

Internship Training Mission

The overall goal of the Valley Health internship is to provide a broad training experience in behavioral health services in a primary care setting. The internship will facilitate further development in the competencies necessary for the professional practice in this setting. The goals and objectives for internship training are informed by the American Psychological Association's Competency Benchmarks Document and Integrated Primary Care Competencies Document. Clear behavioral anchors tied to readiness for entry into practice are defined for each competency. These will be used as tools for assessing intern progress and providing feedback to both the intern and the intern's home university.

Training Goals and Objectives

Goal 1: Interns will value the scientific foundation underlying clinical practice.

Objective 1: Interns will be able to read and evaluate scientific research related to clinical practice.

- Demonstrate knowledge of readings in didactic seminars, supervision, and case conferences.
- Demonstrate ability to integrate scientific knowledge into clinical practice during supervision and case conferences.
- Demonstrate the ability to effectively present research regarding treatment and standards for evidence-based practice to patients, patient care teams, and other professionals.

Objective 2: Interns will utilize evidence-based treatments to inform treatment planning and to evaluate patient outcomes.

- Implement empirically validated treatments appropriate for the patient and for the setting in which they are providing care.
- Use outcome measurements to assess progress and adjust treatment plans.

Goal 2: Interns will be competent in clinical diagnostic assessment.

Objective 1: Conduct diagnostic assessments at depth appropriate for the presenting problems and the clinical setting in which they are practicing (outpatient therapy, primary care clinic).

- Demonstrate effective use of multiple methods of interview (e.g. structured, semi-structured, child-focused, brief problem) to evaluate presenting concerns that are appropriate for the referral and responsive to the patient.
- Demonstrate ability to develop rapport with patients.

- Incorporate interview(s) and other sources of information to inform case conceptualization, recommendations for intervention, and treatment planning.

Objective 2: Interns will be able to evaluate and diagnose presenting problems that would benefit from intervention.

- Demonstrate skill in assessment that considers medical, developmental, environmental, and family factors as appropriate.
- Evaluate and use patient's strengths and supports to inform assessment of patient needs.
- Demonstrate working knowledge of diagnosis using DSM-5.
- Monitor patient progress to identify changes in presenting problems and effectiveness of intervention.
- Demonstrate awareness of cultural factors that might impact presentation and appropriate intervention strategies.

Objective 3: Interns will be able to formulate a biopsychosocial treatment plan appropriate for the setting (e.g. brief, problem-focused versus traditional outpatient therapy).

- Demonstrate awareness of ability to incorporate evidence-based protocols into treatment plans.
- Demonstrate the ability to clarify the referral issue.
- Effectively consult and collaborate with professionals across disciplines.
- Develop a case conceptualization to guide appropriate and effective treatment planning.
- Demonstrate ability to conduct comprehensive diagnostic assessments across functional domains.
- Demonstrate ability to conduct brief, problem-focused assessments that prioritize integrated care treatment goals.

Objective 4: Interns will be able to present their diagnostic findings or assessments in concise verbal form as well as in comprehensive and appropriately tailored reports for various consumers in the Electronic Health Record (EHR).

- Effectively communicate findings and recommendations to families.
- Effectively communicate findings to other providers.
- Complete notes and reports with appropriate content and attention to relevant details in timely manner.
- Describe ethical and privacy considerations for sharing information in the electronic health record (EHR) and with other providers involved in the patient's care.

Goal 3: Interns will be competent to provide intervention and consultation for children, adolescents, and adults that is appropriate for the clinical setting in which they are providing care.

Objective 1: Interns will develop rapport and form a therapeutic alliance with patients.

- Effectively collaborate with patients to identify intervention goals that focus on functional outcomes and symptom reduction in a targeted manner.
- Establish and maintain effective relationships with patients.
- Demonstrate an awareness of how differences between the patient and the therapist may impact therapeutic relationships.

Objective 2: Interns will implement empirically supported techniques and interventions that are appropriate for the clinical setting in which they are providing care.

