, ranging from outpatient counseling to 24-hour residential care. In addition, the programs within each of The Help Group's agencies are offered individually or may be combined to address the unique needs of each child or family. This range of services affords the hundreds of children, adolescents, young adults and families served by The Help Group a tremendous opportunity for continuity of care, as clients can move fluidly from one level of care to another as needed.

The programs of The Help Group receive funding from the Los Angeles County Department of Mental Health, the Los Angeles County Department of Children and Family Services, the California State Department of Social Services, the Los Angeles Unified School District and other local school districts, the Community Development Department of the City of Los Angeles, and other governmental agencies. It is a member agency of United Way of North Los Angeles, as well as a recipient of other private philanthropic support.

The programs of The Help Group serve a broad spectrum of children, adolescents, and families of varied ethnicities, cultural backgrounds and socioeconomic levels. Many of the clients in each of The Help Group programs live below the poverty level. All of The Help Group's services are designed to be sensitive to cultural differences and bilingual needs. Over 60% of The Help Group's clients are from minority populations. Bilingual staff are employed across all disciplines; current staff includes Spanish-speaking psychologists, social workers, in-home counselors and paraprofessionals. All services are offered in both Spanish and English. Our professional and paraprofessional staff is given ongoing in-service training in cross-cultural issues and sensitivity.

The Help Group is located in the suburban San Fernando Valley as well as in Culver City, both half an hour from downtown Los Angeles. All four Help Group campuses are located in the culturally and ethnically diverse metropolis of Los Angeles where cultural, professional and recreational opportunities abound. Numerous major universities, professional schools and training institutes are in close proximity.

The agencies of The Help Group include the following:

- **The Child and Family Center** (formerly Los Angeles Center for Therapy and Education) is the founding agency of The Help Group, initially established in 1953 as an outpatient treatment program for children with communicative disorders. At that point in our community's history, there were few services available to children and families with special needs. Recognizing this gap in services, The Help Group dedicated itself to creating innovative programs for those in need, including children with emotional disabilities and developmental disabilities, as well as those who have been victims of abuse or neglect or who are at risk of being abused. As the community has grown, so have its social problems, and so have The Help Group's efforts to respond to these issues. Over the years, as other and greater needs have arisen, The Help Group has been a pioneering agency, recognizing these special needs and creating programs to fill them.

All children, adolescents and families served by The Help Group's school and residential programs (see below for description of these programs) receive therapeutic services through The Child and Family Center, including but not limited to psychotherapy, counseling, psychiatry, crisis intervention, speech and language therapy, and parent education.

The Child and Family Center provides the following comprehensive services to clients on the autism spectrum:

- The Help Group Center for Autism Spectrum Disorders, an outpatient center, providing multidisciplinary diagnostic and treatment services for infants through adults with special needs related to autism, Asperger's Disorder and pervasive developmental disorders.
- Young Learners Therapeutic Preschool Program and Early Intervention Center, serving families and their young children (ages 2.9-5) with special needs associated with autism spectrum disorders, by offering comprehensive assessment and diagnosis, therapeutic services, education and support groups for parents.

The Child and Family Center's outpatient department offers numerous community-based and in-home treatment programs. Programs currently offered include the following:

- The Child Abuse Treatment Program, serving children and their families who have been or may be at risk for sexual abuse, physical abuse, and/or neglect. Services include individual and family therapy as well as parent education groups, offered in both English and Spanish.
- The Wraparound Program, maintaining at-risk children in their homes and avert their placement in institutions or restrictive settings, by assisting families to acquire the skills and resources that they need to raise their children in safe, healthy and nurturing homes.
- Stepping Stones Therapeutic Day Treatment program, serving families and their preschool children (ages 2.9-5) who have special needs associated with emotional and behavioral difficulties.
- The REACH Program (Recreation, Enrichment, Athletics, Counseling and Health), a therapeutic after-school day treatment program, for children ages 6-11 years.
- School-Based Therapeutic Programs, providing counseling services for children, adolescents, and their families within the public school setting, as well as in-home treatment.
- Family Support Program, providing after school enrichment and support group activities.
- Parent Education Classes, offered in both English and Spanish.
- The Outpatient Clinic, (EPSDT, VOC, Healthy Families) serving children 0-21, young adults who have graduated from the agency's secondary school programs, childhood victims of crime, and other children and families in the community.

With a staff of over 130 mental health professionals, the Child and Family Center provides professional services from a variety of disciplines, including psychiatry, psychology, clinical social work, clinical art therapy, and marriage and family therapy.

• **Special Education Day School Programs**

The Help Group began its work in special education day schools in 1975. Eight special education day school programs now exist, each with its own unique focus. Together, these schools constitute the largest state-certified special education day school serving students who have serious emotional and behavioral disturbance, serious communication and socialization disturbance, and serious learning disabilities. Students are referred to these programs by school districts throughout Los Angeles County, The Department of Mental Health, local Regional Centers, and mental health and other service professionals in the greater Los Angeles community. The programs offer individualized and varied curricula in well-integrated, structured and therapeutic environments. All schools serve elementary, middle and high school students.

