

# Psychology Internship Program

## *Real Hope Real Help*



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### **MATCH Numbers**

MATCH Program Code: 2526

### **Match Process**

We follow the match policies established by the APPIC. Consistent with our program’s philosophy of viewing the internship year as the last chance for more generalist clinical training before specialization at the postdoctoral level, we have one match number for both of our positions. The only information that we may communicate to the applicants prior to the February Match deadline is whether they are still under consideration for the admission. Additional information regarding the match is available through the APPIC National Matching Program at <http://www.natmatch.com/psychint>.

## Candidate Interviews

All personal interviews are conducted individually and by invitation only. Candidates will be informed by e-mail and/or phone call within two weeks of the application deadline whether or not they have been invited for a personal interview. We will offer four interview dates in January. Candidates coming on one of the interview dates will hear an overview of our program and will then meet with our staff psychologists and current interns. Interns will tour the facility and meet other key personnel who are administrative staff that help with duties to support the program. We adhere strictly to the selection process guidelines established by the Association of Psychology Postdoctoral and Internship Centers (APPIC).

### APPLICATION STEPS:

1. Complete the online AAPI, which is available on APPIC's website, [www.appic.org](http://www.appic.org).
2. Submit all materials by November 1st. Please remember to include the required supplemental materials. Incomplete applications will not be reviewed.
3. Applications will be reviewed and applicants will be notified of their interview status via e-mail and/or phone call by November 15th.
4. Video conference interviews or in-person interviews are scheduled for applicants under consideration in early December. Email notification will be sent to each applicant who remains under consideration with an invitation to attend the interview. Applicants are responsible for responding to the invitation to interview and securing an interview time and date from the options provided in the email notification.
5. Applicants invited to participate in an interview will also have the opportunity to tour the facilities, meet the staff, and ask any questions about the internship program or local area.
6. Applicants matched with this internship program will be notified of acceptance by APPIC on Match Notification Day by telephone.

Applicants should feel free to contact the Training Directors by e-mail or phone with any questions regarding the application process.

Our program follows all APPIC policies regarding the Intern selection process. This internship site strictly abides by the APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information from any applicant. You are encouraged to read or download the complete text of their regulations governing program membership and the match process from the APPIC website.

**CANDIDATE INTERVIEWS:** All personal interviews are conducted individually (through a video teleconference) or in person and by invitation only. Candidates will be informed via e-mail by concerning whether or not they have been invited for a personal interview. We regard interviews as a two-way process: a chance for us to meet and learn more about you, and an opportunity for you to meet us and gain a better understanding of our program. Interviews are scheduled in early December through early January. We adhere strictly to the selection process

guidelines established by the Association of Psychology Postdoctoral and Internship Centers (APPIC).

## Directors of Training

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## Letter from the Training Directors

Thank you for your interest in the Real Hope Real Help Psychology Internship. Our Internship program is located in Flower Mound Texas, a small area outside of the Dallas/Fort Worth metropolitan area. The Real Hope Real Help psychology internship program is a one-year, full-time program that starts at the end of July. Interns who complete the program successfully will be certified for 2080 hours of supervised clinical activity. Two interns will be selected for the 2020-2021 training year. In addition, we require that a prospective intern's university advisor or director of training verify readiness for internship on the Application for Psychology Internships (AAPI Online). Only 52-week full-time internships are available.

## Application Process

We rely on the Association of Psychology Postdoctoral and Internship Centers' (APPIC) portal for all application materials. We do not ask for any other information besides what is requested by the APPIC Application for Psychology Internships (AAPI Online). Real Hope Real Help is committed to providing access for all people with disabilities and will provide accommodations if we are notified before the interviews. Reasonable accommodation requests for the interview process are readily entertained and expedited by the training faculty.

Real Hope Real Help values diversity and believes that a broad variety of perspectives and experiences contribute to a more inclusive and productive work environment. Real Hope Real Help is committed to promoting ongoing education, skill-building, and participation in events that demonstrate support for cultural diversity. We strongly encourage applications to our internship program from diverse applicants.

Please contact Christina Della Nebbia, Ph.D. Director of Training for questions or further information at (972) 966-1079 or by email at [realhoperealhelpdr.d@outlook.com](mailto:realhoperealhelpdr.d@outlook.com).

## Setting: Real Hope Real Help

Real Hope Real Help is a private practice in Flower Mound Texas, a small area outside of the Dallas/Fort Worth metropolitan area. Our primary service area encompasses the Denton county area. We have three psychologists providing direction in psychological testing, neuropsychological testing, counseling, applied behavior analysis and school psychology services. Our office provides ABA services, testing, and counseling. We also work in conjunction with Lake Dallas ISD providing support with psychological services. Lake Dallas ISD offers programs and educational opportunities for a broad range of students from Pre-Kindergarten to High School. They currently have five schools located in Shady Shores, Corinth, and Lake Dallas. They have around 4,000 students with diverse backgrounds and employ over 500 staff members.

## Training Model & Program Philosophy

The mission of Real Hope Real Help is to provide exceptional mental health care for the community we serve. Our internship program supports this mission through its aim to train highly qualified graduate psychologists who are prepared to utilize empirically-grounded interventions, serve as valued members of our team, facilitate the development and research of innovative models of care, and employ a sound practitioner approach to mental health and well-being. To achieve this aim, our philosophy is that all practicing psychologists should have solid foundation in general psychology including the ability to apply empirical data to clinical procedures and assessment. Given this philosophy, our program provides a year of training in evidenced-based practices general psychology. The main goal of the Real Hope Real Help internship program is to prepare psychologists for positions within the community. Our motto is: "Helping individuals achieve their full potential and lead happy, healthy and productive lives."