- Demonstrate ability to provide justification/support for interventions selected as well as awareness of support and contraindications for other possible interventions.
- Effectively use current evidence-based interventions appropriate for the setting to treat health and mental health issues.
- Demonstrate the ability to evaluate treatment outcomes.
- Monitor and adjust the intervention plan as needed.
- Demonstrate skills in adapting interventions for specific patient needs.

Objective 3: Understand acute and chronic illness and medical management, including the effects of disease processes and medical management on patient's overall well-being.

- Demonstrate basic knowledge of acute and chronic conditions and injuries and management of them.
- Demonstrate understanding of adjustments to chronic illness and social and health behaviors associated with poor health outcomes (e.g. impact of poverty, nonadherence to medical regimens).
- Effectively consult with professionals across multiple disciplines.
- Demonstrate an understanding of appropriate levels of assessment, intervention, and documentation given the reason for referral and the setting.
- Demonstrate the ability to collaborate with other disciplines in intervention planning and implementation for problems related to medical conditions.
- Target evidence-based interventions to improve chronic care management.
- Offer interventions that are inclusive of the family system when appropriate (e.g. parent-training, family problem-solving, caregiver support)
- Bridge appropriately between behavioral services offered in primary care, outpatient mental health, and community services offered.

Goal 4: Interns will be sensitive to issues of diversity, including but not limited to: age, social-economic status, race, culture, ethnicity, religion, gender, gender identity, sexual orientation, and medical condition.

Objective 1: Interns will be sensitive to issues of diversity and exhibit awareness of the extent to which the lives of others can differ from their own.

- Demonstrate familiarity with relevant literature concerning cultural competency and the ability to integrate that knowledge into case conceptualization.
- Demonstrate skills in assessment and intervention with patients of diverse backgrounds.
- Use culturally sensitive measures and procedures when conducting research, evaluation, or outcome assessment.
- Demonstrate self-awareness regarding own cultural backgrounds and beliefs and potential impact on delivery of patient care.

Objective 2: Interns will be able to identify and appreciate the impact of these differences on patients' daily life experiences, as well as how experiences may impact their participation in treatment and response to therapy.

- Demonstrate skills in assessment with patients of diverse backgrounds.
- Incorporate awareness of patient's diversity in rapport building, case conceptualization, and intervention.
- Work with patient to develop treatment goals that are consistent with diverse needs and priorities of the patient.

Objective 3: Interns will become comfortable with addressing issues of differences or diversity with the patients when relevant.

- Demonstrate comfort when communicating with patients about issues of diversity.
- Demonstrate ability to discuss available resources with patients.
- Modify interventions for behavioral health change in response to social and cultural factors.
- Demonstrate ability to consult with professionals from diverse backgrounds.

Goal 5: Interns will develop a professional identity as a psychologist.

Objective 1: Interns will effectively collaborate with other professionals in multidisciplinary and interdisciplinary settings.

- Conduct self in a professional manner across settings and situations.
- Demonstrate respect for other disciplines and perspectives within an inter-professional or multidisciplinary care team.

- Demonstrate the ability to effectively communicate the psychosocial factors contributing to the issues being addressed in the care team.
- Recognize when and how to effectively advocate with other members of the health care team.
- Demonstrate ability to work with all members of the teams in primary care clinics and outpatient services.

Objective 2: Interns will explore a range of professional roles within a primary care setting.

- Demonstrate understanding of roles of psychologists in primary care centers.
- Convey to others the roles/skill sets a psychologist offers in primary care settings.
- Adapt role and activities in the best interest of patient care.
- Adapt to primary care environment, including frequent interruptions, fast pace of clinics, and unpredictability in scheduling.

Objective 3: Interns will conduct themselves professionally and abide by legal and ethical guidelines.

- Identify and address the ethical issues encountered in primary care and other clinical settings, particularly within an underserved area (e.g. dual relationship concerns, confidentiality, informed consent, boundary issues, team functioning, business considerations).
- Demonstrate knowledge about legal issues associated with clinical practice (e.g. compliance with documentation and billing practices, following state laws for reporting abuse/neglect).
- Demonstrate the ability to communicate ethical and legal concerns with team members.
- Follow appropriate procedures for reporting and documenting ethical and legal concerns.