- **Harbor School West** is a unique school where student's can feel safe to be themselves. The program focuses on students' strengths and accomplishments by tapping into individual needs, interests and goals. Harbor School West's team of teachers, therapists and adjunctive staff utilize a collaborative approach in order to deliver a strengths-based academic program within a supportive therapeutic environment.
- **Pacific Schools** comprises two unique educational and therapeutic day school programs. Pacific Ridge addresses the educational needs of students with emotional and behavioral disabilities. Pacific Cove Program is designed for students with autism spectrum disorders and significant behavioral challenges.
- **Village Glen School** serves children with social and communicative disabilities, including Asperger's Disorder, high-functioning autism, and nonverbal learning disabilities. It offers a unique, individualized education with an emphasis on social skills in a nurturing, therapeutic environment. The **Pace Program** is available for gifted students. The **Beacon Program** educates students with behavioral challenges.
- **Young Learners Preschool for Autism** is designed for children with autism spectrum disorders and other developmental delays. This program assesses the nature and degree of the challenges each child is confronting and fosters development in all essential areas through an interdisciplinary approach.
- **Bridgeport School** integrates an academic curriculum with hands-on life skills training and vocational services for students with mild cognitive delays and challenges in the areas of social communication and/or language development. The Bridgeport Transition Program prepares students who are 18 to 21 years old to transition from the school environment to young adulthood by fostering vocational and independent living skills.
- **Sunrise School** is dedicated to promoting communicative, behavioral, social, academic, motor, adaptive and independent living skills. These comprehensive programs enable each student to maximize their potential.
- **Summit View School** fosters the fullest potential of students with specific learning disabilities. In this dynamic environment, students build their academic skills, experience the educational process as positive and rewarding.

- **Coldwater Canyon Prep** offers a comprehensive academic and therapeutic curriculum in a highly specialized day school setting for students with specific learning disabilities and accompanying social-emotional needs.

• **Project Six**, founded in 1981, is an innovative community-based residential treatment program for adolescents and adults with emotional disabilities and developmental disabilities. These intensively therapeutic small group home programs enable youth to develop the skills necessary to function productively within the community.

There are currently four Project Six group homes that serve to prevent placement in more restrictive settings. One home serves emotionally disturbed adolescents, many of whom also have a history of abuse, abandonment and neglect. Three six-bed homes are designed for young adults and adults with developmental disabilities, ranging from low functioning autistic to mildly mentally retarded. The goal of these homes is to help residents develop the skills necessary to live more independently and successfully.

The programs of The Help Group continue to grow to meet the ever-changing needs of the community. To accommodate this growth, the agency has expanded in the past seven years from one site to four, three in the San Fernando Valley and one in Culver City. Over seventeen hundred clients are served through our mental health programs each year. The Help Group is deeply committed to addressing the needs of the community. The number of children and adolescents who require our services continues to grow each year, and the need for new and innovative programs is dramatically increasing.

The Help Group
Clinical Psychology Internship Program

I. Introduction to the Program

The Internship Program at The Help Group is designed to facilitate the professional growth of interns who are in the process of becoming practicing psychologists. The goals of the internship year include assisting the intern to become more skilled in the breadth and techniques of assessment and intervention with children, adolescents and families. We also hope to provide an understanding of these intervention strategies within the context of a chosen theoretical rationale. Additionally, the internship year will familiarize students with a host of issues that will involve them in the delivery of mental health services to children, adolescents and families, and in a variety of treatment modalities appropriate to working with this population. During the training year, emphasis is also placed on giving the intern exposure to the varied roles a psychologist plays in a large community-based mental health agency, including but not limited to administration, program evaluation, supervision, and consultation.

Students entering the Internship Program will have finished their course work, completed at least three years of graduate training, been admitted to doctoral candidacy, and received confirmation by their graduate training director of their readiness for internship prior to the beginning of the internship year. The Help Group accepts applications only from students who are attending APA-accredited graduate schools.

The Help Group's pre-doctoral Internship Program is fully accredited by the:
American Psychological Association Office of Program Consultation and Accreditation
750 First Street, NE
Washington, D.C., 20002
(202) 336-5979

The Help Group is a member of APPIC and follows their guidelines.

The stipend for pre-doctoral interns is accrued hourly with an annual average salary of approximately \$22,000.00 per year, with an additional approximately \$2500.00 for students who are completely bilingual in Spanish. Interns receive employee contributed health and dental benefits approximately six weeks after the beginning of the internship year.

II. Philosophy and Model of Training

1. Overall Philosophy of Training

The educational and training model of The Help Group's Internship Program grows out of the Local Clinical-Scientist Model. Consistent with this model of training, the scientific approach is applied to all clinical practice endeavors through a process of learning, doing and reflecting.

Interns are exposed to research-based empirical and theoretical knowledge in the field, they are given a wide variety of experiences in service delivery, and they are asked to engage in ongoing analysis, reflection and dialogue on the nature of this experience. The general knowledge gleaned from scientific and theoretical endeavors is then adapted to the clients' own particular emotional, cultural and environmental context to arrive at treatment strategies that are most fitting. Supervision then offers the

opportunity for reflection, incorporating examination of ethical issues and the interns' professional identity.

The process of learning, doing and reflecting is applied to all psychological roles including service delivery, consultation, supervision, program development, program evaluation, and mental health administration. The scientific principles of careful and systematic observation, as well as those of curiosity, inquisitiveness, skepticism, and openness to divergence are encouraged and valued as a means of carefully reflecting on experiences.

This approach fosters the development of professionals who have a perspective that ranges from the particular to the general, sensitivity to ecological validity and cultural context, and respect for the complexity and subtlety of their work.

2. Training Model

The Internship Program's model of training is experiential, based on the belief that professional competency is developed through hands-on direct service contact with clients and subsequent in-depth analysis of that contact. A key component of this analysis is the interns' endeavor to learn who they are as clinicians, and in turn to make increasing use of that knowledge to better understand and help their clients. This growing awareness of self is integrated with the interns' knowledge of theory and research, balancing the art and science of psychology.

Interns have the opportunity to join the multidisciplinary team in a role of autonomy and responsibility, while being provided with the necessary support, supervision and training that they need to fully assume that role. This approach to learning is carried through in all aspects of the intern's professional training, including experiences with mental health administration, program development and evaluation, consultation, and supervision.

Work at The Help Group demands flexibility and adaptability, as much of the therapeutic work is conducted in non-traditional settings (e.g. a school-based milieu setting, the client's home, etc.). This allows students to develop a conceptualization of their role that is not bound to a specific external structure, fostering the development of psychologists who are able to meet the needs of an ever-changing world while maintaining the basic tenets of their role and their profession.

