

Vanderbilt University Counseling Center Internship in Health Service Psychology (UCC-IHSP)

Information Brochure
for 2023-2024 Training Year



Vanderbilt University Counseling Center

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PROGRAM AT-A-GLANCE

We truly appreciate your interest in training at the Vanderbilt University Counseling Center (UCC). The vision of the Vanderbilt UCC Internship in Health Service Psychology (UCC-IHSP) fits squarely with the university's mission to educate and train the next generation of leaders, scholars, and practitioners. It is the aim of the Vanderbilt UCC-IHSP to prepare ethical and culturally responsive, entry-level Health Service Psychologists by providing experiential and didactic training focused on clinical skill development, multicultural competence, and the value of lifelong personal & professional integration and development. Our program is committed to facilitating doctoral interns' achievement of competency in each of the nine Profession Wide Competencies for psychologists: Research, Ethical and Legal Standards, Individual and Cultural Diversity, Professional Values and Attitudes, Communication and Interpersonal Skills, Assessment, Intervention, Supervision, and Consultation and Interprofessional/Interdisciplinary Skills.

Our multidisciplinary team is committed to working with campus and community partners to provide holistic, inclusive, and accessible mental health and prevention services to support the academic and personal success of Vanderbilt's diverse student community. We promote social justice and an affirming caring culture through our clinical, outreach, and consultation services, and as well as through our training programs. We know that each student is unique both in terms of their identity and lived experiences, and UCC staff members work with our campus partners to provide a comprehensive pathway of support options for students that are flexible and attentive to each individual's particular needs, opportunities, and challenges in a spirit of collaboration and mutual respect.

The Vanderbilt University Counseling Center (UCC) is a large and well utilized counseling center, with a staff of approximately 40 full and part-time mental health professionals. Our multidisciplinary staff consists of psychologists, psychiatrists, licensed professional counselors, licensed clinical social workers, psychiatric nurse-practitioners, and a nurse. The UCC is also a multidisciplinary training center. In addition to psychology interns, graduate-level practicum students from a variety of mental health disciplines train at the center, as do postdoctoral fellows in psychology. Working in this multidisciplinary setting provides interns with opportunities to cultivate and sharpen clinical consultation skills with a variety of mental health professionals. The Vanderbilt UCC places a strong emphasis on training activities and values, and the internship experience is well integrated into the agency as a whole. The overall depth and breadth of training experiences offered make the UCC an excellent fit for those seeking a career in a variety of outpatient settings.

The Vanderbilt UCC is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). Before becoming accredited as an independent site in 2018, the UCC was a member of an internship consortium: The Vanderbilt University (VU) - Department of Veterans Affairs (VA) Internship in Professional Psychology, which consisted of three partners: the University Counseling Center (UCC), the Vanderbilt University Medical Center (VUMC) Department of Psychiatry and Behavioral Sciences, and the Veterans Affairs (VA)-Tennessee Valley Healthcare System. This internship

consortium was continuously accredited by the American Psychological Association (APA) beginning in 1971. As of July 01, 2018, each of the former Consortium partners became independent internship sites.

Verification of the program's accreditation status can be obtained through the APA Office of Program Consultation and Accreditation at 750 First Street, NE Washington, D.C. 20002; (202) 336-5979.

Vanderbilt University Counseling Center Internship in Health Service Psychology

Training Director: Ruth Howard Ph.D., HSP

Email: ruth.howard@Vanderbilt.Edu

Positions: 3

Salary: \$40,000

Term: July 1, 2023 - June 30, 2024

National Matching Service (NMS) Number: **246211**

HOW TO APPLY

ELIGIBILITY: Applicants must be enrolled in an American Psychological Association (APA) or Canadian Psychological Association (CPA) accredited graduate program and have completed at least three years of graduate academic work. Only applicants from APA or CPA Accredited Counseling or Clinical Psychology doctoral programs will be considered eligible for internship positions at the Vanderbilt UCC. Applicants must have defended their dissertation proposal by the ranking deadline. Applicants with at least 420 total intervention and assessment hours are preferred; however, the impact of COVID-19 and recent changes in reporting timelines will be considered. The applicant's practicum training must be of such a nature and amount as to provide the applicant with the experience needed to have a reasonable opportunity to succeed in the UCC placement, which is a fast-paced clinical setting with a wide-range of clinical acuity. It is important that applicants delineate their training goals clearly on the application or in the cover letter and indicate in the cover letter how the experiences offered at UCC align with their training goals.

