



# Youth Affairs Division Palm Beach County

## Predoctoral Internship in Psychology 2011-2012

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APPIC Program Code  
142811

### Introduction

The Palm Beach County Youth Affairs Division Predoctoral Internship in Psychology is offered through the Palm Beach County Public Safety Department. The overall goal of the Youth Affairs Division is to foster healthy individual and family functioning in families where youth have been identified as “at-risk” for entering the juvenile justice system, dropping out of school, getting involved with gangs, running away from home, substance use, and entering the child protective system. This goal is accomplished through family, group, and individual therapy, psycho-education, parent training, psychological evaluation, consultative services, and community outreach offered across community-based, office, and residential settings. Services are provided free to Palm Beach County residents.

The Palm Beach County Youth Affairs Division employs psychologists, Master’s level clinicians, clinical social workers, marriage and family therapists, family counselors, residential counselors, and nurses. The agency is also an interdisciplinary training site for psychology practicum students, social work interns, mental health counseling interns, marriage and family therapy interns, and nursing students, as well as the site of a Palm Beach County alternative school program. Psychology interns will receive primary supervision from licensed psychologists. Consultation from other staff will be provided as needed.

The pre-doctoral psychology internship was created and became an Association of Psychology Postdoctoral and Internship Centers (APPIC) member in 2002, when the first class of two interns matriculated into the program. Each year, a cohort of two interns has participated in the internship.

The overall goal of the pre-doctoral psychology internship program at the Palm Beach County Youth Affairs Division is to support the development of graduate student psychology interns into professional psychologists. Psychology interns will develop fundamental skills consistent with the philosophy of the Youth Affairs Division. This philosophy incorporates a developmental training model utilized throughout the Division with the varying levels of professional staff, behavioral staff, and trainees from multiple disciplines. A strengths-based perspective has been a cornerstone in the Division's philosophy of training as well as prevention and intervention work with children, adolescents, parents, and families. Additionally, Palm Beach County is a culturally, ethnically, and socioeconomically diverse area that is becoming more diverse with each passing year. As such, the Division's philosophy integrates a multicultural/diversity emphasis. Psychology interns will have opportunities to work with a range of diverse populations with a variety of presenting issues.

General goals and objectives for interns are listed below. Each intern also develops an individualized training plan at the beginning of the training year.

1. Education, Prevention, and Outreach
  - a. Prevention of delinquency, violence, substance use, child maltreatment
  - b. Parent education/parenting skills programs
  - c. Community presentations
  - d. Learn community resources
2. Assessment
  - a. Psychosocial history/Clinical interview/Intake
  - b. Psychological evaluation
    - i. Behavioral observation
    - ii. Cognitive abilities
    - iii. Academic functioning/Achievement
    - iv. Psychosocial, emotional, and behavioral adjustment
    - v. Objective and projective personality assessment
    - vi. Juvenile Firesetter Assessment
  - c. Diagnosis utilizing DSM-IV-TR
  - d. Report writing and providing feedback/recommendations
3. Intervention
  - a. Develop therapeutic alliance
  - b. Family therapy
  - c. Group therapy
  - d. Individual therapy
  - e. Milieu treatment
  - f. Crisis management
  - g. Improve case conceptualization skills
4. Supervision
  - a. Develop supervisory alliance
  - b. Formulate clear and attainable training goals
  - c. Build on strengths
  - d. Demonstrate awareness of diversity issues, cultural differences, individual differences
  - e. Increase knowledge of different supervision and intervention modalities
  - f. Maintain ethical boundaries

5. Professional Development
  - a. Remain current on research and methodology
  - b. Work towards completion of dissertation/graduation requirements
  - c. Case presentations, increase competence, demonstrate leadership
  - d. Consultation/work within multidisciplinary teams
  - e. Professional presentation
  - f. Demonstrates interest and enthusiasm
  - g. Increase time management skills
6. Administration
  - a. Develop an understanding of Youth Affairs organizational structure
  - b. Knowledge of Youth Affairs administration
  - c. Become involved in strategic planning