3. Treatment Philosophy

The Help Group is an organization committed to working within the larger community, creating linkages with governmental agencies, the business and philanthropic communities, and other providers. Our clients must also function within their communities; therefore, a significant part of their treatment involves uncovering, strengthening and creating linkages in their lives. This approach may range from helping an individual link with unacknowledged parts of the self, to helping members of a family link with each other, to facilitating a family's linkage with community resources to meet their needs. Many clients of The Help Group are dealing with problems that are of a chronic and highly complex nature. The intern is trained to understand and appreciate the tremendous energy and hope that can be stimulated by even subtle or fragile linkages, thereby decreasing the individual or family's sense of isolation and hopelessness.

The treatment methods at The Help Group reflect this dedication to forging links. Two of these treatment approaches are described below.

The Team Approach

In approaching the treatment of children, adolescents and families, The Help Group believes strongly in a treatment team approach. A child must be viewed not in isolation, but rather within the context of the many different arenas in which she/he lives, including family, school, friendship, other support networks and the larger community. Viewing a child from a multitude of vantage points allows areas of strength as well as deficit to be readily evident, and demands that the therapist make sense of apparent differences in functioning in varying environments. This results in more careful and realistic assessments of the child or family, and facilitates the creation of practical and useful treatment plans.

This team orientation is especially essential in the treatment of children and adolescents who are alienated from themselves and their communities, as is common with the population we treat. Through an integrated and cohesive effort by a team of professionals with differing roles and skills, the child is confronted by the same therapeutic messages in a variety of situations and is assisted in integrating new skills across those situations. The treatment team at The Help Group can include the child, the family or significant others, therapists, psychiatrists, group leaders, speech and language therapists, teachers and other school staff, professionals from such agencies as the Department of Children and Family Services, Department of Mental Health, Regional Centers or the Probation Department, and others significant to the child's life.

The intern assumes the role of the team leader, and is responsible for coordinating the contributions of these team members. This role demands a variety of skills, including conceptualization skills (an ability to conceptualize the client's strengths and weaknesses as well as the team's strengths and weaknesses), systems analysis (envisioning the team as a system), consultation, problem solving, and case management. Interns at The Help Group receive extensive supervision and specific training on the analysis and workings of a team.

The value of a team approach is multi-layered, and generates increased understanding of the child and his/her world in many different ways. For example, analysis of the conflicts that emerge as a team works together can lead to an enhanced understanding of the conflicts within the client's internal world. The intern is encouraged to observe and understand the ways in which the internal workings of the client may be projected onto the team and its various members, and how the team enacts these projections. In order to facilitate the creation of a cohesive team, the intern is assisted in developing the skills to manage these conflicts. The clinician's strategies must incorporate an appreciation of each individual team member's strengths and deficits, an assessment of the overall abilities and limitations of the team, and an awareness of the constraints imposed on the larger structure of the agency system. This understanding parallels the clinician's recognition of the client as an individual, a member of a family and a part of a larger community.

Treatment Philosophy

In keeping with this team approach, The Help Group has amalgamated the two treatment perspectives of behavioral and psychodynamic therapy into a fluid and integrated approach.

The overall orientation of the agency's Clinical Department is psychodynamic in nature. Current patterns of behavior are understood primarily within the context of the internalization of early significant relationships and developmental arrests. The ways in which cultural background, socio-economic status and genetic predisposition and limitation shape, structure and influence the way one experiences the world and digests information is emphasized.

While clinicians at The Help Group think dynamically, they work practically, using techniques from behavioral, cognitive-behavioral, developmental and family systems models. Behavioral interventions assist a child to learn to approach situations in new and more adaptive ways, through such techniques as shaping, reinforcing client strengths, and teaching new skills. Social skills training, in both therapy sessions and milieu treatment, can be a powerful tool to enhance social relatedness. Clients are encouraged to expand their repertoire of coping skills by learning problem-solving techniques, socialization skills, communication skills, relaxation techniques, etc.

While these techniques are powerful, they are not, however, sufficient to overcome the ingrained patterns of behavior and relatedness that inhibit client growth. Often these maladaptive patterns include strong prohibitions against the acceptance of adult intervention, which make it difficult for clients to accept and integrate the new behavioral techniques that might serve them.

Clinicians at The Help Group place an emphasis on understanding the relational aspects of the therapeutic connection. The relationship is utilized to uncover patterns of behavior in the here-and-now that may be interfering with the client's growth. Clinicians are not likely to analyze the relationship with their clients, but instead use this understanding to plan interventions with the goal of assisting their clients to develop more supportive, stable and sustaining relationships.

Clients at The Help Group often inadvertently share who they are by making the clinician feel as they do, or as significant others in their life might feel. As a result, the clinician's countertransference reactions are often crucial pieces of data, that when harnessed, significantly contribute to understanding the client. Clinical supervision, therefore, requires that interns be willing to share their countertransference reactions and their emotional experiences of clients with their supervisors. Because clinicians use themselves as "tools" in the therapeutic encounter, self awareness and self reflection are emphasized. Supervisors assist interns in exploring and understanding the qualities and dynamics they bring to each inter-personal encounter and how these facilitate or hinder effective communication. They may ask supervisees to reflect on their lives and any personal issues that could be affecting their work with a client. Supervisees are encouraged to share personal information in the course of clinical supervision as such disclosure can be quite useful as it relates to the clinical work being discussed.

Cognitive behavioral techniques are regularly used to help clients manage the flood of affect they experience as a result of their precariously structured internal world. Treatment identifies and supports client strengths, while aiding clients in recognizing their limitations. These distinctions can facilitate a differentiation between areas that are hopeful and those that are best mourned and let go, resulting in the development of realistic expectations of self.