The Vanderbilt UCC follows the policies and procedures of the [Association of Psychology Postdoctoral and Internship Centers](#) (APPIC), including participation in the Match. Applicants are asked to submit their applications through the AAPI Online applicant portal. The Vanderbilt UCC National Matching Service (NMS) Number is: **246211**.

APPLICATION DEADLINE: **November 1st, 2023 at 11:59pm**

INTERVIEWS: Interviews will be arranged following an initial review of applications by the UCC Training Committee, and applicants will be notified of interview decisions by phone and/or email by **November 17, 2022**.

The interview dates for the current application cycle currently are: **December 11, 2022; December 13, 2022; January 09, 2024; January 11, 2024**. To limit the financial impact and in accordance with APPIC recommendations, all intern candidate interviews are conducted virtually via Zoom. Our interviews are half-day in duration. Applicants participate in individual interview sessions with potential supervisors and other staff. Interviews may prioritize themes such as ethics and multicultural awareness. Candidates will also have an opportunity to meet with a current intern. **Applicants can expect the interview process to last from 8:00am-12:15pm CST.**

The Vanderbilt University Counseling Center is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC) and adheres to the Association's policies (which may be found on the web at www.appic.org) regarding internship offers and acceptances. It is our intention to be in full compliance with both the letter and the spirit of the APPIC policy. The UCC will abide by the APPIC policy that no person involved with the internship will solicit, accept, or use any ranking-related information from any intern applicant.

OVERVIEW OF THE UCC TRAINING SETTING

Vanderbilt's University Counseling Center (UCC) is a highly utilized campus resource that serves 22% of the Vanderbilt student population. The large number of clients who seek services at the UCC afford interns the opportunity to work clinically with a diverse caseload in terms of culture, ethnicity, national origin, gender identity, sexual orientation, and acuity of presenting concerns. When combined with the large number of licensed psychologists who participate in internship training responsibilities and the numerous activities associated with training (individual and group therapy, psychological assessment, outreach, consultation, crisis response, diagnostic interviewing, and intake report writing), the Vanderbilt UCC offers an environment that is rich in training opportunities. As a multidisciplinary setting that includes a number of different mental health professionals, interns have ample opportunities for inter-professional consultation. In addition to doctoral interns and postdoctoral fellows in psychology, the UCC also trains graduate-level practicum students from a variety of mental health disciplines, for whom doctoral interns provide clinical supervision for two full semesters.

Interns are involved in virtually all aspects of clinical service and are considered essential to fulfilling the UCC's mission of assisting students in need and fostering both their personal and professional growth. While still in training and under consistent supervision, UCC interns are viewed as colleagues-in-the-making and, as such, they are challenged with managing complex therapy caseloads and assessment cases, designing and presenting outreach, and assisting members of the campus community who are experiencing acute distress/crisis. UCC interns work very hard, and their efforts and skill have a direct impact on the community they serve. While the internship affords enough flexibility to pursue areas of interest (e.g., therapy with specific populations and training in specific treatment modalities) all UCC interns participate in the same core activities.

While all UCC clinical providers, including interns, are expected to function as generalist practitioners who are able effectively to manage the mental health needs of students who present with a range clinical concerns and intersecting identities, the UCC internship program is typically able to offer interns opportunities to focus at least part of their training on treatment of a particular presenting condition (e.g., trauma; alcohol and other drug use; eating disorders) or use of a specific treatment modality (e.g., Dialectical Behavioral Therapy). Additionally, interns may choose to focus an added portion of their clinical time providing formal psychological assessments. If they choose, interns may join the UCC's **Diversity Alliance**, which steers the center's efforts to center social justice and anti-racism in all UCC clinical and outreach activities. Interns are also invited to join the UCC **Wellness Committee**, which is tasked with promoting work/life balance, encouraging a sense of community, and injecting fun into the work environment, and the **Intersectional Outreach Committee**, which builds relationships with campus partners and offers outreach programming within a social justice lens.

