



AURORA MENTAL HEALTH CENTER

11059 E. Bethany Drive, Suite 200, Aurora, Colorado, 80014 • 303-617-2300 • Fax 303-617-2397 • www.aumhc.org

Pre-doctoral, APA-Accredited Psychology Internship Program **2009-2010 Class**

Aurora MHC started a full-time clinical psychology internship program in 1998. The American Psychological Association has accredited the internship since 2000. For information about APA accreditation, you may contact APA at: 750 First Street, N.E. Washington, DC 20002-4242 / (202) 336-5979.

The Center offers interns an excellent clinical experience in which they are trained in the assessment and treatment of a diverse range of mental health problems with a client population that includes children, adolescents, adults, and families.

With more than 200 employees and 80 volunteers, the Center serves over 7,000 individuals per year. Approximately 36% of the clients are children or adolescents, 57% are young to middle-age adults, and 6% are age sixty or older. The client population is also diverse in its racial and ethnic makeup. Approximately 53% of the clients are Caucasian, 18% are African American, 13% are Hispanic, and 9% are Native American, Asian/Pacific Islander, or Multi Racial.

Aurora MHC is closely affiliated with a managed care company, Behavioral Healthcare, Inc. The relationship between the two organizations provides the intern with substantial experience in a managed care environment, with emphasis on providing rapid assessment, treatment planning, acute care in an interdisciplinary setting, and solution-oriented treatment. The Center's roots, however, remain in its commitment to the community and helping its citizens attain the highest quality of life our expertise can help them achieve. Toward this end, we provide acceptance, respect, and care that restores dignity, nurtures relationships, and enriches lives.

The internship is located in Aurora, Colorado, which is part of the Denver metropolitan area. Our facilities are located within 30 minutes of central Denver and are less than one hour from the Rocky Mountains. There are several excellent colleges and universities in the area, state-of-the-art medical facilities, numerous cultural and sports attractions, and abundant sunshine for year-round recreational activities.

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Training Components

The internship is designed to provide a wide variety of clinical experiences with an emphasis on preparing the interns to achieve a standard doctoral level of competence in skills, personal maturity, and ethical behavior. In order to accomplish this goal, and to accommodate the special interests and needs of the intern, the program is balanced between required and elective clinical experiences.

All interns are required to participate in a year-long primary placement. The remaining training experiences will consist of two six-month minor rotations, weekly seminars, monthly case conferences and a group research project. The program accepts two interns who prefer an adult oriented primary placement and two interns who prefer a child/family primary placement. The minor rotations can be either adult or child focused, depending on the interests of the intern. The internship is for 12 months and 2000 hours.

The current stipend is \$20,000, with an additional \$2400 compensation for interns who are fluent in English and are able to conduct therapy in a second language. The fringe benefits include Center contributions toward health and dental insurance, a flexible benefit plan, \$15,000 in life insurance, professional liability insurance, long-term disability insurance, an EAP program, 12 days of vacation, up to 12 days sick leave, and ten paid holidays. The program provides interns the same access to Center administrative resources (e.g., office space, computers, secretarial staff) as other clinical staff.

For administrative purposes, Aurora MHC is divided into three divisions: Outpatient Services, Adult Intensive Services and Child Intensive Services. Within these divisions, interns can receive training in the following programs.

Outpatient Services Division

Southeast Outpatient Clinic - (Optional Primary or Minor Placement). The Southeast Team provides mental health treatment and education to individuals, couples, and groups who are seeking help for a variety of problems. Services include intake evaluations, psychotherapy (individual, couples, and group), crisis intervention, psychological testing, case management, consultation, and medication management. The multidisciplinary staff includes psychologists, psychiatrists, clinical social workers, counselors, and a nurse. Most clients are between 18 and 55 years old and have presenting problems that range from adjustment disorders to severe and persistent mental illness. There is a Women's Empowerment Program that provides individual and group therapy to survivors of domestic violence, and Outward Bound retreats when funding is available. The southeast facility is located in a predominantly middle-class area of Aurora, and while the clients present with a broad spectrum of problems, they are generally functioning at a higher level than clients who live in other parts of the city. Some evening work is required.

North Adult Outpatient Clinic - (Optional Primary or Minor Placement). The North Adult Team provides the same services as the Southeast office and has the same mix of multidisciplinary staff. In addition to individual therapy, interns can co-facilitate specialized groups; these include groups designed for clients with personality disorders, trauma history, co-morbid substance abuse, and Bipolar Disorder. In general, compared to the Southeast Clinic, the presenting problems tend to be more severe and the clients generally have fewer economic resources. Some evening work is required.