A similar approach is taken in work with families. The focus of family treatment generally includes identifying conflicts, role confusion, and basic needs. Clinicians may aid family members in recognizing and acknowledging their abilities as well as their limitations or disappointments, and in learning new, more realistic and satisfying ways of relating. They may also target specific child behavioral problems and assist parents by encouraging, supporting and strengthening their roles so as to become partners with their children in effecting change. Additionally, they provide education and information, tools that empower families to pursue and maintain their sense of well-being. Moreover, they link families to community support services, and thereby prevent unnecessary crises. All these approaches aid families in maintaining changes and promoting better functioning.

The Help Group is excited to offer interns exposure to this innovative and integrative treatment philosophy. Our emphasis on linkages through teamwork, as well as our conceptualization and execution of this concept is on the cutting edge of mental health delivery and we are pleased to be able to train students in this creative and comprehensive approach.

III. Goals and Objectives

The overall goal of The Help Group's Internship Program is to prepare interns for the professional practice of psychology. The program has clearly defined areas of expected competency that are consistent both with our philosophy and training model as well as with more global standards for the training of professional psychologists. By the end of the internship year, it is expected that interns will have developed basic competency in the following areas:

Foundational Competencies

1. Reflective practice/self-assessment
2. Scientific knowledge/methods
3. Relationships
4. Ethical-legal standards & policy
5. Individual-cultural diversity
6. Interdisciplinary systems

Functional Competencies

1. Assessment, diagnosis, case conceptualization
2. Intervention
3. Consultation
4. Research/evaluation
5. Supervision & teaching

IV. Structure of the Program

1. Direct Service

Individual Therapy: Interns are responsible for the diagnosis and treatment of approximately 9 individual clients. Clients in the school-based setting are generally seen for two 30-minute sessions per week or one 60 minute session depending on the needs of the client. Clients in the outpatient department are generally seen once a week for 60-minute sessions. Interns are also expected to provide family therapy, case management, crisis intervention and team consultation for their clients as needed.

In order to ensure exposure to a wide variety of clients, interns' caseloads are carefully chosen. Generally, interns have half of their caseload in our outpatient department and half of their caseload in one of our milieu or non-public school-based programs. The assignment to a particular school based program is made by the training committee in consultation with the intern, and is based on the intern's expressed interest, past experience and staff assessment of strengths. Interns' clientele are diverse with regard to psychological disturbance, age, ethnicity, socio-economic status, etc.

School-based clients are generally seen twice a week for thirty-minute sessions. They are seen for the entire year. Outpatient department clients are seen for treatment, either in the more traditional clinic setting, in their own homes, or in their community schools. Interns are often given one in-home case through the outpatient department, thereby exposing them to this innovative treatment modality as well. They may also choose to have an adult case through the outpatient department if there are adult clients needing to be seen. Treatment of outpatient clients is sometimes shorter term, though most often clients

are seen from six months to a year or more. Caseloads are subject to some variability with regard to the above model.

Group Therapy: Interns conduct weekly therapy groups with children, adolescents or parents. These groups may be in the school-based programs or the outpatient department. Groups often focus on a topic or theme, which is selected by the group leader in conjunction with the supervisor. Topics in the past have included such areas as anger management, social skills, independent living skills, parenting skills, etc. Groups in the school-based programs focus on social skill development, helping clients listen to, respect and appropriately interact with peers while functioning within a group setting. Outpatient department groups may be structured and on a particular topic, educational in nature, or process oriented.

Additionally, interns may offer suggestions for group topics, develop groups for outpatient services, participate in residential groups or in parent education groups as part of an elective experience.

Family Therapy: When an intern is assigned a client in the school-based programs, he/she is expected to assess the need for family treatment and to provide that treatment if appropriate. Treatment of outpatient clients generally involves ongoing family work.

Psychodiagnostic Assessment: Interns complete seven to eight psychodiagnostic batteries during their training year. These batteries include tests of cognitive, personality, perceptual and academic functioning. Teachers, administrators, and therapists throughout the agency refer their clients for psychological assessment. The clients assessed are representative of all of the various programs of The Help Group. The referral questions range from differentiating diagnoses to helping with treatment planning. Interns receive supervision from The Help Group's testing supervisor. The supervisor and the intern design the battery that will specifically answer the referral question. Interns then administer the battery using paper and pencil tests, behavioral assessments, and computerized assessment techniques. A full range of tests is available to interns. Tests are scored by hand, as well as by computer scoring programs. Interns are expected to provide feedback to children, families, and other professionals through written reports and verbal feedback.

2. Indirect Service

Interns are expected to provide case management for their clients. The intern who treats outpatient or school-based clients serves as the liaison to those outside the agency who are integrally involved in a client's treatment, such as parents and other significant family members, outside psychiatrists, professionals from the County Department of Children and Family Services, Department of Mental Health, Regional Center workers, etc.

In the school-based cases, the intern consults on an ongoing basis with the interdisciplinary team, which includes milieu and intervention staff, deans, principals, teachers, vocational trainers, speech therapists, psychiatrists, and any others involved with the case. The intern provides information concerning the individual and family dynamics of a client as well as the treatment focus, while the school, milieu, and intervention staff provide information about the academic, behavioral, and social experience of the client. Together, the team arrives at a plan of behavioral management and therapeutic intervention.

An important component of working with a day treatment population is crisis intervention. Many of our clients have a history and/or potential for self-destructive, suicidal, or aggressive behavior. Interns are actively involved in the crisis management process, working closely with the highly trained Behavioral Specialists. To support the Behavioral Specialists and provide a safe and contained environment, all staff are trained in hands-on behavioral management and crisis intervention techniques, Professional Assault Crisis Training (ProACT).

3. Training

The training program at The Help Group provides interns with training opportunities and seminars that offer theoretical and practical knowledge based on pertinent literature and research as well as on clinical experience. Relevant articles and/or bibliographies are given to interns in conjunction with training and supervision experiences. While most training and supervision is exclusively with fellow pre-doctoral interns, some experiences are interdisciplinary in nature, offering interns the opportunity to interact with clinical art therapy, social work and psychology practicum students. Interns often enjoy the diversity and exposure to various disciplines. Training is sequential and cumulative. All training groups are led by a senior staff member.