PHILOSOPHY & GOALS OF UCC TRAINING

Program Aim

The overall aim of the UCC Internship in Health Service Psychology (UCC-IHSP) is to prepare ethical and culturally responsive entry-level Health Service Psychologists by providing experiential and didactic training focused on clinical skill development, multicultural competence, and the value of lifelong personal & professional integration and development.

The primary focus of the internship year is on the acquisition of clinical experience in a well-supervised environment that encourages both personal and professional development. Training in clinical techniques across the UCC is presented in relation to the framework of science that underpins clinical practice. Interns come into the program as advanced graduate students, and our primary goal is to provide the experience, training, supervision, support, and guidance interns need to make the transition from student to early career professional, able to function competently, autonomously, and with confidence in a variety of clinical settings.

Emanating from this goal is a commitment to provide sufficient breadth of training across the traditional areas of psychological practice to allow graduates of the internship to move comfortably into a variety of clinical settings, while at the same time providing the flexibility for interns to pursue specific interests and to gain experience in more innovative areas of practice. Training experiences and objectives are therefore structured to ensure that each intern will achieve the necessary level of competence in the nine profession-wide competencies expected at entry level into the professional practice of psychology, while still allowing room for training in specific treatment modalities and/or with specific populations, as desired by the intern.

Additional objectives of the Vanderbilt UCC training program are to promote professional identity development and to foster comfort and competence in working relationships with other professional disciplines. Throughout their experience, interns interact with a wide range of other clinical disciplines at the UCC as well as with campus partners. Participation in professionally relevant seminars, rounds, workshops, and meetings on a local, state, regional and national level is encouraged, and all interns have \$1000 in professional development funds.

Diversity

Respect for diversity and for values different from one's own is a central value of our profession, and the Vanderbilt UCC internship program is no exception. The UCC is committed to engaging in ongoing dialogue about the intersection of identity and systems of oppression in order to work effectively with the entire student body at Vanderbilt, which is diverse in terms of racial, ethnic, and socioeconomic background; nationality; religious, spiritual and political beliefs; physical ability, age; and gender, gender identity, and sexual orientation. As we strive to provide a comprehensive pathway of support options that are flexible and attentive to each student's particular needs, challenges, and

identities, we also strive to co-create a training environment that is rooted in respect, safety, and trust. All UCC providers, including trainees, are expected to be personally committed to developing cultural humility and growing in self-awareness by engaging in critical thinking and honest and open self-examination so that one's prejudices and biases can be authentically evaluated and challenged. We support and challenge each other's understanding of our own biases and experiences through staff-wide dialogues and aim to continually affirm our commitment to anti-racism. All interns are given the opportunity to join the UCC Diversity Alliance, a group of staff and trainees who plan monthly "Diversity Dialogues" and educational experiences to support our commitment to critical self-reflection and cultural humility.

Supervision and Self-Disclosure

The UCC internship training program adheres to the belief that supervision is a valuable and indispensable tool for all trainees and staff. Regardless of the specific work activity, we believe that self-awareness is a critical component of ongoing professional growth. Opportunities for personal exploration and self-reflection that impact professional development inevitably occur throughout the training year. Training staff provide ongoing feedback to promote the professional identity and clinical competence of interns.

The internship program functions in a manner consistent with the American Psychological Association's 2002 Revised Ethical Standard 7.04 (Student Disclosure of Personal Information). When appropriate, interns are encouraged, but not required, to explore historical influences and personal experiences and how these may either help or hinder clinical work and professional interactions. Supervisors are committed to creating a safe, trusting, and respectful environment in order to facilitate this exploration. Supervision is never viewed as psychotherapy, but rather promotion of the intern's overall professional development. Training staff, however, have the option to recommend, but not require, outside therapy to individuals who they feel could benefit from in-depth exploration of personal issues which appear to negatively impact their professional development.