Older Adults Outpatient Services - (Optional Minor Rotation). The Older Adults Team provides psychotherapy and education for older persons and their families who are experiencing mental health or adjustment to aging problems. Services are provided at both the Southeast (primary) and Northwest clinics, as well as at the community Senior Center, in nursing homes, and in the client's home. Services also include PASAAR evaluations and neuropsychological screening.

Child and Family South Outpatient Services - (Optional Primary or Minor Rotation) Diagnostic assessments, individual, group and family therapy, and intensive work with children whom have often been abused or neglected are provided by the multidisciplinary staff. The treatment team works closely with schools, courts, and other care givers like foster families to identify and help prevent problems facing young people and their families. Some evening work is required.

Child and Family North Outpatient Services – (Optional Primary or Minor rotation). The Child and Family North Team provides the same services as the Child and Family South Program, but with a higher concentration of Spanish speaking clients and a close affiliation with the Center's school-based program.

Health Psychology - (Optional Minor Rotation) Working on-site of the Metro Community Providers Network, interns will have the opportunity to function as a member of a multidisciplinary team of healthcare professionals, meeting the needs of a diverse medical population, with a range of co-morbid diagnoses. The rotation will touch upon biologic, cognitive, affective, developmental, sociocultural, economic, collaborative, ethical and professional issues related to the culture and practice of medicine, health and illness, distinct from general psychological practice. A biopsychosocial, integrated care model is emphasized. Activities may include consultation-liaison, triage, short-term treatment and referral, along with training presentations, program development, readings/background research and case conferences.

Adult Intensive Services Division

Intensive Services - (Optional Primary Placement or Minor Rotation). An array of coordinated services and programs are managed under the umbrella of "Adult Intensive Services". It is designed for adults with severe and persistent mental illness who are best served by a high frequency of services in order to maintain ties to family and community. Components include:

1. Community Living Program - This intensive outpatient program is available for clients needing several hours of group therapy either daily or several days per week. Case management, outreach, crisis intervention, medication management and therapy sessions are oriented toward helping individuals develop better coping and self-management skills. A recreational component teaches leisure time activities and social skills. A vocational component guides Center clients toward employment experiences.
2. Aurora Center for Life Skills - This outpatient and day treatment program provides social/emotional training, functional skill training, and creative/expressive training for adults with a developmental disability and a concurrent mental illness. The goal of the program is to enhance each client's ability to live as independently as possible in the community.
3. Fitzsimons Treatment Unit - Provides counseling, medication monitoring, and supervision for clients who need 24-hour support during a psychological crisis, as a transition from hospital to community, or as an alternative to hospitalization. Length of stay is up to one month.

Emergency Services - (Only available to interns as an optional add-on experience during nights or weekends). This program provides 24-hour coverage for evaluating individuals who are at risk of being a danger to themselves, others, or of being gravely disabled due to a mental illness. The staff arranges hospitalization when necessary. The evaluations take place at Center facilities, local hospital emergency rooms, or area detention facilities. The staff consults with family, community members, and the police regarding the need for crisis intervention or to arrange treatment. They also respond to community crises by providing support, for example, to survivors of a natural catastrophe. Interns who participate in the off-hours emergency evaluations first shadow the on-call clinician and as knowledge and skills develop, conduct the emergency evaluation under the supervision of the off-hours clinician.

Offenders Program - (Optional Minor Rotation) Provides evaluations, group therapy, and educational classes to clients referred by the courts, probation departments, social services, or other professionals. The primary area of focus is sex offenses, however domestic violence, anger control, and substance abuse evaluations and treatment are also provided. Evening work is required.

Child Intensive Services Division

Early Childhood and Family Center - (Optional Primary Placement or Minor Rotation). ECFC provides comprehensive mental health treatment for infants and children up to age 6. Many of these children have been victimized, traumatized, abused, abandoned, or have experienced emotional or behavioral difficulties which interfere with learning and developing relationships. Individual, family, and group therapies are integrated to best serve the needs of each child and family. A variety of parenting classes for new and teen parents are also provided. Only interns who select ECFC as a primary placement will have their own caseload. Interns who attend ECFC as minor rotation can co-facilitate and observe treatment.

Philosophy, Goals, and Objectives

The Local Clinical Scientist model guides the philosophy of the program. The training staff believes that the primary purpose of the internship is to help interns apply scientific theory and knowledge within the context of unique client situations. This requires a scientific orientation that includes critical thinking, case conceptualization, hypothesis testing, awareness of personal biases, and understanding of group differences including those of culture, ethnicity, gender, age, and sexual orientation.