Training Seminars

A variety of formal structured training sessions are provided for interns, including the following:

- Didactic Seminars: There are several didactic seminars that are outlined below:

One series of didactic training focuses on the assessment and treatment of specific disorders, including current and relevant research regarding these disorders. The format of this seminar may vary from formal lecture to semi-structured discussion. Seminars are led by members of The Help Group's clinical, school and administrative staff as well as by outside experts.

A second series of training focuses on treatment modalities. During the first two months of the year the art and technique of group therapy is addressed. This seminar is participatory and experiential in nature, and includes discussion of both structured and process groups. During the remainder of the first semester a variety of other treatment modalities relevant to clinical work with this population are addressed. These may include psychopharmacology, clinical art therapy, family therapy, play therapy, behavior therapy, in-home therapy, and multi-disciplinary teamwork. Generally, several weeks of lecture and discussion are devoted to each of these topics.

A third series focuses on infusing awareness and understanding of individual and cultural differences in the assessment, conceptualization and treatment planning of clients. This series meets approximately eight times throughout the year. This seminar draws on the expertise of clinicians in the greater Los Angeles Community who work with the diverse populations of this large metropolis. In addition, the seminar fosters sharing of individual and cultural differences among the intern class.

A variety of didactic trainings are held during the two-week orientation period at the beginning of the internship year. Among these trainings is participation in a 20-hour Professional Assault Crisis Training (ProACT). Interns also participate, once or twice a year, in trainings with other interns in local APA Approved Psychology Internship Programs. These in-service trainings are sponsored by the Southern California Association for Psychology Training Programs (SCAPTP) which is made up of Training Directors in Southern California. Moreover, interns attend "The Help Group Summit", a yearly national conference bringing together experts in the field of neuro-developmental psychology and focusing on the latest research and the best practices in autism spectrum disorders, learning disabilities, and attention deficit hyperactivity disorder.

-Psychodiagnostic Seminar: Interns participate in a year-long seminar focusing on psychodiagnostic assessments. During the first semester this seminar meets weekly and is both didactic and supervisory in

nature. During the second semester, the group meets bi-weekly; interns are given the opportunity to jointly analyze the assessments that they are currently working on or to examine blind batteries together.

One focus of the seminar is to train interns in providing verbal and written feedback in a manner that is understandable to the entire treatment team. Seminar time is spent on conveying the results of assessment in terms of “real life” experiences. Seminars and supervision also stress the need to design treatment recommendations in a manner that reflects the client’s strengths and utilizes these strengths to improve weaknesses.

-Ethics Seminar: An ethics seminar is held towards the end of the internship year that focuses on practical applications of ethical issues, giving interns the opportunity to discuss vignettes that present ethical dilemmas. Through these group discussions interns learn how to critically examine and reach responsible and professional conclusions regarding ethical matters.

Other Training Experiences

-Training in Mental Health Administration/Quality Management:

Interns participate in several training experiences that are intended to familiarize them with the administration and management aspects of mental health service delivery. They are as follows:

Each intern joins the Utilization Review Committee from June through August. This committee meets to review current client charts in order to monitor internal consistency of clinical care, and insure compliance with the quality of care and documentation that is expected by our funding sources. Participation in this committee allows interns to familiarize themselves with quality control management.

Further, each intern accompanies the Director of Outpatient Services to one meeting focusing on service delivery or program development within the greater Los Angeles County. This meeting gives students a flavor of the tasks and issues involved in mental health administration. It also offers a “big picture” perspective regarding the delivery of mental health services to children within a metropolitan setting.

-Training in Ethics: The field of ethics is addressed through a number of different training arenas. During orientation policies and procedures governing behavioral emergencies are reviewed. In the early part of the year, a professional from the Los Angeles County Psychological Association who participates on the Ethics Committee presents a didactic lecture to the interns regarding ethics and laws. Ethical and legal issues as they arise in treatment are also regularly discussed with the Director of Training in the supervision group entitled, “Professional Development Group” (see below). In addition, a six-hour seminar is conducted during the summer focusing on practical applications of ethical issues (see above).

-Electives: Interns participate in training electives during the second two trimesters of the internship year. These electives give the intern additional exposure to the varied roles that psychologists play in mental health agencies, and offer involvement with a wide variety of Help Group activities.

Interns choose electives (one or two depending on the particular elective) that best fit their interests and experience. Electives can either be four or eight months in duration. If an intern’s specific needs or interests are not met by any of the listed electives, she/he may work with the Director of Training to design an alternative. The specific electives offered may vary from year-to-year as new programs are developed at The Help Group to meet the ever-changing needs of the community. In addition, electives reflect the current interests and expertise of the training faculty and Help Group staff.

The following electives are currently offered:

-Functional Analysis, Behavioral Intervention and Positive Programming in a Milieu Environment: This elective is designed to help interns assess the functioning of a therapeutic environment and design system-wide intervention strategies to improve the workings in that environment. Under the guidance of psychologists serving in the role of Clinical Administrators, interns will perform a needs assessment of some aspect of our school based milieu environment, using observational, interview or other relevant methods. They will collect data on a targeted problem area and generate suggestions for interventions. Suggested strategies may then be presented in a formal presentation to relevant members of the staff. This elective allows interns to sharpen their consultation, observation, data collecting, problem solving, and presentation skills. The theory and techniques of behavioral management as they are related to functional analysis are addressed throughout this elective.

-Administrative elective: Interns assist an agency administrator in a variety of administrative tasks, which may include program development and planning, policy formulation, quality management/assurance, self-study, input into public policy decisions, grant writing, interface with funding sources and government agencies.