INTERNSHIP STRUCTURE

The primary focus of internship training at the UCC includes individual & group psychotherapy and psychological assessment with Vanderbilt University undergraduate, graduate, and professional students. Psychotherapy training at the UCC is grounded in empirically-supported treatments, including (but not limited to) CBT, DBT, ACT, psychodynamic, and interpersonal approaches. Vanderbilt UCC clients reflect the diversity of the campus population and present with a wide range of concerns and acuity. As such, interns can expect to develop rich caseloads that vary in terms of presenting concerns, cultural issues, complexity, and duration of treatment.

UCC interns can expect to engage in an average of 16-18 direct client contact hours per week. Additionally, although emphasis is placed on producing skilled generalist-practitioners, opportunities for focused experiences may be available through participation in various clinical teams (i.e., Alcohol/Other Drugs, Trauma, Eating Disorders, and Assessment), exposure to specific treatment modalities such as Dialectical Behavioral Therapy, and providing clinical services within the UCC satellite clinics at the School of Medicine and Biomedical Research Education and Training program. Interns also have the opportunity to participate in outreach programming and work with various campus partners such as the Center for Student Wellbeing, Student Care Coordination, Center for LGBTQI Life, Black Cultural Center, and Office of Housing and Residential Experience, among others.

Service Activities

Intake Assessments

Interns conduct 1-3 hour-long intake interviews per week. Intake assessments, or Initial Consultations (IC's) as they are called at the UCC, provide a preliminary basis for determining the urgency of clients' needs and for recommending individual and/or group therapy and connecting students to other UCC resources, including medication management services and formal psychological testing. Initial diagnostic and clinical impressions are also provided following the Initial Consultation.

Individual Counseling/Psychotherapy

About half of the intern's weekly direct service activities are spent in individual counseling/psychotherapy. Students present with a range of presenting concerns and symptom acuity that may include adjusting to college life, building a support network, depressive episodes, anxiety, substance abuse, suicidal thoughts and attempts, trauma/PTSD, and early onset psychosis. The UCC offers a flexible, brief treatment model without session limits, and interns are typically able to see some clients for the duration of the internship year, with consideration of the student's intersecting identities, symptom severity and acuity.

Group Counseling

Typically, interns co-lead one or two therapy groups or workshops with senior staff and (if experienced in group leadership) with other interns or postdocs. The therapy groups typically offered each semester include Undergraduate and Graduate Process Groups, Women's Process Group, and LGBTQI and other identity-based affinity/support groups. Interns may also develop and/or facilitate psychoeducational groups such as Self-Compassion, Anxiety Toolbox, and DBT Skills. Supervision for group therapy is provided weekly by the licensed group co-facilitator or another senior staff member and includes additional support via a monthly UCC group facilitator meeting.

Supervision of Practicum Student

Skills in supervision are developed by co-supervising a graduate-level practicum student from one of any number of mental health training programs in the Nashville area. Weekly Supervision of Supervision is provided in a group format during which the three interns discuss their supervision of practicum students, present video of their supervision work, and examine issues related to effective supervision. Interns supervise a graduate-level practicum student from August to May.

Assessment

Training in formal psychological assessment is an expectation of this site. The Vanderbilt UCC provides psychological evaluations to undergraduate and graduate students to diagnose a range of neurodevelopmental and clinical disorders that may impact academic performance, such as Attention-Deficit/Hyperactivity Disorder, Specific Learning Disorder, Autism Spectrum Disorder, Psychosis Spectrum Disorders, Mood Disorders, and Anxiety Disorders. **Each intern is expected to complete four formal psychological evaluations** requiring the integration of information from a battery of psychological tests. Interns may opt to make psychological assessment a focus of their clinical training by providing additional and/or more comprehensive assessments during the training year.

Outreach Programming

Interns have numerous opportunities to present programs and conduct workshops for the campus community at large and for a variety of university departments and campus organizations. Interns are also welcome to join the Intersectional Outreach Committee to participate in organizing and planning outreach events. Ongoing consultative involvement is also available with campus organizations and Student Life programs (e.g., diversity focused student organizations, residential communities). In addition, interns (along with senior staff) represent the UCC and the Student Care Network at many University functions (e.g., new student orientation).

Training Activities

Interns participate in a number of structured training/learning activities, both on and off site. These include two weekly intern seminars and a center-wide multidisciplinary case conference. Additional training experiences take place throughout the year and are determined by specific training needs as well as center-wide initiatives. Interns experience an educational setting in which active learning and intellectual curiosity are valued and opportunities for learning and dialogue are plentiful.