The overall goals of the Aurora Mental Health Center Internship Program are to provide students with a broad range of experiences, in a variety of service delivery modalities, with diverse client populations, by psychologists of varying professional and personal backgrounds, styles, and areas of expertise. We aim to provide the intern with the educational and experiential opportunities necessary for them to develop the competence and confidence to engage in the independent practice of professional psychology. Although the training program by nature is strongest in providing the knowledge and skills necessary in community mental health, the diversity of the program will prepare the intern to function responsibly in a range of institutional and managed care settings.

Each intern is expected to develop and demonstrate certain core competencies during the internship year. These core competencies are taught, monitored, and evaluated during each quarter placement. Successful completion of the internship requires the demonstration of these competencies. Core areas consist of the following:

1. Professional Conduct, Ethics and Legal Matters
2. Individual and Cultural Diversity
3. Theories and Methods of Psychological Diagnosis and Assessment
4. Theories and Methods of Effective Psychotherapeutic Intervention
5. Scholarly Inquiry and Application of Current Scientific Knowledge to Practice
6. Professional Consultation
7. Supervision

These core areas are addressed in seminars, supervision, literature reviews, and case conferences. They are demonstrated by intern written records and reports, review of cases in supervision, and interactions with clients and interdisciplinary staff. Progress in their attainment is evaluated in weekly supervision, monthly reviews by the Training Committee, and in quarterly and semi-annual written performance evaluations.

Supervision

Interns are assigned a primary clinical supervisor, who is a licensed psychologist. The intern and primary supervisor meet individually at least one hour per week throughout the training year. These meetings entail the discussion of cases and related clinical topics, reviewing progress in the program, and evaluating training needs. The intern has a minimum of one additional hour of weekly individual supervision in accordance with the current minor rotation with a staff psychologist associated with the specific training site. The assignment of interns with specific primary supervisors is made by the Training Committee, which makes every effort to match intern interests and needs with supervisor expertise. The format of supervision may include case discussion, review of treatment notes, review of audio- or videotape, live supervision behind a one-way mirror, or co-therapy. At the beginning of each rotation the intern and their primary supervisor and each of their site supervisors will develop individualized training goals.

Aurora MHC has a very experienced and talented staff of allied mental health professionals including psychiatrists, clinical social workers, counselors, and psychiatric nurses. Interns receive additional supervision from these allied staff, in consultation with their primary supervisor.

Interns are required to attend and participate in the regular group supervision meetings and case conferences that occur on at least a weekly basis at each training site. In addition, interns will attend a monthly case conference with the training director and/or other training staff. Interns will rotate presenting cases at these monthly cases conferences. The focus of these cases conferences is assessment and treatment approaches with challenging clients and ethical or legal issues.

Psychological Testing

The program recognizes that the ability to competently perform psychological evaluations is one of the distinguishing features of practicing psychologists. Staff use results from psychological testing to enhance understanding of particularly challenging cases, and to respond to the needs of other agencies, including the Departments of Human Services and the courts. The internship provides didactic training in testing in seminars and supervision. The program, however, does not have a strong

emphasis in teaching testing; rather, interns are expected to have acquired most of their knowledge and technical skills in this area in graduate school. The emphasis in this program is in the ability to integrate data and to write succinct, high quality reports. Prospective interns who seek a program that has an especially strong testing emphasis would not be a good match with this program.

Interns are required to perform 10 psychological testing evaluations during the year. The evaluations include a clinical interview, administering, scoring, and interpreting the tests, and writing a report. Testing referrals are generated by each of the treatment teams, thus interns may evaluate clients from teams other than those in which they are rotating. The evaluations include the use of a variety of tests, typically measuring both cognitive and personality functioning. Supervision of testing will be by one of the Training Committee members who have expertise with the specific tests being used, and not necessarily by the primary or on-site supervisors. Interns assess varying age groups and problem areas. Often, Friday mornings are set-aside for interns to conduct testing and work on report writing.

Seminars

Training seminars for interns are presented 3 to 4 times per month by training staff or guests. Areas of concentration in the seminar schedule include evaluation, treatment, legal issues, consultation, cultural competence, supervision, and special populations. Certain seminars are required and others are optional and are selected by the intern class. Each intern facilitates a seminar on the topic of their choice toward the end of the training year.

Interns are encouraged to attend the Center-wide trainings that are arranged by the Center's Educational Committee. Each intern is allotted \$100 for attendance at external workshops or conferences.

Research

In order to develop and enhance program evaluation and research skills, under staff supervision, each intern class is responsible for collectively conducting a study that relates to some aspect of the Center's operations. A recent intern class, for example, analyzed the relationship between symptom reduction, client satisfaction with services and quality of life. The Center has a social psychologist on staff that provides program evaluation for the agency and he assists interns with the research project.