-Admissions/intake elective: This elective is designed to familiarize students with admissions criteria and assessments for the different school-based Help Group programs. This elective includes conducting intake assessments and mental status exams for the school-based programs, and liaison with other agencies to decide upon and facilitate admissions. It also incorporates presentation of potential clients to the multidisciplinary admissions and discharge committee, and allows interns the opportunity to be part of a discussion and debate among varying constituent groups. Further, this elective helps students learn and appreciate the task of marketing programs in the mental health field.

-Help Group/UCLA Neuropsychology and Learning Disabilities elective: This elective is designed to familiarize interns with the administration, scoring and interpretation of instruments measuring neuropsychological domains, as well as assessment and diagnosis of learning disabilities, attention deficit disorders and other cognitive disorders commonly seen in school children. History taking, behavioral observation, and brain-behavior relationships in children as reflected in neuropsychological test data also will be emphasized. Students will have the opportunity to administer and score tests, sit in on case supervision, write report sections, attend seminars and be provided with articles and book chapters on this topic.

-Diagnosis and Treatment of Autism Spectrum Disorders elective: This elective is designed to help interns develop their understanding of the differential diagnoses within the autism spectrum and to assess for each. Interns will learn to administer, score and interpret specific diagnostic tools for autism, including, but not limited to the following: Autism Diagnostic Observation Scales (A-DOS), Asperger's Syndrome Diagnostic Scale (ASDS), Gilliam Asperger's Disorder Scale (GADS), Gilliam Autism Rating Scale (GARS).

-Social Skills Training elective: In this elective interns will become familiar with how to train teachers, teaching assistants, psychologists and other service providers on how to teach social skills, how to develop a social skills program and how to evaluate its effectiveness. During the first month of this rotation, interns will become well versed in a social skills training program curriculum. Interns will then monitor the social skills instruction occurring in the classroom and provide appropriate feedback to teachers and aides. Finally, interns will evaluate the program's effectiveness through specific measurement techniques.

-Research elective: This elective is designed to familiarize interns with the types of outcomes-oriented research conducted within community mental health centers. Procedures involve the statistical analysis of research data, as well as the dissemination of the results to the clinical population. In particular, interns

will become familiar with the process of how to explain complex results to the consumers of mental health services.

-Crisis intervention elective: Interns become familiar with methods and strategies for dealing with children and adolescents who are in crisis. This may include intervening in crisis situations facilitating hospitalization or police involvement, liaison with treatment teams, meeting with families, and assisting in the development of treatment plans.

-Residential elective: Interns become familiar with residential treatment programs for adolescents. The following opportunities may be selected as part of this elective: program development and evaluation, intake and admissions, designing individual or group intervention strategies, or designing and delivering training for paraprofessional staff.

- Professional Development Journal Articles Discussion Group: This bi-monthly reading group is designed to give interns the opportunity to review and discuss articles relevant to the treatment of children, adolescents and families, and relevant to their professional identity as Psychologists with each other as well as with staff psychologists in the agency. One member of the group is designated as the discussant and the relevance of the article to our setting is reviewed.

-Formal Case Presentation: Interns are expected to do one formal case presentation to several clinical supervisors and agency administrators. They receive feedback on both their style of presentation as well as on the case content.

-Intern Lecture: Interns are expected to design and deliver at least one lecture to either a professional, paraprofessional or parent group. They receive audience as well as supervisory feedback.

-Teamwork Conceptualization Write-Up: Interns are expected to do a formal write-up illustrating their conceptualization and intervention strategies regarding teamwork as it relates to a specific incident with a client in order to help crystallize thinking with regard to teamwork conceptualization.

-School-Based Clinical Department meetings: Interns participate in weekly team meetings of the school they are assigned to. These meetings allow exchange between clinical staff and school administrators on relevant clinical and program matters within the milieu setting.

-Clinical Department meetings: Interns participate in a quarterly meeting of the entire Clinical Department of The Help Group, led by the Chief Operating Officer of The Help Group. This meeting exposes them to recent developments in the service and delivery of mental health within the agency. It also exposes them to issues in the larger professional community and how The Help Group fits in, e.g., relevant recent legislation, etc. It is also a team building and social event amalgamating clinical staff agency-wide.

4. Supervision

-Individual Supervision: Individual supervision is provided for individual and family work, at two hours per week. A primary supervisor and another member of the training faculty, both licensed psychologists, each spend one hour per week with the intern discussing approximately four to five individual and/or family cases. These individual supervision experiences include at least four personal observations or videotapes of sessions by supervisors, review of at least four audiotapes or videotapes of sessions, and analysis of at least two process recordings.

-Diagnostic Testing Supervision: Supervision of diagnostic testing is provided by The Help Group's testing supervisor who regularly conducts psychological assessments of children and adolescents as part of his ongoing professional work. Interns receive approximately four hours of direct individual supervision for each test battery that they conduct. Interns are asked to videotape a portion of at least one test battery administration for review by the testing supervisor.

-Group Supervision on Groups: Interns receive one hour per week of group supervision for group therapy or half an hour per week of individual supervision. These supervision groups are interdisciplinary in nature with interns from a variety of mental health disciplines participating.

-Professional Development Group: The goal of this supervision group is to facilitate the growth and development of each intern's professional identity as both an integral member of an organization devoted to serving the community, and as an able clinician working to maximize benefits to clients through effective use of the treatment team approach. This includes enhancement of leadership potential and team building skills in balance with the needs and demands of individual treatment. Consistent with this goal, Professional Development Group Supervision provides a forum for exploring and discussing conflicts, dilemmas and questions that arise from a multidisciplinary approach to the treatment of children, adolescents and families. Discussion is invited on issues of teamwork, professional role, professional development, organizational structure and ethics as they arise in the course of daily life at The Help Group. Interns are invited to discuss and process their ongoing experiences, as well as to prepare for what they will face as they emerge from internship into the realm of professional psychology. Issues related to post-doctoral experience, entering the workforce, and licensing are addressed, as are current issues in the field of psychology. Interns meet weekly with the Director of Training for open-ended discussions. Topics that are often addressed include the following: the many roles of a therapist in a milieu setting; work within a large mental health agency; working with a team of behavioral specialists; holiday issues; termination; confidentiality; incorporating individual and cultural issues in treatment; ethical and treatment issues related to child abuse reporting; self-disclosure; use of reinforcers; life after internship: post-doctoral positions, job hunting, etc.

