



Seacoast Mental Health Center
Portsmouth, New Hampshire

Psychology Internship Training Program

Providing a Rigorous and Challenging Training
Experience on the New Hampshire Seacoast

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Introduction

Seacoast Mental Health Center, Pre-Doctoral Internship Training

Overview of Internship Training Program

Seacoast Mental Health Center is offering three full-time internships in adult clinical psychology to qualified students enrolled in pre-doctoral programs in clinical or counseling psychology. The program is fully accredited by the American Psychological Association. Preference is given to students in APA-approved clinical or counseling psychology programs.

Please address all inquiries with regard to internship training to:

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Director of Internship Training
Seacoast Mental Health Center
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Deadline for application materials is November 11

Notification of acceptance will be made based on the Association of Psychology Postdoctoral and Internship Centers Internship Matching Program. Applicants must obtain an Applicant Agreement Package from the National Matching Service and register for the Matching Program in order to be eligible to match to the 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.

Description of Seacoast Mental Health Center

Seacoast Mental Health Center is a community mental health center which offers a comprehensive range of services to the Seacoast New Hampshire communities. The Center is comprised of five outpatient departments which serve a broad economic and diagnostic spectrum of clients.

- 1) **Adult Outpatient**
- 2) **Child, Adolescent and Family Services**
- 3) **The Center for Learning and Attention Disorders; Program in Medical and Forensic Neuropsychology; Psychodiagnostic Clinic**
- 4) **Elder Services**
- 5) **Community Counseling**, an outpatient program for the persistently and severely mentally ill

The center offers other services to chronically ill patients, including "job store" (a vocational program), intensive case management, and community residences. There is a full psychiatry department and a 24-hour emergency assessment and crisis team.

In addition to the broad range of departments, Seacoast Mental Health Center offers a range of specialty services. Individual, couples, family, and group therapies are available for applicable populations. Respite care, case management, housing, and vocational services are provided as clinical need dictates. Preventative programs are offered in the Child, Youth, and Family department and for elders. Psychiatric evaluations and medication management is a speciality service available to Center clients and the community. An Emergency Crises team handles crises and provides stabilization treatment 24-hours a day. Clinicians in the Adult Outpatient Department provide therapeutic and consultative services in the primary care setting. Similar services are offered to children in the school setting.

The Psychology Department is active in providing psychological testing services for area schools, for the courts and the Division of Children, Youth & Family, as well as for the Center. A general psychodiagnostic clinic for adults is offered that is primarily staffed by interns and post-doctoral fellows under the supervision of licensed psychologists. We also provide speciality neuropsychological and psychoeducational assessment and intervention with children and adolescents with learning disabilities, attention disorders and pervasive developmental disorders.

Speciality neuropsychological evaluations, neuro-psychiatric disability, competency, and forensic evaluations for adults and elders with head injury, seizure disorder, cerebral vascular disease, early stage dementing disorders, and neurotoxin exposure are also offered. As an agency committed to working closely with the communities it serves, the Center also provides mental health consultation services geared to those who deal with the special needs of children and the elderly, such as nursing home staff, school personnel, the courts, family physicians, and other health care professionals. The Center is proud of its track record in meeting community needs with innovative programs. As one example, New Heights is a recreational prevention program that has been successful in building self-esteem and providing constructive outlets for teenagers. Seacoast Mental Health Center works closely with the New Hampshire Division of Mental Health, the Seacoast Alliance for the Mentally Ill and consumer groups to provide state-of-the-art treatment and rehabilitation programming.

- Our mission is to strengthen and support each client's ability to successfully live, work and contribute to the community.

The Center has two offices: one in the historic seaport city of Portsmouth, New Hampshire and the other in Exeter, New Hampshire. Interns are based primarily in the Portsmouth office, although they may spend some time in Exeter as well.

The Seacoast region is one hour north of Boston, one hour south of Portland, and convenient to the White Mountains and coastal Maine.