The psychology intern is required to complete a 2000-hour internship. The internship begins the day after Labor Day and continues for one year. In accordance with APPIC standards, the minimum requirements include 500 hours of direct clinical contact, 100 hours of individual supervision, 100 hours of group or additional individual supervision, and 100 hours of didactic training. Psychology interns are requested to integrate theoretical, clinical, and professional issues in psychology into the service delivery model at the rotation sites within the Youth Affairs Division. There are three subdivisions that comprise the Division and the internship training program: Highridge Family Center, Youth Service Bureau, and Education Center. Interns will complete a six month residential rotation at Highridge Family Center and a six month outpatient rotation at Youth Service Bureau and Education Center.

#### Description of Training Sites and Activities

##### Highridge Family Center

Highridge Family Center is a 48-bed residential facility serving at-risk youth between the ages of 11 and 16 who reside in Palm Beach County. Typically, the families seeking services through Highridge have been struggling with conflicted family relations, poor academics, disruptive school behavior, drug experimentation, poor peer group choices, minor law infractions, and emotional difficulties. In conjunction with the School District of Palm Beach County, residents of Highridge are provided alternative education while they are enrolled in the program. Referral sources include schools, parents, prevention and diversion programs, as well as former clients. The facility is divided into four (two male and two female) dormitory-style "houses," each with the capacity for 12 residents. The residents live at the facility Monday through Friday, returning to their homes on weekends and school holidays to practice newly learned skills with their families. A Family Therapist provides family, group, and individual therapy, and three Residential Counselors (two day shift, one night shift) provide behavior management and therapeutic milieu activities for each house.

The psychology intern will be at Highridge Family Center for six months. The intern is responsible for providing family, group, and individual therapy to residents of Highridge, working in the same capacity as the other houses' Family Therapists. Additionally, the intern will participate in weekly multidisciplinary treatment team meetings, case conferences, multi-family groups, staff consultations, and presentations to parents. The Highridge Family Center rotation also requires written psychosocial evaluations, formal treatment plans, treatment plan reviews, and discharge summaries. Two hours of weekly individual supervision are provided; one hour by the Chief of

Clinical Services for Highridge and one hour by the Internship Training Director. Two and one-half hours of weekly group supervision are also provided.

### Youth Service Bureau/Education Center

The Youth Service Bureau serves families with children through age 17 years who are residents of Palm Beach County. Families seek services through the Youth Service Bureau for a variety of reasons, including behavioral disorders, school/academic problems, parent-child relational problems, adjustment to parental separation or divorce, grief/loss issues, and abuse or neglect. Referral sources include schools, Department of Children and Families (DCF), and prevention or diversionary programs such as Youth Court and Family Violence Intervention Program. Therapists providing family, individual, and group therapy utilize a Brief Therapy model. There are three area offices and several satellite offices located throughout the county. Staff members include Master's level Family Therapists from various mental health fields.

The Education Center is a community resource for primary prevention through education, training, and professional development. The Education Center provides free services to parents, children, families, school personnel, and mental health professionals in Palm Beach County. Through the Youth Affairs Education Center interns are involved in psychological and psycho-educational evaluation, parenting education/skills groups, juvenile firesetter assessment, continuing education workshops, and outreach activities, including presentations to schools and community agencies.

This rotation is six months. During that time, the psychology intern will be responsible for providing short-term family, individual, and group therapy, at times doing co-therapy with a clinical staff member. In addition, the intern will be involved in parent education services, intake assessments, provisional diagnosis, treatment planning and implementation, and case management. Two hours of weekly individual supervision are provided; one hour by the Youth Affairs Psychologist and one hour by the Internship Training Director. The psychology intern attends one and one-half hours of weekly group supervision with clinical staff and students/interns from multiple disciplines.