-Teamwork Discussion Group: On a monthly basis, the intern group meets with the Associate Clinical Director of the agency to discuss teamwork issues that arise for them. This is an opportunity to further explore the dynamics of teamwork and how to utilize their conceptualization of the client and the team in order to best serve the needs of their clients.

-Supervision Opportunity/Supervision on Supervision: During the second trimester, interns adjunctively supervise either practicum students or pre-masters level students on individual treatment. Interns participate in a weekly supervision group from February through mid-June focused on the art of doing supervision. Discussion in this group generally includes promoting a safe environment for the supervisee to speak openly, identifying and tracking the supervisee's concerns about a case, making recommendations to a supervisee about interventions, understanding the supervisor/supervisee relationship, and understanding the distinction between supervision and psychotherapy. Tapes of supervision sessions are reviewed in this supervision group. Interns have the opportunity to discuss their

experience of being a supervisor in this group. Relevant articles that deal with various aspects of the supervisory process are also shared.

-Intensive Case Discussion: Each intern has the opportunity to intensively discuss one case over a six-week period in a group supervision format. Interns videotape at least one client session to be shared in the group. Interns also bring in one scholarly article to share with the group that is relevant to the case. A different supervisor is chosen to facilitate this case supervision for each intern thereby giving interns exposure to a variety of approaches in the treatment of children and maximizing the intern's exposure to our varied training staff.

-Supervision of Electives: Interns receive one-half hour of individual supervision weekly (or one hour of group supervision, if more than one intern is participating) for each elective.

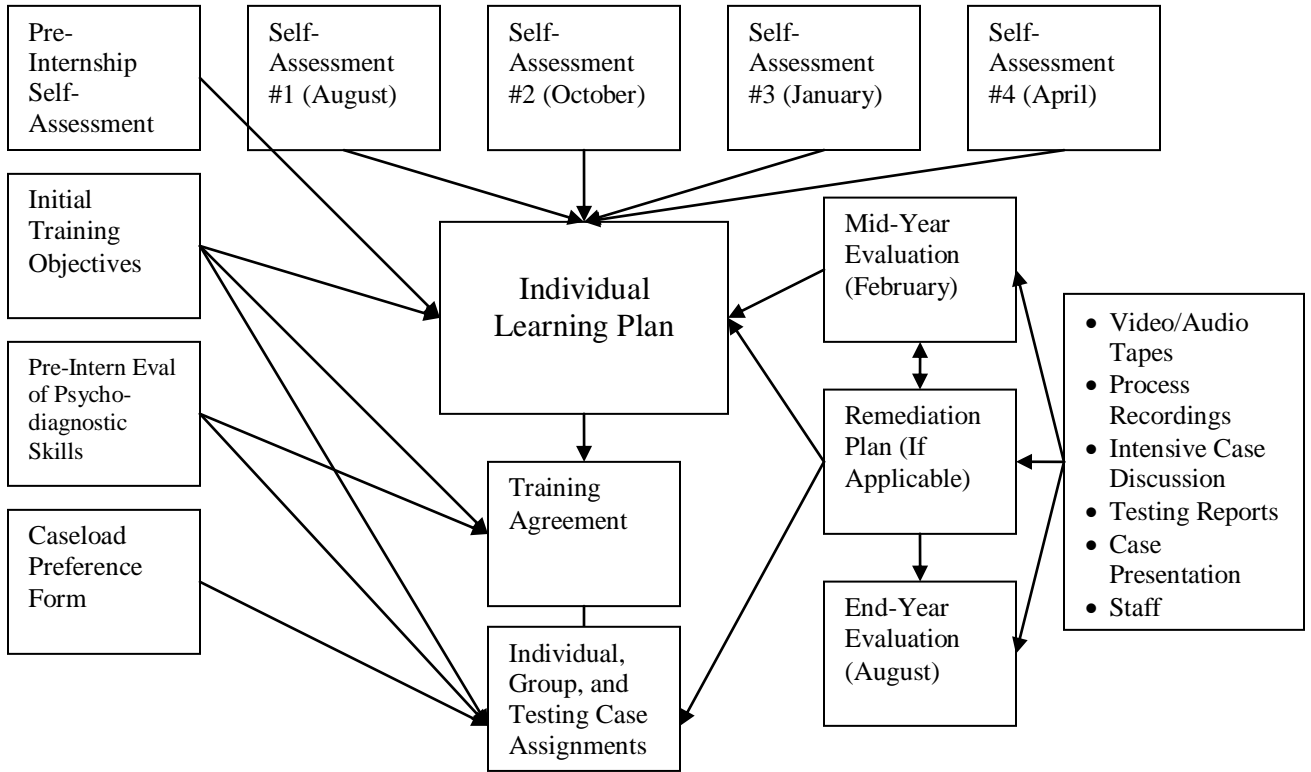
-Availability of Supervisors: In addition to regularly scheduled supervision sessions, individual and group supervisors have an "open door" policy, and are always available for consultation or assistance. Interns are expected to utilize this "open door" policy that is an integral part of the supervisory experience in a milieu setting. All individual supervisors carry pagers, and are therefore available for consultation when they are off grounds, including during evening and weekend hours. There is also a designated back-up supervisor who is available to interns when their individual supervisors are not on grounds or are on vacation.

5. Advisement and Evaluation

During the initial eight weeks of the internship year, interns work with their primary supervisor to formulate a Training Agreement and Individual Learning Plan for the year, outlining a number of specific individualized goals and objectives. In preparation for creating this contract, interns are asked to fill out a Self-Assessment focusing on the overall training goals for the year. Based on this document, input from the intern's graduate program, the primary supervisor's initial assessments, and the intern's interests, past experience and long-term professional goals the primary supervisor along with the intern complete an Individual Learning Plan by the end of October. Three other times during the year, the intern fills out a Self-Assessment which is used by the intern and supervisor to re-assess the Individual Learning Plan.

