

## **Training Program**

Valley Health's internship program is intended to provide interns a broad experience in a variety of roles in which psychologists serve in primary care settings. All interns will receive training in substance abuse treatment, integrated primary care, and outpatient psychotherapy services. Interns will also complete assessments and will have the opportunity to obtain training within our Dialectical Behavioral Therapy program and to participate in ongoing research projects. Individual supervision for each area of clinical practice will be provided by licensed doctoral psychologists who are employees in the Department of Behavioral Medicine at Valley Health.

### ***Training Experiences***

Interns will spend approximately 6 hours each week providing services within the Medication Assisted Treatment for Opioid Addiction (MAT program), 10 hours each week providing services in an integrated primary care clinic, and 14 hours each week providing outpatient psychotherapy services. Interns will participate weekly in 4 hours of psychological testing and also have the option of training in Dialectical Behavioral Therapy and participation in research ongoing within the department.

Supervision will be provided for all services. Interns will spend 2.5-3 hours each week in individual supervision for these clinical services. One hour of time will be devoted to individual supervision during MAT services and general outpatient services. Thirty minutes will be devoted to supervision from the Integrated Primary Care rotation with additional "on the fly" supervision available throughout the duration of the clinic. If the intern is involved in other services, supervision must be provided for those services as well. In addition to the face-to-face supervision for each service, interns will receive "live supervision" as supervisors will be present for all intakes completed across service lines. Additionally, there may be opportunities for co-therapy and co-leading groups with supervisors, as appropriate.

Interns will attend one hour of group supervision each week with the Director of Training. Interns will also participate in weekly didactic seminars.

Interns will be designated on all documentation as "Psychology Intern." In terms of billing for services, interns act as supervised psychologists and bill under the license of the supervisor for those services. Because of guidelines for provision of services by supervised psychologists in a FQHC (Federally Qualified Health Center), all diagnostic assessments (intakes) must be done by the licensed psychologist or with the licensed psychologist present and participating. Follow-up appointments may be completed by the supervised psychologist (i.e. Psychology Intern) in support of the diagnosis and treatment plan rendered during the diagnostic assessment.

Interns are expected to generate billable encounters. Given no-show rates, vacation time, and the time it takes to build and taper caseloads in some clinics, interns may have to adjust their schedules as needed to ensure this expectation is being met. While billing is necessary to sustain

the internship program, the primary reason for emphasizing the expectation for these encounters is that these encounters are the interns' clinical experiences. Without sufficient numbers of encounters, interns will not have sufficient depth or breadth of experience. Additionally, learning how to practice with the expectation of productivity is a necessary part of development as a professional psychologist. Interns are encouraged to work closely with their supervisors and the Director of Training to ensure that this expectation is managed and balanced with the primary goal of training.

#### *Primary Training Experiences:*

These training experiences are intended to be year-long.

Medication Assisted Treatment for Opioid Addiction (MAT Program). The MAT program is an interdisciplinary program that involves Valley Health family practice physicians, psychiatrists, nurses, nurse-practitioners, pharmacists, psychologists, and other behavioral health providers working together to promote recovery and independence from opioid addiction. The multidisciplinary team also often works collaboratively with community agencies (e.g. Child Protective Services, Neonatal Transition Unit and Mother-Baby units at our local hospital). Interns will work under their supervising psychologist on the team to provide individual and group therapy, provide feedback to all members of the team regarding patient progress and concerns, and collaborate with the community agencies involved to coordinate and improve overall care for the patient.

Integrated Primary Care Clinic. During this time, interns will complete warm hand-offs from physicians to establish an initial face-to-face contact between the behavioral health provider and the patients and to transfer the trust and rapport to the behavioral health provider. Interns will be available for provider consultation as part of the patient-centered approach. They will be prepared to provide diagnostic impressions, complete brief interventions, facilitate referrals to treatment, and foster a patient's readiness for change. Interns will also assist with patients who are experiencing acute distress. Interventions are brief and focused. Needs assessment may occur. The Behavioral Health Consultant (BHC) may then facilitate referrals to appropriate providers within the Valley Health team or community providers.

Outpatient Psychotherapy. As a department, we see patients from preschool-aged children to geriatrics for individual outpatient psychotherapy for a variety of presenting concerns. Interns will be providing therapy to patients consistent with their supervisor's scope of practice. Interns will utilize evidence-based approaches and intervention protocols. Given the primary care setting, intakes are scheduled for 30 minutes to 1 hour. All intakes must be done by the licensed psychologist or with the licensed psychologist present and participating. Follow-ups are often scheduled for 30 minutes for individuals. There are patients (e.g. family therapy sessions) and/or presenting concerns where longer appointments may be appropriate and these can be scheduled as needed. This pace requires brief and focused intervention skills as well as effective time-

management. Patient referrals come from within our department, from Valley Health providers, and from the community. Collaborating or coordinating care with other health care professionals or other systems (e.g. school) will be done as appropriate for the case. Interns providing these services will have an independent caseload overseen by their supervisor.

*Additional Training Experiences:*

Assessment. Interns will also spend approximately four hours a week completing psychological assessments. The Department of Behavioral Medicine is currently only able to offer a limited range of formal psychological assessments due to issues related to reimbursement and time involved in such testing. However interns will have the opportunity to complete assessments for diagnostic clarity, ADHD, developmental disabilities, cognitive capacity, and pre-surgical clearance.

Dialectical Behavioral Therapy. A dialectical behavioral therapy program is being established at Valley Health in the East Huntington and Hurricane locations. Interns may choose to receive training in this model. Interns would then participate in the DBT consultation team, co-lead skills groups, and possibly see individual patients using this approach.

Research. Interns can choose to be involved in research. There are several projects and opportunities within the department and, if interested, interns are strongly encouraged to talk to the supervising psychologists about these opportunities.

*Supervision.*

Each week interns will receive one hour of individual supervision for work within the MAT program, thirty minutes of individual supervision as well as curbside supervision for work within the integrated primary care clinics, and one hour of individual supervision for work in outpatient psychotherapy services. At each of the locations where interns provide services, there will be licensed psychologists available for this curbside supervision. Interns will also receive one hour of group supervision weekly. APA and state board of examiners requires there be supervision devoted to direct observation of the intern. In addition to the direct observation of diagnostic assessments (intakes), supervisors will coordinate direct observation of other services to provide the highest quality training and services.

*Didactic.*

Interns will attend two hours of didactics weekly. Regular participation (<90%) in the didactic seminars is required for successful completion of the internship program. Didactics will be presented by psychologists within the Department of Behavioral Medicine as well as by other professionals such as pharmacologists, psychiatrists, family medicine physicians, and nursing staff. All didactics will be on topics directly relevant to psychologists' clinical practice in a primary care setting.

***Estimated Weekly Schedule.***

An approximation of the intern's weekly training activities is listed below, though some variation may exist.

<b>Intern's Estimated Weekly Schedule</b>	
<b>Service Activities</b>	<b>Hours/Week</b>
MAT Program	6
Integrated Primary Care	10
Outpatient Psychotherapy	14
Assessment	4
<b>Training Activities</b>	<b>Hours/Week</b>
Didactic Seminar	2
Individual Supervision	2+
Group Supervision	1
<b>Other Activities</b>	<b>Hours/Week</b>
Documentation	6
<b>Total Hours/Week</b>	<b>45</b>