Individual Supervision

Interns receive two hours of individual supervision each week by a licensed psychologist who has primary clinical responsibility for the cases on which they provide supervision. Staff Psychologists who provide individual supervision for interns are appropriately licensed as Health Service Providers by the State of Tennessee and are expected to be knowledgeable of the scientific base of psychological practice and to remain up to date regarding relevant scientific developments in field of mental health treatment. Watching recordings of individual therapy sessions is an expectation of supervision. Supervisory assignments typically change at mid-year to maximize contact with a variety of role models. Interns have access to all Senior Staff and Associate Training Staff and are encouraged to consult with them regularly as additional resources.

Group Supervision

Interns participate in one hour of weekly Group Supervision as a cohort, facilitated by two licensed clinicians. On a rotating basis, interns will be expected to engage in formal case presentations that include reflection questions for dialogue and growth. Supervisors will support the growth of diagnostic formulations, case conceptualizations, and the integration of cultural identity factors.

Supervision of Group Counseling

Interns also receive 30 minutes of supervision and weekly feedback from their senior staff group co-facilitator or other senior staff member if the intern is co-facilitating a group with another trainee. The focus of supervision is on group process and dynamics among group members and with facilitators.

Supervision of Supervision

Supervision of supervision is provided for 90-minutes every week. Supervision covers such issues as models and styles of supervision, parallel process, therapist and supervisor development, multicultural competence in supervision, and the teaching of specific intervention skills. To further promote the development of supervision competencies, interns are expected to digitally record their supervision sessions for demonstration and review. In addition, all interns are provided with reading materials and other references on supervision, which provide a common language for discussion of the process observed in video recordings of supervisory interactions.

Didactic Seminars

All UCC interns attend two weekly didactic seminars. These seminars are specifically designed for intern training. Both seminars are held on-site and are facilitated by UCC supervisors and local mental health professionals. The **Integrative Seminar** covers a breadth of topics, including instruction on specific clinical assessment and treatment modalities, issues related to culturally sensitive case conceptualization and treatment planning, awareness of ethical considerations, and professional identity development, with a specific focus on developmental and mental health issues of emerging adults. Once a month, the seminar is devoted specifically to multicultural awareness and cultural identity in counseling work.

The weekly **Assessment Seminar** offers didactic instruction in the selection of psychological assessment instruments, test administration, scoring and interpretation, case conceptualization, and the impact of individual and cultural diversity on assessment. These topics are examined in relation to frequent assessment referral questions in the university counseling center setting, including ADHD, Autism Spectrum Disorder, Specific Learning Disability, Mild Traumatic Brain Injury, and differential diagnosis of serious and persistent mental health disorders. The Assessment Seminar is facilitated by UCC psychologists who specialize in psychological assessment. Interns engage in didactic instruction sessions as well as in case presentation & consultation during this weekly seminar

UCC Multidisciplinary Case Conference

A one-hour UCC **Multidisciplinary Case Conference** is held twice a month for all UCC staff, including trainees, where one staff member or trainee presents a clinical case to receive input and feedback about diagnosis and treatment planning. Agency management of overall clinical resources and the presenter's approach to the change process is expected to be addressed, as are multicultural and ethical considerations. Interns give one formal case presentation in this setting during the training year.

A one-hour UCC **Caseload Management Discussion** is held monthly. This is a consultation space for dialogue about managing complex caseloads in the face of continuing referrals for finite UCC services throughout the year. All UCC staff, including trainees, participate in this discussion.

During the last week of the month, this hour is devoted to meetings of identity-based **Affinity Groups** that are intended to further social justice work and racial equity within the UCC. Staff and trainees self-select to attend the Black Providers Affinity Group, Non-Black Providers of Color Affinity Group, or White Accountability Group (aimed at expanding anti-racism efforts among white identified staff).