Interns receive two formal written evaluations during the course of the internship year. The first, or mid-year, evaluation takes place in February, and the second, or year-end, evaluation takes place in August. The mid-year evaluation contains both a narrative and a checklist component. It offers an in-depth analysis of competency areas, noting in particular the intern's strengths and areas of needed growth. The evaluation prepared at the end of the internship year includes a checklist of the competency areas previously outlined as well as indication of an intern's progress during the year, areas of strength, and suggested areas of continued focus. Evaluations are prepared by the intern's primary supervisor, with input from all supervisors and training faculty who work with the intern. The figure below depicts the different facets of the training program that assist in the development of, and modifications to, the Individual Learning Plan.

The Process of
 Developing, Assessing, and Modifying
 Individual Learning Plans of Pre-Doctoral Interns



Interns are also expected to write three evaluations (one each trimester) of the Internship Program and their experience, as a means of providing feedback to the Training Committee.

6. Logistics of the Training Year

The internship year generally begins the third week of August and runs for a full calendar year. Interns are expected to be on site Monday through Friday. Interns are expected to work approximately two evenings per week.

Interns are required to be on site during all days that clients are present (while school-based treatment programs are in session). Interns are given 80 hours of vacation time, which is used during the winter, spring, and summer school breaks. The agency is closed between Christmas and New Year's, so all interns take that week off (the specific dates will be announced at the beginning of the internship year). Interns are also given nine holiday days off to be specified at the start of the training year. The Director of Training must approve any times interns are not on site other than times designated above.

Interns may use up to forty optional hours of professional development time during the internship year for purposes such as dissertation defense, school graduation, delivering papers at professional conferences, job interviews and the like. Interns may also request up to forty optional hours of time during the times when school-based programs are not in session for research purposes. This time is designed to support interns who have not yet completed their Dissertation or Psy.D. Project, as well as support students who are engaged in other ongoing professional research endeavors. This time is expected to be used on campus, unless otherwise approved.

The expectation for interns during school-based program breaks, consistent with their professional development and their role as a member of a team, is that unless time has been petitioned and approved for research or professional development purposes (as designated above), interns will be involved in the myriad of professional activities and tasks generated by the needs of the agency at these times.

The stipend for pre-doctoral interns is approximately \$22,000 per year, with an additional \$2,500 stipend for interns who are fully bilingual in Spanish. Health and dental benefits are available to interns beginning approximately October 1. These benefits are chosen from among different plans, requiring different contributions. The Help Group has an Employee Assistance Program available to interns. Additionally, interns who are interested in seeking therapy during internship should feel free to ask training staff for referrals within the Los Angeles Community.

Applications: The Help Group utilizes the Universal Application designed by APPIC, which can only be completed electronically. Students can obtain the APPIC application on the Internet (www.appic.org). Other documents required for application include a resume or vitae, three letters of reference, and an unofficial graduate school transcript. Applications and accompanying materials will only be accepted via the APPIC webportal. All application materials must be received by November 13, 2009.

Students who wish to apply for internship must have a minimum of three years pre-internship graduate training, have passed their comprehensive exams and have been admitted to doctoral candidacy. Applicant acceptance is pending fingerprint clearance from the Department of Justice and the FBI, pre-employment physical, and verification of your legal right to work in the United States. Interns must have a car to travel between sites.

All students whose applications are considered for The Help Group's Internship Program must be interviewed. Students are contacted by December 15th to schedule interviews that are conducted during the month of January. During this period, students are also strongly encouraged to attend an Open House

at The Help Group to better acquaint them with the agency and the Internship Program. This internship site agrees to abide by the APPIC Policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant.

Please note that this intern manual is subject to change for the 2010-2011 internship year as well as for subsequent years

INTERN HOURS

(40 hours/week)

50 weeks of training, including approximately 1-2 weeks of orientation, 2 weeks of time off, 2 weeks of research and professional development time

<i>Direct Service</i> <i>(includes documentation of cases)</i>	First Trimester Sept-Dec 15 weeks	Second Trimester Jan-April 16 weeks	Third Trimester May-August 16 weeks
Individual/Family Therapy/Case Management	18-20	18-20	18-20
Group Therapy	2.0	2.0	2.0
Psychodiagnostic Testing	23 hours/ battery approx 2-3 batteries	21 hours/ battery approx 2-3 batteries	21 hours/ battery approx 2-3 batteries
TOTAL:	21+ testing	21+ testing	21 + testing
<i>Indirect Service</i>			
School Dept. Clinical Meeting	1.0	1.0	1.0
Elective	0	4.0	4.0
Supervision of Pre-Masters Student	0	1.0 (Feb-Jun)	1.0 (Feb-Jun)
Utilization Review	0	0	.5
Intern Program Requirements	1.5	0.5-1.0	2.0
TOTAL:	2.5	6.5	7 -8.5
<i>Training</i>			
Individual Supervision	2.0	2.0	2.0
Group Supervision on Groups	1.0	1.0	1.0
Testing Supervision (included in hrs above)			
Professional Development Group	1.0	1.0	1.0
Supervision Opportunity/ Supervision on Supervision.	0	1.0 (Feb-Jun)	1.0 (Feb-Jun)
Elective Supervision	0	.5	.5
Intensive Case Discussion	1.0	1.0	1.0
Psychodiagnostics Seminar	1.0	.5 – 1.0	.5
Other Didactic Seminars	6.5	2	2.5
TOTAL:	12.5	9.0-9.5	9.5
GRAND TOTAL:	36 hours (46 hrs for testing)	37 (42 hrs for testing)	37 (42 hrs for testing)