

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

Information Brochure

2021-2022 Recruitment Cycle



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). Our skilled 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 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.

The Vanderbilt University Counseling Center (UCC) is a large and well utilized counseling center, with a staff of approximately 30 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. Beginning July 01, 2018, each of the former Consortium partners became independent internship sites, although the former Consortium partners continue to offer collaborative didactic seminars for interns from the three 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: Frances Niarhos Ph.D., HSP

Email: frances.niarhos@Vanderbilt.Edu

Positions: 3

Salary: \$35,600

Term: July 1, 2021 - June 30, 2022

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 within the UCC. Applicants must have defended their dissertation proposal by the ranking deadline.

Applicants with 420 total intervention and assessment hours will be reviewed favorably, although restrictions on number of hours of direct service earned due to COVID-19 will be taken into consideration. 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. 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 8th, 2020 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 23, 2020**.

The interview dates for the current application cycle are: **December 09, 2020; December 14, 2020; January 06, 2021; January 11, 2021**. Six applicants are interviewed on each interview date. In accordance with APPIC recommendations, this year all intern candidate interviews will be conducted virtually via Zoom. Our interviews are half-day in duration (morning). Applicants participate in five 30-minute individual interview sessions with potential supervisors and other staff. Each interview session may have one to two staff members participating. The candidates will also meet as a group with current UCC interns. Requests to meet with specific staff are welcome though cannot be guaranteed. Applicants can expect the interview process to last from 8:00am-12:15pm.

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 care 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 case-loads 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 particular interests (e.g., therapy with specific populations and training in specific treatment modalities) 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-IHSP 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 or biofeedback). 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.

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 is encouraging of 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 professional development funds for such activities may be available (*note that due to COVID-19, the typical professional development stipend of \$750 is not available to UCC interns for the 2020-2021 training year*).

Diversity

Respect for diversity and for values different from one's own is a central value of our profession, and the Vanderbilt UCC-IHSP training program is no exception. The UCC is committed to an ongoing dialogue about individual differences in order to work effectively with the entire student body at Vanderbilt, which is diverse in terms of racial, ethnic, and class backgrounds; national origins; religious, spiritual and political beliefs; physical abilities, ages; and genders, gender identities, and sexual

orientations. Just as we strive to provide a comprehensive pathway of support options for students that are flexible and attentive to each individual's particular needs, challenges, and identities, we strive to create a training environment that is characterized by respect, safety, and trust. Both UCC staff and trainees are expected to be committed to critical thinking and the process of self-examination so that prejudices or biases can be evaluated and challenged in the interest of continual growth related to diversity and multiculturalism. We support and challenge each other's understanding of our own biases and experiences through active reading and regular staff-wide dialogues, and aim continually to 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 18 direct client contact hours per week. Additionally, although emphasis is placed on producing skilled generalist-practitioners, opportunities for specialization are made available through participation in various clinical teams (i.e., Alcohol/Other Drugs, Trauma, Eating Disorders, Urgent Care, and Assessment), exposure to specific treatment modalities such as biofeedback and Dialectical Behavioral Therapy, and providing clinical services within the UCC satellite clinics at the School of Medicine, Department of Athletics, 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, Office of 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 New Client Appointments 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 New Client Appointment.

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 symptom acuity, from adjusting to college life and individuating from family of origin to more severe concerns including depression, 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, depending on 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, DBT Groups, and LGBTQI and other identity-based affinity/support groups. Interns may also develop and/or facilitate psychoeducational groups such as Self-Compassion, Mindfulness, and Navigating Difficult Conversations. Supervision for group therapy is provided weekly by the licensed group co-facilitator or another senior staff member as well as monthly in a group format alongside all UCC group facilitators.

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. 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 also participate in a number of structured training/learning activities, both on and off site. These include a weekly intern seminar and center-wide multidisciplinary case conference (on-site), as well as monthly case presentations/didactic meetings (off-site with companion internship programs). 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 use them regularly as additional resources.

Group Supervision

Interns participate in one hour of weekly Group Supervision as a cohort, facilitated by a licensed clinician. The supervisory responsibility for Group Supervision follows a rotating weekly schedule in order to maximize interns' contact with a variety of disciplines and supervisory styles. All supervisors are appropriately licensed and credentialed to provide mental health services in the State of Tennessee.