Application Requirements and Procedure

In order to qualify for internship training at Aurora Community Mental Health Center, applicants must have completed a minimum of three years of pre-internship graduate training, had their dissertation proposal approved, have passed their comprehensive exams, and completed a minimum of 750 practicum hours, including 250 of which were direct service. Applicants must have completed at least five integrative psychological assessment reports (with adults and/or children). The program requires that applicants be from APA accredited graduate programs in clinical or counseling psychology.

Students seeking internship training at Aurora Mental Health Center should submit an APPIC Application for Psychology Internship (AAPI), a sample psychological assessment report, a current curriculum vita, an official graduate school transcript, and three letters of reference.

All materials must be received by November 7, 2008 and should be submitted to:

Aurora Mental Health Center
Psychology Internship Training Program
Attn: Jeff Longo, Ph.D.
1646 Elmira Street
Aurora, CO 80010

The program requires that all interviews be on-site and not by telephone. The internship will begin on August 31, 2009.

The Aurora MHC Internship Program participates in the Internship Matching Program that is operated by the National Matching Services, Inc. (NMS) and administered by the Association of Psychology Postdoctoral and Internship Centers (APPIC). Applicants must obtain an Applicant Agreement and register for the Match in order to be eligible for the Aurora CMCH Internship Program. You can download an Applicant Agreement from the Matching Program web site at www.natmatch.com/psychint, or you can request that an Agreement be mailed to you by contacting NMS at: 20 Holly Street, Suite 301 Toronto, Ontario, Canada M4S 3B1. Telephone (416) 977-3431. Fax: (416) 977-5020.

Aurora MHC is an equal opportunity, Affirmative Action employer. Minority candidates for the internship program are strongly encouraged to apply. For further information you may reach Jeff Longo at (303) 617-2408 or JeffLongo@aumhc.org.

Internship Training Staff

Sarah Avrin, Ph.D., Washington State University
DDMI Program
Interests: Developmental Disabilities, PTSD, Families and Couples

Edward P. Miller, Ph.D., University of Louisville
Child Intensive Outpatient
Interests: Child Psychology and Solution Focused Therapy

Christopher Beasley, Psy.D., University of Denver
Southeast Outpatient Program and Older Adults Program
Interests: Psychodynamic Psychotherapy, Mood Disorders and Testing Supervision

Dawn S. O'Neil, Ph.D., University of Cincinnati
Southeast Outpatient Program
Interests: Crisis Intervention, Women's Empowerment

Frank H. Bennett, Ph.D., Columbia University
Director of Family Services
Interests: Child and Adolescent Psychotherapy, Family Systems, and Program Development

Elizabeth Carter, Psy.D., University of Denver
Early Childhood & Family Center
Interests: Play Therapy, Assessment, Family Therapy, Vicarious Trauma, Psychotherapy and Spirituality

Brian Scherzer, Ph.D., Graduate School of The Union Institute
Intensive Adolescent Team
Interests: Psychological Evaluations, Biofeedback, Anxiety Disorders, Juvenile Forensics, Adolescent Trauma

Margaret Charlton, Ph.D., Washington University in St. Louis
Intercept Center
Interests: Developmental and Learning Disabilities, Assessment, Forensics, Child Trauma

Randy C. Stith, Ph.D., St. Louis University
Executive Director, Aurora Mental Health Center
Interests: Ethics and Managed Care, Community Mental Health

Jeffrey M. Longo, Ph.D., University of Virginia
North Adult Outpatient Program
Interests: Psychoeducation, Cognitive-Behavioral Therapy, Ethics, Supervision, Program Evaluation

Alan Toulouse, Ph.D., University of Nebraska
Adolescent Intensive Outpatient
Interests: Child and Family Therapy, Assessment and Consultation

Holly Cappello, Psy.D., University of Denver
Child & Family Outpatient Team
Interests: Trauma and Assessment

Geoff Smith, Psy.D., University of Denver
Intensive Services Program
Interests: Acceptance/Commitment Therapy and Men's Issues

Pat Torness-Smith, Ph.D., University of North Dakota
Older Adults Team
Interests: Geropsychology and Hypnosis

Jonathan Blaine, Psy.D., University of Denver
Southeast Outpatient Program
Interests: Neuropsychological basis of mood disorders, trauma, spirituality

Andrew Schecterman, Ph.D., Ball State University
Metro Community Provider Network
Interests: Health Psychology and research design

Jennifer Garfein, Psy.D., University of Denver
Southeast Outpatient Program
Interests: Psychodynamic theory, trauma, GLBT issues