COUNSELING AND PSYCHOLOGICAL SERVICES

INTERNSHIP PROGRAM

Requirements for Successful Completion
of the Internship Program

In accordance with the goals and objectives of the internship program, interns must fulfill the following requirements to graduate from the internship program.

Goal 1: Professional Identity Development

To promote the development of a professional identity as a psychologist that includes the integration of science, theory, local evidence, and professional ethics into professional practice.

Requirements for Completion:

1. Average supervisory ratings of 6.5 or greater on the OMART scale for items relevant to ethical sensitivity and professionalism.

2. Average supervisory ratings of 6.5 or greater on the OMART scale for the evaluation on Evidence-Based Practice in Psychology Supervision.

3. At all three formal feedback sessions (Interns’ Advisory Meetings in December, March, and July), the intern receives positive qualitative feedback regarding the intern’s professionalism from their direct supervisors who integrated informal evaluations from all training staff and other university sources with their own supervisory observations.

1 The Oetting/Michaels Anchored Ratings for Therapists, or the OMART, (Oetting & Michaels, 1982) is an evaluation system devised for therapists in training that conceptualizes their competencies and skills on a developmental continuum from 1 (“New Trainee”), to 6-7 (“Advanced Trainee”), to 10 (“Professional”). The normative values for interns’ competencies are expected between 6.0 and 8.0, and the use of decimal points is encouraged to increase variability. While the original OMART items are not adopted by CAPS for evaluation of interns, most of CAPS’s evaluation forms make use of its conceptualization of training and competency acquisition on a developmental continuum. Interns are provided these guidelines at the beginning of the year at Training Orientation to facilitate their appreciation of the developmental scale.
4. Successful completion of the Intern Project

**Goal 2: Professional Practice Skills and Competencies**

To promote the development of skills and competencies for entry-level professional practice as a generalist psychologist. Areas of competencies: provision of individual psychotherapy; group therapy; initial psychological assessment; crisis intervention and clinical consult; psychological consultation, outreach; preventive services to the university community; supervision and training.

1. Individual psychotherapy
   
   (a) Treated a minimum of 20 individual therapy clients by the end of the internship year, along with a caseload of case management clients seen for brief intervention and service coordination.
   
   (b) A minimum of 75% of caseload was treated in 12 sessions or less.
   
   (c) Received supervisory ratings of 6.5 or greater on the OMART scale for evaluative categories relevant to psychotherapy competencies on the Evaluation of Doctoral Intern Form. Each individual supervisor will provide a separate set of ratings.
   
   (d) Received satisfactory qualitative evaluation on competencies in individual therapy at three yearly Intern Review meetings in which evaluative feedback from all training staff is shared.
   
   (e) Received satisfactory direct verbal feedback on competencies in individual therapy in the three yearly feedback sessions (Intern Advisory Meetings).

2. Group psychotherapy
   
   (a) The intern completes at least one process-oriented therapy group during the internship year, from group screening, to conducting the group, to group termination.
   
   (b) Senior staff group co-therapist gives evaluative ratings of 6.5 or greater for group psychotherapy competencies on the OMART scale on the Evaluation of Intern’s Group Psychotherapy Form.
   
   (c) Senior staff group co-therapist evaluates the intern’s clinical documentation of group treatment rated to be comprehensive and complete in compliance with agency, professional, and legal requirements.
   
   (d) The intern receives acceptable level of satisfaction in client satisfaction survey regarding his/her co-leading of group psychotherapy.

3. Initial psychological assessment
   
   Received supervisory ratings of 6.5 or greater on the OMART scale by the end of the internship for evaluative categories or items relevant to competencies in triage and intake assessment, documentation, and oral case presentation on the Evaluation of Doctoral Intern Form.

4. Crisis intervention and clinical consult
   
   (a) Received supervisory ratings of 6.5 or greater on the OMART scale by the end of the internship from the Case Management Supervisor and the Primary Supervisor (summer quarter) on items in the Evaluation of Doctoral Intern Form relevant to competencies in crisis intervention.
   
   (b) Received supervisory ratings of 6.5 or greater on the OMART scale by the end of the internship from the Case Management Supervisor and the Primary Supervisor (summer quarter) on items in the Evaluation of Doctoral Intern Form relevant to competencies in clinical consult.
(c) Received satisfactory qualitative evaluation on competencies in crisis intervention and clinical consult at three yearly Intern Review meetings in which evaluative feedback from all training staff is shared.

(d) Received satisfactory direct verbal feedback on competencies in crisis intervention and clinical consult in the three yearly feedback sessions (Intern Advisory Meetings).

5. Psychological consultation, outreach, and preventive services

(a) Completed three quarters of outreach rotations: one quarter is the Stress Management Clinic (2 series of 4-week workshops), and the other two quarters are the Let’s Talk program (drop-in informal consultations on campus).

(b) Completed three additional psychoeducational outreach programs by the conclusion of the internship year.

(c) Co-facilitated two suicide prevention presentations.

(d) Received average ratings of 6.5 or greater on the OMART scale by the end of the internship year from the Individual Liaison Supervisor on the Evaluation of Liaison and Outreach Form.

(e) Received ratings of 6.5 or greater on the OMART scale from the supervisors of preventive psychoeducational program on the Evaluation of Preventive Psychoeducational Program Form.

(f) Received acceptable level of satisfaction with the program in participants’ program evaluation of outreach and psychoeducational programs.

(g) Satisfactorily completed one Media Intervention project and received ratings of 6.5 or greater on the OMART scale from the supervisor of the project on the Evaluation of Intern’s Media Intervention Form.

Goal 3: Competencies in Cultural and Individual Diversity

To develop an understanding of and appreciation for the role of cultural and individual diversity in the professional practice of psychology.

(a) Received supervisory ratings of 6.5 or greater on the OMART scale from Primary, Secondary, and Case Management, and Supervisors and Supervisor of Supervision for evaluative items relevant diversity competence.

(b) Received positive qualitative feedback regarding diversity competence from their direct supervisors, who integrated informal evaluations from all training staff with their own supervisory observations, at all three formal feedback sessions (Interns’ Advisory Meetings).

Reference