Description of Internship Training Program

The internship program conforms with all relevant APA standards and guidelines. Our clinical psychology educational model is a scholar-practitioner one. Interns learn to inquire into theories of human behavior; to translate empirical and research data into real world solutions to current clinical problems, and to evaluate the efficacy of their interventions. These activities require a scientific orientation that includes critical thinking, case conceptualization, hypothesis testing, awareness of personal biases, and understanding of group differences including those of culture, ethnicity, gender, socio-economic status, age, and life style, and is accomplished through clinical supervision of direct service, didactic experience, and exposure to multiple delivery systems in a managed care environment. The training is sequential, cumulative, and graded in complexity.

Training at SMHC is designed to be responsive to changing conditions in the health care environment, especially the business aspects of psychological treatment and the expansion of managed care. At the same time, psychodynamic theory and treatment are highly valued in the sense that the relationship between psychologist and client is held as important and a place to re-work the relational impasse that brings most people into therapy. As such, learning to use those constructs in briefer forms of therapy is the foundation upon which the training experience is built. We strive to meld a psychodynamic understanding of relationship and distress with treatment approaches that are time efficient and based in empiricism that will prepare interns for independent practice. Our over-arching goal is to arm interns with a broad array of competencies that will engender success in the newly competitive health care market without compromising the quality of treatment or professional ethics. Interns should graduate from the program prepared for applied clinical work with an adult population in community based, multi-disciplinary settings.

The training program involves the interweaving of two fundamental foci;

- 1) Providing interns with the opportunity to take substantial responsibility for carrying out the major professional role functions of a psychologist, that is intake, psychotherapy, testing, consultation, supervision, and evaluation.
- 2) Facilitating the consolidation of a professional identity as a clinical psychologist, with an in-depth understanding of and commitment to professional and social responsibility as defined by the ethical standards and principles that guide the profession.

Thus, the design of the internship program, in depth and intensity, as well as breadth and diversity, provides the intern with a broad spectrum of clinical opportunities and exposure to diverse professional role models. The goal is to offer a challenging and rigorous training program.

An internship advisory group comprised of senior psychologists in the Seacoast community from a variety of theoretical orientations and specialties is involved in the program in a consultative capacity to the psychology staff, conduct "live" interviews and case discussions in the monthly Grand Rounds series, and provide a variety of learning opportunities for the interns through the Mentorship program.

Their specialties include; behavioral medicine, sex therapy, child therapy, eating disorders treatment, group therapy, neuropsychology, and psychodynamic psychotherapy.

The training program is comprised of five inter-related components

- *Primary Clinical Placement*
- *Secondary Placement*
- *Testing Component*
- *Supervision and Seminars*
- *Mentorship Program*

The model of training provides both the in-depth and intensive focus of the primary placement, as well as the diversity offered by the secondary placement and the Emergency Services rotation.

Secondary Clinical Placement

Interns have the option to spend up to 8 hours per week engaged in a secondary clinical placement, which offers the opportunity to work with a different population and to gain additional experience in a particular area of interest. Interns may choose a secondary placement in one of the following departments or opt to maintain a higher AOP caseload:

- ◇ **Elder Services** – Outpatient psychotherapy with adults aged 60+ presenting with a variety of psychopathology, medical concerns, and life transition issues; nursing home consultations and home visits; preventative services
- ◇ **Community Counseling** - Outpatient supportive psychotherapy with adults with severe and persistent mental illness; involvement in the Dialectical Behavioral Therapy group program for individuals diagnosed with borderline personality disorder

Emergency Services

In addition to the primary and secondary placements, all interns complete a 6-month rotation in Emergency Services. Learning and refining emergency assessment and crises stabilization skills are emphasized in this rotation. The intern will provide 8 hours/week in-house availability for phone and walk-in assessments, be involved in hospitalizations, provide brief treatment, provide consultation services to the emergency room staff at the Exeter Hospital, and work closely with emergency clinicians.

Testing Component

Interns are responsible for a minimum of one full test battery bi-monthly. Using cognitive neuropsychological tests, and personality measures, interns have an opportunity to assess children and adults manifesting a wide variety of presenting problems. Mindful of diversity issues and test norms/validity, test selection for use with special groups is explored. In addition to diagnostic considerations, interns will learn the practical applications of testing, particularly as a tool for understanding therapeutic impasse and treatment planning, and for consultations with psychiatrists, other medical professionals, and treatment teams. Integrated report writing and formulating detailed, individualized recommendations are emphasized areas of learning as well. Interns also will be exposed through seminar discussions to forensic cases referred by the court regarding such issues as, visitation, abuse/neglect, or parenting capacity.