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 one hour 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. All supervisors of practicum students are expected to digitally record their supervision sessions for demonstration and review. 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 weekly and monthly didactic seminars, both on-site and off-site, as part of the internship experience. These seminars are specifically designed for intern training. The weekly UCC Intern Seminar is held on-site and is facilitated by UCC supervisors and local mental health professionals. The UCC Intern 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 in transition-age youth. Once each month, the seminar is devoted specifically to topics in psychological assessment in the university counseling setting. Similarly, once each month, the seminar is devoted specifically to multicultural awareness and cultural identity in counseling work.

Interns also attend a monthly Collaborative Didactic Seminar which is facilitated by supervisors from the UCC and by supervisors from companion internship programs affiliated with the Vanderbilt University Medical Center Department of Psychiatry and the Veterans Affairs-Tennessee Valley Health System. This partnership gives interns opportunities to learn from variety of supervisors who are engaged in clinical service delivery with a range of diverse clients (e.g., veterans, youth in state custody, geriatric patients) in a variety of clinical settings (e.g., Department of Psychiatry outpatient clinics, VA inpatient hospitals and outpatient clinics, residential treatment facilities). The Collaborative Didactic Seminar includes a breadth of topics touching on the 9 profession-side competencies, including ethics, cultural diversity in practice, professional identity development and behavior, assessment, intervention, and supervision. As part of the Collaborative Didactic Seminar, UCC-IHSP interns give two formal case presentations, which are facilitated by a supervisor from one of the three internship training programs.

UCC Multidisciplinary Case Conference

A one-hour UCC Multidisciplinary Case Conference is held twice a month and includes all UCC trainees and staff. One staff member or trainee presents a clinical case to the entire staff 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 Small Group Case Consultation is held monthly. Staff and trainees are separated into three multidisciplinary groups and offer informal case consultation to one another during this less structured case conference/consultation experience.

Also once per 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 Providers Affinity Group.

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, or 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 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 when 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' 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, and future goals.

Clinical Team Meetings

Although the emphasis is placed on producing skilled generalist practitioners, opportunities for specialized training are often 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. Although the UCC is not providing biofeedback services during the 2020-2021 academic year due to COVID-19, interns are typically given the opportunity to gain experience with this modality as well. 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 it is charged with strategizing monthly staff trainings and “Diversity Dialogues” 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 promoting continued growth of cultural humility and 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 18-20 hours
- Conducting new client evaluations – 1 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) – 1 hour
- 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 has experienced and adapted to conditions imposed by COVID-19. Almost all UCC services have been remote since March, 2020, including individual and group counseling, psychological assessment, supervision, and didactic seminars. Remote operations are expected to continue for the foreseeable future. Our staff and trainees have been remarkably flexible and have maintained high quality care for students through virtual means. Likewise, our training staff have made it a priority to maintain the same level of connection and support for the trainees they supervise. Almost all aspects of our services and training program have continued to operate without interruption with the exception of biofeedback and some types of psychological assessment, and we have recently welcomed new cohorts of graduate practicum students, doctoral interns, and postdoctoral fellows to the UCC. While remote work and training is not what we would prefer, we have been gratified to observe that all aspects of our training programs have remained robust in the virtual environment. Unfortunately, the typical professional development stipend of \$750 is not available to UCC interns for the 2020-2021 training year due to budget restrictions at the university level.

There are no other foreseeable, significant changes anticipated for this training program. Like all universities, we hope to return to in-person work, training, and education for the 2021-2022 academic year. Any significant changes that directly affect 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 & Affiliated Staff

Todd Weinman, Psy.D., HSP

Center Director

Interests: leadership and management in college mental health; training and supervision, diversity and social justice; brief counseling approaches; male identity and healthy masculinity; and Positive Psychology

Frances Niarhos, Ph.D., HSP

Training Director

Interests: Neurocognitive assessment; personality assessment; LD and ADHD; health psychology and adjustment to chronic illness

Adriana Kipper-Smith, Ph.D., HSP

Clinical Director

Interests: Psychodynamic psychotherapy, biofeedback; multicultural issues

Mary Clare Champion, Ph.D., HSP

Staff Psychologist, Practicum Coordinator, Supervisor of Supervision

Interests: Women's health; health psychology; supervision/student development; individual psychotherapy

Nalini Connor, Ph.D., HSP

Staff Psychologist, Biofeedback Team Lead, Intern Supervisor

Interests: Interpersonal/relationship problems; depression; anxiety; OCD; biofeedback; clinical hypnosis; and clinical supervision.