### Psychological Evaluation

Psychology interns are expected to complete a minimum of five psychological evaluations over the course of the 12-month internship. Full batteries include clinical interviews and assessment of intellectual functioning, behavior, and personality/social functioning. Psycho-educational testing may also be included in the full assessment batteries. With supervisor approval, less inclusive partial batteries determined by the needs of the family, may be completed. Interns are to consult with referring therapists, hold feedback sessions with the family, and complete reports in a timely manner. Referrals for psychological testing come from Highridge Family Center and the Youth Service Bureau.

### Didactics

Didactic activities include weekly formal training on a variety of topics, including ethics, professional development, intervention strategies, diagnostic issues, psychological testing, child maltreatment, domestic violence, supervision, and organization administration. Additionally, interns will present treatment and testing cases, participate in journal review discussions, and become part of the family therapy treatment team. Opportunities to attend conferences are available.

## Youth Affairs Division Licensed Psychologists

Diane Kelly, Ph.D., Internship Training Director/Chief of Clinical Services, Education and Training  
Twila Taylor, Psy.D., Chief of Clinical Services, Highridge Family Center  
Shayna Ginsburg, Psy.D., Youth Affairs Psychologist  
Tony Spaniol, Psy.D., Director, Youth Affairs Division

All psychologists are licensed in the state of Florida.

### Stipend and Benefits

The internship annual stipend is \$23,000, paid biweekly. Funding is provided by Palm Beach County Board of County Commissioners. There are 12 paid government holidays and up to two weeks of unpaid leave time. The work week shifts are 10 hours long, Monday through Thursday.

### Application Information

Applicants for internship training at the Palm Beach County Youth Affairs Division must meet the following requirements:

1. Must be a doctoral candidate in an accredited clinical or counseling psychology program.
2. At least three years of graduate education in psychology must be completed.
3. An endorsement from the applicant's director of clinical training or department chair indicating that the applicant is prepared for internship.
4. A minimum of 1000 hours of practicum training must be completed prior to internship.

In addition to the requirements listed above, preference will be given to applicants who have experience working with children, adolescents, and families; training or classes in family and systemic theory; training and experience in short-term therapy; and psychological/psycho-educational testing experience. Previous experience providing family therapy is not required.

The internship aims to recruit from various universities and geographical areas. A variety of backgrounds, experience, and theoretical orientations are welcomed. The Youth Affairs Division conforms to EEO/AA guidelines. Minority applicants are strongly encouraged to apply.

Each applicant is required to submit the APPIC Application for Psychology Internship (AAPI) Online by **November 22, 2010**. The AAPI Online can be accessed on the APPIC website, [www.appic.org](http://www.appic.org), by clicking on "AAPI Online."

Completed AAPI Online applications include the following documents:

1. Cover letter
2. Curriculum Vitae
3. The actual application, including essays and the Director of Training's verification of eligibility and readiness for the applicant
4. Transcripts of all graduate education
5. Three letters of recommendation

Incomplete applications will not be reviewed.

Once the applications are completed and reviewed by the training committee, the Director of Training will invite applicants via e-mail to schedule an on-site interview. Interview status will be determined by December 15, 2010. On the day of the interview, there will be a group meeting with the Internship Training Director for an overview of the site and training opportunities. Individual interviews will be conducted by the psychologists on staff, including the primary supervisors. As a group, applicants meet with the current interns. The Palm Beach County Youth Affairs Division agrees to abide by the APPIC policy that no person at this training facility will solicit, accept, or use any rank information from any internship applicant.

The Palm Beach County Youth Affairs Division Predoctoral Internship in Psychology reviews completed applications and the final roster of ranked applicants is sent to the National Matching Service, which can be reached at the following website: [www.natmatch.com/psychint](http://www.natmatch.com/psychint). Applicants and their graduate program clinical training directors are contacted accordingly following release of computer match results.

Following the match and before the start of the internship, Palm Beach County Youth Affairs Division interns must complete the county application for employment, a background check with fingerprints, and a physical examination. It is recommended that interns obtain a Florida drivers license.