As part of this component, interns attend weekly group supervision on psychological testing, a bi-weekly seminar on neuro-psychological assessment, and receive weekly individual supervision on their testing cases. The Rorschach is favored as a primary component of most test batteries in keeping with the general psychodynamic orientation of the internship program. Interns also have the opportunity for exposure to neuropsychological assessment through the Mentoring Program, and The Program in Medical and Forensic Neuropsychology.

Applicants should have substantial Exner Rorschach experience with clinical population (6+ full batteries prior to their internship year)

Supervision and Seminars

Interns receive close supervision for all of their clinical and testing work. Our licensed staff provide a minimum of three hours per week of individual supervision. A fourth hour of weekly supervision takes the form of a group supervision for psychological testing. Additional supervision of subspecialty areas and the secondary clinical placement is provided by senior staff clinicians. The theoretical orientation of the staff of some thirty clinicians is primarily psychodynamic, although solution-focused, cognitive-behavioral, family systems and group therapy viewpoints are also well represented.

In addition to individual supervision, interns also attend a variety of seminars which allow them to integrate their clinical practice with a theoretical foundation and to share varying perspectives with staff and other trainees in psychology, counseling and social work.

The Seminars:

- ◇ **Psychotherapy Seminar** - One hour weekly: This seminar pivots on the fundamentals of the therapeutic process and the pragmatics of 'knowing what to say when'. Through videotaped case presentations interns will focus on learning to define the frame and limits of therapy, to expand the data of the client's narrative, and to become more cognizant of one's active participation in the therapy. The goal, as Edgar Levenson said, will be that "the therapist learns to ride the process rather than carry the patient." Reading and discussion around integrating psychodynamic, time-limited and empirically supported modalities will occur throughout the year.
- ◇ **Clinical Neuropsychological Seminar** - One hour bi-weekly: This Seminar focuses on the practical clinical application of cognitive and neuro-psychological evaluation. In addition to reviewing test selection, administration, scoring, and interpretation, this seminar also looks at applying the results to specific referral questions, writing detailed recommendations, and communicating results in a "user-friendly" style. The seminar allows for additional peer supervision of intern testing cases.
- ◇ **Neuropsychiatric Seminar** - Three hours monthly, March – August: This seminar reviews the major adult neuropsychiatric syndromes relevant to the practice of clinical psychology with adults and older adults. Topics include: delirium, dementia, mild cognitive impairment, and clues from the history and mental status which can help differentiate acquired "organic" impairment from primary psychiatric disorders. Assessment/testing and treatment planning issues pertaining to these disorders, the empirical basis for the interventions, and relevant consultation issues are also addressed.
- ◇ **Professional Issues Seminar** - One hour weekly: This seminar focuses on providing a forum for the discussion of issues related to ethics, diversity, current professional concerns, providing an overview of the theory and methods of supervision and evaluation, and exploring the application of brief and longer-term treatment models. Whenever possible the discussion is anchored in active intern or psychologist treatment cases.

- ◇ **Grand Rounds** - Two hours monthly: This meeting is an opportunity for interns to formally present cases to senior psychologists and clinicians from a variety of theoretical orientations. Members of the Advisory Board as well as staff psychologists, psychiatrists and social workers conduct “live” interviews and lead case discussions. A central aspect of the Grand Rounds is for interns to observe the pragmatics of the interview process with seasoned clinicians and to wonder and question with them the nature of their clinical decision making process at different points in time during the interview.
- ◇ **Psychopharmacology Seminar** – One hour biweekly: The focus of this seminar is to review the major diagnostic categories with empirically supported biochemical components, to look specifically at the major categories of psychotropic medication used to treat these illnesses, to review side effects, and to explore case specific medication issues. It is lead by a staff psychiatrist.
- ◇ **Mentorship Program** – Each intern will design mentoring experiences with members of the Advisory Board, based on their own unique interests. It is expected that involvement will occur throughout the training year and total at least 20 hours.
- ◇ **Agency-wide Inservice Series** - The inservices cover a variety of topics and draws upon the expertise of outside professionals and Center staff. A diversity series is offered every year as are several lectures devoted to ethics and standards of practice. Each year each of the interns presents their dissertation research.