Scholarly Project

Interns are required to complete a scholarly project during the internship year to demonstrate their understanding of scientific methods and practices and their ability to integrate knowledge into a tangible outcome that can meet a counseling center's need. Scholarly projects are intended to be practical in nature and related to the functions performed by the counseling center. Examples of potential scholarly projects include a literature review with clinical applications/guidelines for practice,

program evaluation (e.g., workshop evaluation), quality improvement initiatives, and development of an outreach program, workshop or therapy group. The UCC is becoming increasingly involved in research collaborations with university academic departments, and research activities, writing for publication, and making presentations at and/or attending professional meetings or outside workshops is encouraged and supported with release time and, in some cases, financial assistance.

Intern Support Meeting

One hour each week is set aside for interns to connect as a cohort and discuss issues of mutual concern and to support each other through the internship process. On alternating weeks during the fall semester, the interns meet as a group with the Training Director during this time. During the spring semester, interns meet with the Training Director at least once a month. Although this is meant to be a support group, there is a supervisory component when the interns meet with the Director of Training. However, it is exclusively a support group where the interns meet on their own. Whether on their own or with the Training Director, this meeting is intended to be a regularly occurring block of time specifically dedicated to the interns' collective and individual needs.

Staff Meetings

Interns are considered professional colleagues and, as such, they participate fully in the clinical and administrative responsibilities of the UCC. Interns attend the weekly UCC Staff Meeting and are encouraged to share their views regarding UCC operations such as services, programs, policies and processes, culture, and future goals.

Clinical Team Meetings

Although the emphasis is placed on producing skilled generalist practitioners, opportunities for specialized training may be available through participation in various monthly treatment team meetings. These clinical team meetings are directed at specific treatment modalities or presenting concerns and include Psychological Assessment, Alcohol/Other Drugs, Eating Disorders, Trauma Treatment, and Dialectical Behavioral Therapy. Likewise, the UCC has recently developed several satellite clinics offering mental health services to specific populations on campus, including student athletes, medical students, and graduate students in the biological sciences programs at VU.

UCC Diversity Alliance

The understanding of cultural diversity and the practice of cultural humility is part of the UCC mission, and it is relevant to all UCC initiatives and interventions. The UCC Diversity Alliance is composed of professional staff and trainees and is charged with strategizing monthly staff dialogues, trainings, and advising UCC leadership on critical matters involving underrepresented groups and identities. Interns are encouraged to join the Diversity Alliance and bring their interests, ideas, and experiences to this group that fulfills a vital role in holding the UCC accountable for promoting equity for all identities at the UCC.

UCC Wellness Committee

Interns are invited to join the UCC Wellness Committee, which is tasked with developing and coordinating workplace activities designed to encourage a positive work environment and foster collaboration and enthusiasm among UCC staff. Recent UCC wellness initiatives have included creating virtual games to improve staff cohesion and morale during the period of remote operations, developing a UCC book club, and promoting healthy lifestyle activities.

Weekly Schedule

All interns participate in structured training activities to ensure development of core competencies. An approximation of an intern's weekly training activities is shown below, although these may vary somewhat among members of the intern cohort.

- Providing direct clinical intervention (individual and group therapy) – approximately 16-18 hours
- Conducting initial consultation evaluations – 2 to 3 hours
- Performing psychological assessments and writing reports - varies
- Receiving individual clinical supervision – 2 hours
- Providing individual clinical supervision to a graduate student – 1 hour
- Participating in group supervision - 1 hour
- Participating in supervision of supervision (experiential and didactic components) – 90 minutes
- Attending weekly staff meetings – 90 minutes
- Attending weekly case conference meetings – 1 hour
- Attending clinical team and/or UCC committee meetings – 1 to 2 hours
- Attending weekly didactic seminars – 1 to 3 hours
- Completing a scholarly project - varies

Potential for Program Change

As with every doctoral internship program, the UCC internship program needed to adapt to the impact of COVID-19 and continues to implement a hybrid model for services and training. With regard to services, the UCC offers virtual and in-person appointments for individual therapy, group therapy, and psychological assessment. Regarding training, at least one of the two hours of individual supervision and Supervision of Supervision are in-person. Didactic seminars and Group Supervision may be held both virtually and in-person. Hybrid work operations are expected to continue for the foreseeable future and many staff have chosen various hybrid work schedules. Trainees will be expected to be on-campus for the first half of the training year and will be invited to implement a hybrid schedule with one remote day during the second half of the training year. Overall, UCC staff, including trainees, have maintained a high quality of care for students through both virtual and in-person methods and have been remarkably flexible with navigating a hybrid system.