Melissa Porter, Psy.D., HSP,

Assistant Director for Clinical Operations, Urgent Care Team Lead, Intern Supervisor

Interests: Individual & group therapy regarding women's issues, trauma, adjustment issues, and depression; assessment; crisis assistance; EMDR.

Anabella Pavon Wilson, Ph.D., HSP

Staff Psychologist, Group Therapy Coordinator, Intern Supervisor

Interests: Individual, group, and family therapy; adjustment issues; identity development; multicultural issues; anxiety and depression; predominately utilizing CBT and supportive therapies

Peg Leonard Martin, M.Div., LCSW

Clinical Social Worker, Training Committee member

Interests: Individual therapy with focus on crisis intervention, social justice, and treatment of trauma and grief.

Ciera Scott, Ph.D., HSP

Assistant Director for Community Engagement, Training Committee member

Interests: diversity and multiculturalism, individual and cultural identity issues, group psychotherapy, and outreach and education

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.
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 through the process of clinical supervision 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 Collaborative Didactic 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 2021-2022 training year is \$35,600 (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 are required to pay for parking.

Additional Resources

All UCC interns receive \$750.00 of professional development funding to attend conferences and workshops (*note that professional development funds are not available during the 2020-2021 training year due to COVID-19 budget restrictions*). All UCC interns have access to Vanderbilt University library resources, as well as the library and computer resources available at the Counseling Center.

Nondiscrimination Policy

The UCC operates in university setting that has been physically structured to avoid any restriction of access to individuals with problems in mobility/ambulation. 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 UCC Internship is fully accredited by the American Psychological Association. The next self-study is due in 2022. Questions related to accreditation of the internship program should be directed to the Commission on Accreditation using the contact information below.

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American Psychological Association
750 First Street, NE
Washington, DC 20002-4242
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www.apa.org/ed/accreditation

NASHVILLE AREA INFORMATION

Nashville is the largest city and the economic center of Middle Tennessee. The population of Nashville itself is over five hundred thousand, of the Nashville Metropolitan area, over one million. The economic base is sound and varied, the rate of unemployment low, and the cost of living near the national average. Industries important to the economy of the region include government (Nashville is the state capital), healthcare, insurance, publishing, banking, tourism, and of course music and entertainment. Nashville is rich in talent across a wide range of musical styles; outstanding musicians will be found playing regularly in numerous local venues. The city is also a major academic and health care center, with two medical schools, Vanderbilt and Meharry, a number of excellent hospitals (including Vanderbilt, St. Thomas, and Centennial), the corporate headquarters of HCA Healthcare Systems, and an unusual number of colleges and universities (including Vanderbilt, Belmont, Fisk, Tennessee State, and David Lipscomb). This concentration of academics has earned Nashville the title “Athens of the South.”

Middle Tennessee also offers a wealth of recreational opportunities. Among the more tourist 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, Vanderbilt brings Southeastern Conference athletic competition to the city. The Tennessee Titans have brought NFL football and the Nashville Predators NHL hockey. 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 offers four definite seasons with relatively mild winters. Fall brings colorful foliage. Spring with its floral display rivals fall as the most pleasant and beautiful time of the year. For those with outdoor interests, TVA lakes suitable for recreational use are scattered throughout the region. There are numerous rivers close by suitable for kayaking or canoeing, with white water to be found to the east on the Cumberland Plateau or in the mountains. There are numerous attractive and interesting state parks, while within Nashville itself there are 6650 acres of city park land. In addition, the Great Smoky Mountains National Park and other areas in the Southern Appalachians are a three and one half to four hour drive to the east.

As can be seen from the above, the Middle Tennessee area offers something to fit just about everyone's tastes and interests. Most of us who have lived here for some time find it an interesting, pleasant, and comfortable place.