The Mentorship Program

The aim of the Mentorship Program is to make available to interns a range of additional unique opportunities with a variety of senior psychologists in the community. They are offered by members of the Advisory Board or the psychology staff each year depending on their current interests and activities. These opportunities might include: learning the operation of biofeedback equipment, co-leading family therapy, dissertation consultation, involvement in state-wide legislative activities, participating in a New Hampshire Psychological Association committee, co-teaching one or two sessions of a class, observing a short-term cognitive-behavioral PTSD group, topical discussions, and case formulations among other possibilities. Thus, interns will have the opportunity to participate in activities beyond the scope of the mental health center as well as to develop relationships with a variety of psychologists involved in many professional activities. This is a program that interns participate in as part of the required internship curriculum and expectations.

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Intern Selection

Applicant's APAI admission materials are rated on various domains using a behaviorally anchored Likert scale and interviews are offered to candidates meeting the site's criteria for goodness-of-fit. We also require the submission of an integrated psychological testing report in which the Exner Rorschach was used. We prefer on-site interviews but are aware of the cost and difficulty involved in travel for some applicants and will do phone interviews. Interviews are also rated, added to the written material score, and summed. Decisions to rate the applicant for selection on National Match Day are based on that score. We utilize the APPIC Internship Matching Program and abide by their rules and regulations.

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Stipend and Benefits

The stipend for full-time interns is \$18,000 with 3 weeks of vacation. Five additional days are available for sick time, religious holidays, conferences, etc. Interns may also be eligible to buy into the Seacoast Mental Health Center Blue Cross/Blue Shield group health insurance plan.

Because of the particular issues that arise during the termination phase of treatment, it is required that interns do not take vacation time during the month of August. Interns should expect to work a 5 day work week and to offer two evenings of availability throughout the year.

- **The internship calendar year begins in September on the Tuesday following Labor Day and ends on August 31,**

Clinical Staff and Interns

Core Training Staff:

Anath Golomb, PhD. University Of Michigan (Clinical Psychology), 1990. Pre-doctoral Internships: Psychological Clinic, The U. Of Michigan; Jewish Board Of Family and Children's Services.

James Kates, MD. George Washington University School Of Medicine, 1990. Residency in Psychiatry: N.Y. Hospital Cornell Medical Center. Board Certified in Psychiatry and Neurology.

Karen M. Pearson, EdD. Boston University (Counseling Psychology), 1990. Pre-doctoral Internship: Seacoast Mental Health Center, Portsmouth, N.H.

Jerrold Pollak, PhD. Boston College (Counseling Psychology), 1977. Pre-doctoral Internship: Department of Psychiatry, Bergen Pines County Hospital, Paramus, N.J. Postdoctoral Fellow: R.I. Hospital, Program in Medicine, Brown University, Providence, R.I. (Adult Clinical Neuropsychology); Children's Medical Center, Boston, MA. (Clinical Pediatric Neuropsychology); Boston Institute For Psychotherapy, Boston, MA. (Psychodynamic Psychotherapy). **Diplomate: ABPP** (Counseling); **ABPN** (Neuropsychology).

Advisory Board Members/Mentors:

Bruce Altman, Psy.D

Carla Contarino, Ph.D.

Alan Lurvey, Th.D.

Mary Jo Martin, Ph.D.

Andrew Nathan, Psy.D.

Judith Rowan, Ph.D.

Psychology Interns:

2008 - 2009

Jason Oppenheim - George Washington University

Michal Wohl - George Washington University

Roi Wohl - George Washington University

2009 - 2010

David Katz – Spaulding University

Jay Kosgarten – Long Island University

Krista Naber – The Chicago School of Professional Psychology

American Psychological Association

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