Our training staff have made it a priority to maintain the same level of connection and support for the trainees they supervise, whether in-person or via tele-supervision. Almost all aspects of our services and training program have continued to operate without interruption, and we have recently welcomed new cohorts of graduate practicum students, doctoral interns, and postdoctoral fellows to the UCC. We are pleased that the professional development stipend of \$1000 for interns has also been reinstated for this training year.

There are no other foreseeable, significant changes anticipated for this training program. Any significant change that directly affects the structure and/or training offered at the UCC will be made public when and if they emerge.

Vanderbilt UCC Internship in Health Service Psychology Training Committee

Ruth Howard, Ph.D., HSP

Asso. Director for Training

Interests: Emotion-focused therapy, relational cultural therapy, self-compassion, liberation psychology, applying principles of social justice and trauma-informed care to clinical work and systems

Nalini Connor, Ph.D., HSP

Asst. Director for Training

Interests: Biofeedback Team Lead, Intern Supervisor Interests: Interpersonal/relationship problems; depression; anxiety; OCD; biofeedback; clinical hypnosis; and clinical supervision

Stephanie Singer, LCP-MHSP, NCC

Practicum Coordinator

Interests: Using a trauma-informed, person-centered, and multicultural lens to apply CBT, DBT, and Exposure and Response Prevention (ERP) therapy to treat OCD, anxiety, perfectionism, trauma, body and image concerns, and identity exploration

SUCCESSFUL COMPLETION

1. In order to successfully complete the UCC's internship program, the intern must complete the equivalent of one (1) year of full-time training in a period of no less than twelve (12) months and no more than twenty-four (24) months. Every intern will complete **500 hours** of face-to-face service delivery time; the majority of the time remaining will be spent in supervision, outreach, and documentation of service delivery and supervision. Interns will be expected to review their face-to-face hours on a regular basis with their respective supervisors and/or Training Director. Total hours for the internship program (direct + indirect hours) = **1900 hours**.
2. Interns are expected to maintain an on-going log of training activities throughout the internship. The relevant portions of this log will be reviewed with supervisors at the time of each formal, written evaluation. Interns will be expected to turn in a summary of this log to the UCC Internship Training Director at the completion of the internship. The log will be used thereafter in responding to requests for information about the intern's training experience from Licensing Boards, hospital credentialing committees, third party payers, etc.
3. In order to successfully complete the program, an intern must demonstrate, through the mechanism of supervised clinical practice, an intermediate to advanced level of professional function in each of the nine profession-wide competencies as defined by APA. In practice, this will be indicated by supervisor ratings on the Final Intern Performance Evaluation Instrument. For successful completion of the program, all competencies must be rated at a skill level of "Exceeds expectations: functions as an advanced intern; requires ongoing supervision but not necessarily weekly supervision to function well; ready for entry to practice."
4. Interns must demonstrate, through the process of clinical supervision, an adequate understanding of professional ethics in application to practice and of the relationship between the science and practice of psychology.
5. Interns must demonstrate an understanding of issues of cultural and individual diversity as they relate to the science and practice of psychology.
6. The intern must attend at least 80% of the scheduled didactic training activities throughout the year. The exact standard herein may be modified by majority vote of the UCC Training Committee.
7. The intern must present at least three (3) clinical cases in case conference in the course of the training year. Two cases are presented during the Integrative Intern Seminar and one case is presented at the UCC Multidisciplinary Case Conference.

8. The intern must complete a scholarly project and/or participate in any other activities or assignments required as a part of the UCC's educational program.
9. An internship in health service psychology is an organized and structured sequence of training experiences. The UCC's internship program is either successfully completed or not successfully completed. No partial internship "credit" will be certified by the UCC for any intern who voluntarily leaves or is terminated from the UCC's program.

SALARY & BENEFITS

Intern stipends are set by and paid through the UCC annual budget. The stipend for the 2023-2024 training year is \$40,000 (***paid monthly***).

Health Insurance

The UCC placement offers health insurance as a benefit of employment **with an employee contribution**.

