



# THE HELP GROUP DOCTORAL INTERNSHIP PROGRAM IN HEALTH SERVICE PSYCHOLOGY

**INTERN BROCHURE 2026-2027**

# FROM THE TRAINING DIRECTOR

On behalf of the training team here at the Help Group, welcome to this overview of our APA accredited Doctoral Internship in Health Service Psychology. The Help Group is a dynamic agency providing a wide range of services to a diverse range of clients across the Los Angeles Basin. Psychology training is an integral part of the agency's mission, providing foundational skills for entrance into independent practice of psychology. Our training year is a broad-based one, but does specialize in child, adolescent and family therapy. Training settings vary and include non-public schools, outpatient clinics, day treatment and residential milieus. Interns learn and utilize evidenced based practices for individual, family and group therapy as well as assessment for children, adolescents and young adults through our outpatient testing clinic. Our work also includes treatment and assessment of autism spectrum disorder and the LGBTQ+ community, along with other traditionally underserved populations. The Help Group continues to expand and evolve to meet the mental health needs of people of Los Angeles, providing continually evolving and expanding training opportunities for interns. Finally, interns are served by a diverse group of experienced supervisors committed to growth and advancement of your skills. I invite you to study our brochure and our intern handbook to see how training at the Help Group fits your professional goals.

*Robert Kretz, Psy.D.*



# Overview of the Agency



- The Help Group is located across Los Angeles County with most service centers centralized in the suburban San Fernando Valley, Culver City, and Irvine
- The Help Group is widely recognized as a leader in assessment and therapeutic services for neurodivergent children and families, including autism spectrum disorder, attention deficit hyperactivity disorder (ADHD), and learning disabilities
- The Help Group provides over 15 types of comprehensive services throughout Los Angeles County communities, including nine specialized day schools, child abuse prevention programs, residential programs, transitional age youth programs, outpatient services, and more.

# What To Expect

## What Expect From Us

Students entering the Internship Program must have completed their coursework, finished at least three years of graduate training, gained experience with clinical populations, been admitted to doctoral candidacy, and received confirmation of their readiness for the internship from their graduate training director before the internship year begins. All applicants must be a U.S citizen or be able to obtain an F-1 Visa and authorization to participate in Curricular Practicum Training from their university. The Help Group does not sponsor students for visas.

## What We Expect From You

During internship, interns will need to meet specific requirements to successfully complete internship. While the intern is expected to demonstrate competency in all nine identified competency areas, there are also several internship activities that include numerical requirements (i.e., sharing of 12 total recorded or live observations of therapy and assessment sessions, completion of a minimum of psychological testing reports, maintenance of therapy caseload, completion of documentation, accrual of at least 1750 Supervised Professional Experience hours, etc.).

## When does it start?

The full-time 12-month internship begins the first Monday of August, which can be subject to change. Interns are placed at Sherman Oaks and Van Nuys Campuses. The Internship requires at least 1900 hours for the training year with 1750 hours of Supervised Professional Experience (SPE) toward licensure. Interns are expected to be on site Monday through Friday and work 40 hours per week.



# Program Overview



## 01 Program Length

The 2026-27 Internship program begins on Aug. 3, 2026, and is a full-time 12-month program that requires at least 1900 hours for the training year with 1750 hours of Supervised Professional Experience.

## Salary 02

The stipend for Doctoral interns is up to \$37,000 per year, with an additional \$3,000 for interns who are fully bilingual in Spanish and can conduct therapy in Spanish. Interns are paid bi-weekly on an hourly basis.



## 03 Benefits

All interns are entitled to health and dental benefits roughly six weeks after the internship year begins. Additionally, they receive two weeks of vacation time off, nine agency holidays, and one week dedicated to research and professional development.



# Primary Rotations

Interns will be placed in a primary clinical setting, chosen from mental health, educational, or residential environments. Within that program, Interns will have caseloads of 9-14 clients and be responsible for all aspects of mental health services for those clients. After match day, intern training interests will be matched with available primary rotations.

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- The **Outpatient Services program** supports children and families in their communities through therapeutic programs offered at Child and Family Centers. (<https://www.thehelpgroup.org/program/outpatient-services/#>)
- **Bridgeport School** combines an academic curriculum with practical life skills training and vocational services for students facing mild cognitive delays and challenges in social communication or language development. (<https://www.thehelpgroup.org/school/bridgeport-school/>)
- **Lumina Counseling** offers therapy through insurance and private pay individual, group, couples and families, to people of all ages, both in- person and online, in Sherman Oaks, Van Nuys, & Culver City. (<https://luminacounselingla.com/>)
- **Village Glen School** offers a WASC-accredited college preparatory program tailored for students with social and communicative disorders, including autism spectrum disorder and learning differences. (<https://villageglen.org/>)

# Weekly Hour Breakdown

<b>Direct Service (Includes documentation of cases)</b>	Approximate hours per week
Individual/Family Therapy/	14-15
Group Therapy	20 hours throughout the year
Psychodiagnostic Testing	Approx 6 batteries = 5 hrs weekly
<b>Total</b>	21-22
<b>Indirect Service</b>	
School Dept/Rotation Clinical Meeting	1
Independent Projects	3-4
Supervision of Practicum Students (clinical)	1 (Jan-June)
Intern Program Requirements (e.g, case presentations, treatment plans ect.)	3.5
<b>Total</b>	7.5 - 8.5
Training	
Individual Clinical Supervision	1-1.5
Individual Testing Supervision	1-1.5
Group Supervision (groups, case conceptualization and countertransference)	2.0
Didactic Seminars/Training	2-5
<b>Total</b>	6-11

# Additional Projects

- Training seminars are provided for interns throughout the year by a variety of The Help Group staff, the Training Department, and outside consultants or specialists.
- Intensive Case Discussion: Another unique supervision experience offered at The Help Group is the Intensive Case Discussion (ICD). Each intern will discuss one case over a six-week period in a group supervision format with fellow interns and a supervisor.
- Independent Project : Throughout the year Interns will create an Independent Project. The goal of the project is to help interns gain experience in non-clinical activities related to the professional field of psychology.
- Group Therapy: Interns conduct weekly therapy groups with children, adolescents, or caregivers in a program outside their primary rotation. These groups may be in the school-based programs, outpatient departments, community based, or residential programs.
- Family Therapy: Interns across all placements are expected to engage in family centered services. When an intern is assigned a client in the school-based programs, they are expected to assess the need for family consultation and to provide that treatment if appropriate.



## **Where is The Help Group?**

The Help Group is located across Los Angeles County with most of its services centralized in the suburban San Fernando Valley, Culver City, and Irvine. Most clinics are thirty to sixty minutes from downtown Los Angeles. Interns are placed in Sherman Oaks and Van Nuys campuses. Many major universities, professional schools, and training institutes are in close proximity. More information about the agency can be found at:  
<https://www.thehelpgroup.org/>



## **The Help Group Accreditation**

The Help Group's Doctoral Internship Program is accredited by the American Psychological Association. Questions 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 First Street, NE Washington, D.C., 20002-4242 (202) 336-5979  
[apaaccred@apa.org](mailto:apaaccred@apa.org) [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation)  
The Help Group is a member of APPIC and follows their guidelines.

# WE WELCOME YOUR APPLICATION



Please reach out to [rkretz@thehelpgroup.org](mailto:rkretz@thehelpgroup.org) with any questions