The aim of the Doctoral Internship at Northwestern CAPS is to create environments and opportunities for interns to build profession-wide competencies (PWCs) to enter the profession of health service psychologists.

In accordance with the internship’s aim, interns must fulfill the following requirements to graduate from the internship program.

COMPETENCY I: RESEARCH (Integration of Science and Practice)

With science as the foundation of health service psychology, interns are expected to integrate science and theory into clinical practice.

Requirements for Completion:

1. Average supervisory ratings of 5.5 or greater on the developmental scale\(^1\) in the Evaluation of Doctoral Interns’ Competency I: Research (Integration of Science and Practice).
2. Successful completion of the Intern Project.
3. Successful completion of the Emerging Expertise presentation.

\(^1\) The developmental scale was devised for therapists in training that conceptualizes their competencies and skills on a developmental continuum from 1-2 ("Early Stages of Doctoral Trainees"), to 3-6 ("the Doctoral Internship Year"), to 7 ("Early Postdoctoral") and beyond. The normative values for interns’ competencies are expected between 3.0 and 6.9, and the use of decimal points is encouraged to increase variability.
COMPETENCY II. ETHICAL AND LEGAL STANDARDS

Interns are expected to respond ethically and legally in increasingly complex situations with a greater degree of independence across levels of training.

Requirements for Completion:

(a) Average supervisory ratings of 5.5 or greater on the developmental scale in the Evaluation of Doctoral Interns’ Competency II: Ethical and Legal Standards.

COMPETENCY III: INDIVIDUAL AND CULTURAL DIVERSITY

Effectiveness in health service psychology requires that interns can conduct all professional activities with sensitivity to human diversity, including the ability to deliver high quality services to a diverse population. Therefore, interns must demonstrate knowledge, awareness, sensitivity, and skills when working with diverse individuals and communities who embody a variety of cultural and personal background and characteristics. The American Psychological Association’s Commission on Accreditation (CoA) defines cultural and individual differences and diversity as including, but not limited to, age, disability, ethnicity, gender, gender identity, language, national origin, race, religion, culture, sexual orientation, and socioeconomic status.

Requirements for Completion:

(a) Average supervisory ratings of 5.5 or greater on the developmental scale in the Evaluation of Doctoral Interns’ Competency III: Individual and Cultural Diversity.

COMPETENCY IV: PROFESSIONAL VALUES AND ATTITUDES

Interns are expected to respond professionally in increasingly complex situations with a greater degree of independence across levels of training.

Requirements for Completion:

(a) Average supervisory ratings of 5.5 or greater on the developmental scale in the Evaluation of Doctoral Interns’ Competency IV: Professional Values and Attitudes.

COMPETENCY V: COMMUNICATION AND INTERPERSONAL SKILLS

Communication and interpersonal skills are foundational to education, training, and practice in health service psychology. These skills are essential for any service delivery/activity/interaction, and are evident across the program’s expected competencies.

Requirements for Completion:

(a) Average supervisory ratings of 5.5 or greater on the developmental scale in the Evaluation of Doctoral Interns’ Competency V: Communication and Interpersonal Skills.
COMPETENCY VI: ASSESSMENT

Interns demonstrate competence in conducting evidence-based assessment consistent with the scope of Health Service Psychology.

Requirements for Completion:

(a) Completed 12 months of weekly responsibilities in CAPS's initial clinical assessment of NU students, including telephone triage and intake interviews.

(b) Average supervisory ratings of 5.5 or greater on the developmental scale in the Evaluation of Doctoral Interns’ Competency VI: Assessment based on the intern's assessment in a variety of services at CAPS, including telephone triage, clinical interview, crisis assessment, and consultation.

COMPETENCY VII: INTERVENTION

Interns demonstrate competence in evidence-based interventions consistent with the scope of Health Service Psychology. Intervention includes individual and group psychotherapy, crisis intervention, advocacy, and case management, and outreach/education. Interventions may be derived from a variety of theoretical orientations or approaches.

Requirements for Completion:

1. Individual Psychotherapy/Counseling Intervention
   (a) Treated a minimum of 20 individual therapy clients by the end of the internship year, in addition to the ongoing caseload of case management clients seen for brief intervention and service coordination.
   (b) A minimum of 75% of caseload was provided under 12 sessions.
   (c) Average supervisory ratings of 5.5 or greater on the developmental scale in the Evaluation of Doctoral Interns’ Competency VII.A: Individual Psychotherapy/Counseling Intervention.

2. Group Psychotherapy Intervention
   (a) Completed at least one academic-year-long interpersonal process therapy group during the internship year, including group screening, co-facilitating the group, and group termination.
   (b) Average supervisory ratings of 5.5 or greater on the developmental scale in the Evaluation of Doctoral Interns’ Competency VII.B: Group Psychotherapy Intervention.

3. Crisis Intervention
   (a) Completed 12 months of weekly responsibilities as a daytime and afterhours crisis counselor at CAPS.
   (b) Average supervisory ratings of 5.5 or greater on the developmental scale in the Evaluation of Doctoral Interns’ Competency VII.C: Crisis Intervention based on the intern’s daytime and afterhours crisis work.

4. Outreach and Education Intervention
   (a) Average supervisory ratings of 5.5 or greater on the developmental scale in the Evaluation of Doctoral Interns’ Competency VII.D: Outreach and Education Intervention.
   (b) Participated in freshman orientation outreach activities (both True Northwestern Dialogue and Behind Closed Doors).
(c) Completed three academic quarters of a drop-in informal consultation programs on campus (Let’s Talk).

(d) Co-facilitated two suicide prevention trainings (QPR).

(e) Participated in activities related to one large-scale outreach events at CAPS. Activities include attending planning meetings, tabling events, helping with prep work, collaborating with student orgs, campus partners, marketing, provide feedback for improvements, etc. Large-scale outreach events are the following: Sleep More, Movember, Body Acceptance Week, Stress Less, Play Day.

(f) Shadowed a senior staff member in one outreach presentation (outside of QPR).

(g) Completed one month of social media outreach in collaboration with marketing in winter or spring quarter.

**COMPETENCY VIII: SUPERVISION**

Supervision is grounded in science and integral to the activities of health service psychology. Supervision involves the mentoring and monitoring of trainees and others in the development of competence and skill in professional practice and the effective evaluation of those skills. Supervisors act as role models and maintain responsibility for the activities they oversee.

Requirements for Completion:

(a) Completed 15 weeks of supervision of CAPS’s paraprofessional peer listeners in their training.

(b) Average supervisory ratings of 5.5 or greater on the developmental scale in the Evaluation of Doctoral Interns’ Competency VII: Supervision.

**COMPETENCY IX: CONSULTATION AND INTERPROFESSIONAL/INTERDISCIPLINARY SKILLS**

The CoA views consultation and interprofessional/interdisciplinary interaction as integral to the activities of health service psychology. Consultation and interprofessional/interdisciplinary skills are reflected in the intentional collaboration of professionals in health service psychology with other individuals or groups to address a problem, seek or share knowledge, or promote effectiveness in professional activities.

Requirements for Completion:

(a) Completed 12 months of weekly responsibilities at CAPS as a clinical consultant for third-party consultees who seek support regarding students’ mental health. Responsibilities include consulting with other healthcare, academic, and law enforcement professionals as well as students’ parents, peers, and partners.

(b) Average supervisory ratings of 5.5 or greater on the developmental scale in the Evaluation of Doctoral Interns’ Competency IX: Consultation and Interpersonal/Interdisciplinary Skills.