Vacation and Sick Time

All UCC interns accrue paid time off (PTO) according to the guidelines for all Vanderbilt University employees (<https://hr.vanderbilt.edu/policies/PTO.php>). Arrangements for leave should be negotiated in advance with the Training Director except in cases of emergency. Extended periods of absence due to serious illness, illness of a family member, etc., will need to be made up by extending the period of the internship in order to complete training requirements.

Parking

Interns who anticipate driving and parking on-campus, will be required to pay for on-campus parking

Additional Resources

All UCC interns receive \$1000 of professional development funding to attend conferences and workshops. All UCC interns have access to Vanderbilt University library resources, as well as the library and computer resources available at the Counseling Center. Note that access to SPSS or other statistical packages is not available through Vanderbilt University.

Nondiscrimination Policy

The UCC operates in a university setting that has been physically structured to avoid any restriction of access to individuals with mobility/ambulation concerns. The UCC does not discriminate in its employment policies on any grounds that are not relevant to success in the internship and/or the profession.

ACCREDITATION

The Vanderbilt UCC Internship in Health Service Psychology is fully accredited by the American Psychological Association. The anticipated date for the program's next site visit is 2024. Questions related to accreditation of the internship program should be directed to the Commission on Accreditation using the contact information below.

Office of Program Consultation and Accreditation
American Psychological Association
750 First Street, NE
Washington, DC 20002-4242
(202) 336-5979
apaacred@apa.org
www.apa.org/ed/accreditation

NASHVILLE AREA INFORMATION

Located in the heart of Middle Tennessee, Nashville is the largest city, the economic center, and capital of Tennessee. Lovingly known as “Music City,” the city of Nashville is home to a population of over 700,000, and the population of the entire Nashville Metropolitan area is over 2 million. Industries important to the economy of the region include government, healthcare, insurance, publishing, banking, tourism, and of course music and entertainment. Outstanding musicians will be found playing regularly in numerous live venues around the city. Nashville is also known as the “Athens of the South” due to an unusually high number of post-secondary educational institutions (24 at this time!), which includes four Historically Black Colleges and Universities (HBCUs): Meharry Medical College, Fisk University, Tennessee State University, and American Baptist College. Nashville is also the home of a high number of health care centers, including two medical schools, Vanderbilt and Meharry, and a number of excellent hospitals, including Vanderbilt, St. Thomas, and Centennial.

Middle Tennessee also offers a wealth of recreational opportunities and experiences. Among the more music-oriented are the Ryman Auditorium, Bluebird Café, Grand Ole Opry, the Opryland Hotel (one of the nation’s largest and magnificent), Broadway-Home of the Honky Tonks, the Country Music Hall of Fame, Historic Second Avenue, Riverfront Park, and Historic Germantown. There are good public radio and TV stations, the Tennessee Performing Arts Center with year-round offerings at each of its three theaters, the Cheekwood Museum and Botanical Gardens, the Tennessee State Museum, the Museum of African, American Music, the Frist Center for the Visual Arts, the Nashville Symphony Orchestra with its magnificent Schermerhorn Symphony Center, the Nashville Opera, and the Nashville City Ballet. In addition, the Tennessee Titans, Nashville’s NFL team, call Nissan Stadium home and the Nashville Predators, the local NHL hockey team, play at Bridgestone Arena located in the heart of Broadway. Vanderbilt also brings Southeastern Conference athletic competition to the city. Nashville’s international airport terminal is among the most modern in the United States and provides easy access to the area from throughout the country.

The climate in Middle Tennessee offers four definite seasons with relatively mild winters. Fall brings an abundance of colorful foliage. Spring, with its floral display, rivals fall as the most pleasant and beautiful time of the year. For those with outdoor interests, Tennessee Valley Authority (TVA) lakes suitable for recreational use are scattered throughout the region. There are numerous rivers close by for kayaking or canoeing, with white water rapids to be found to the east on the Cumberland Plateau or in the mountains. There are numerous beautiful state parks, and in Nashville alone there are 6,650 acres of city park land. In addition, the Great Smoky Mountains National Park, Dollywood, and other areas in the Southern Appalachians are a three-and-a-half to four-hour drive east.