There are general goals that include all rotations within the Psychology Internship Training Program. All Interns will be placed in a general track that includes a variety of psychological services. All Interns are required to obtain training in assessment and interventions across an array of patients. Rotations are designed for maximizing Intern professional experience with various diagnostic, cultural, and age groups complemented by brief training experiences, which allow for more focused training in the Intern's area of interest. Interns will have the option to participate in a wider range of major rotations, including School Psychology, Counseling, Cognitive Rehabilitation and Psychological Neuropsychological testing, as well as the Applied Behavior Analysis program serving children with an Autism Spectrum Disorder.

## Program Goals and Objectives

Internship provides a year of intensive, supervised clinical training, intended as a bridge between graduate school and entry into the profession of psychology. Training at the sites of Real Hope Real Help MHC and Lake Dallas Independent School District is designed to accomplish a number of important training goals as a foundation for independent professional practice. Interns should demonstrate competence in the areas listed below by the completion of the internship year. Many of these goals, objectives and expected competencies will build upon knowledge and skills already well developed during doctoral training. All of the internship placements will provide opportunities for further development of these 'cross cutting' competencies, though placements might emphasize some competencies more than others. Additionally, other program components (including didactics and clinical research) will provide added challenge and the opportunity for integration. When viewed in context of the entire sequence of training that begins with the first year of doctoral education, the internship year is a capstone experience that will provide interns opportunity to develop these intermediate to advanced competencies. The total number of hours of this internship are a minimum of 2,080 hours with at least 25% of the hours being direct service. If an intern is needing to meet the criteria for working in a public school, he/she needs to complete at least 600 hours during the internship year in a public or private school. This internship experience satisfies the criteria set forth by the Texas State Board of Examiners of Psychologists to become a fully licensed psychologist in the state of Texas.

It is expected that upon completion of the program all Interns will demonstrate competence in the following nine general domains

- A. Intervention
- B. Assessment
- C. Research
- D. Supervision
- E. Individual and Cultural Diversity
- F. Professional Values, Attitudes, and Behaviors
- G. Ethical and Legal Standards
- H. Communication and Interprofessional/Interdisciplinary Skills

These competencies are assessed within a framework of increasing understanding of, and sensitivity to, individual and cultural diversity in the delivery of psychological assessment, treatment, and consultation, as well as in the Intern's development of a code of professional ethics. Competency is enhanced by both supervised clinical experience and didactics.

## Administrative Support

Administrative support is available on each of the training rotations at Real Hope Real Help Mental Health Center and Lake Dallas ISD. Check with your supervisor regarding what services clerks or other staff can provide for interns in those settings. Administrative support includes but is not limited to: office supplies, answering the phone and taking messages, ordering testing materials, providing E.H.R. and human resource issues. All interns will have a private office with furniture, a computer and a phone. All other supplies needed to complete assigned tasks will be provided by Real Hope Heal Help Mental Health Services.

### Training Director

The Training Director is Dr. Christina Della Nebbia, who is also the Clinic Director. Dr. Della Nebbia is responsible for the overall functioning of the psychology training program and chairs the Training Committee. Dr. Della Nebbia can be reached at [Realhoperealhelpdr.d@outlook.com](mailto:Realhoperealhelpdr.d@outlook.com) or [lakeokabogee08@gmail.com](mailto:lakeokabogee08@gmail.com) or by leaving a confidential voice mail at 972-966-1079. In the case of absence of the Training Director, the Assistant Training Director, Dr. Virginia Neal will assume necessary duties. Dr. Gwen Carter is available for all interns that are completing a school psychology rotation. She will provide supervision for those hours completed in the school setting at Lake Dallas ISD.

## Training Schedule and Rotations

During orientation, Interns meet with the Training Directors to plan their training schedule for the entire year. The 12-month (2080 hour) internship year will be divided into two rotations, each lasting six months. Each intern will complete outpatient mental health intervention and psychological testing services during the entire year, they will be given the opportunity to also work in elective experiences based on their interests and their training plan. The specific Training Plan developed by each Intern must be approved by the Training Directors and Training Committee.

### Clinical Rotations

**Outpatient mental health intervention, 5-20 hours per week.** Interns have the opportunity to work in outpatient mental health intervention which includes individual, family and group counseling. Caseloads are tailored to personal learning goals and with an effort to ensure exposure to patients with diverse racial/ethnic/cultural backgrounds, diverse clinical presentations and needs.

**Psychological Testing Service 5-20 hours per week (PTS).** Psychological testing provides detailed, expedient, clinically useful assessments for interns from a variety of sources and covering the full age span. The intern will be exposed to a variety of diagnostic categories

and differential diagnosis cases. Typical referral questions relate to differential diagnosis for patients with complex psychological needs and assessment of cognition and adaptive functioning. Interns conduct (on average) 1-3 assessments per week which includes direct testing, scoring and writing the report. Guidance is given throughout the process.

### **Elective Experiences**

Interns can select elective experiences with program approval. Options vary in length of time commitment, with some being offered for the duration of the academic year and others being more intensive over a period of six months. Current options are listed below; ***elective rotations are subject to change and new offerings may be made in the future.***

- **Behavioral Psychology:** The Behavior Psychology rotation provides training in assessment and interventions for children on the autism spectrum utilizing applied behavior analysis. Interns can provide direct ABA services such as discrete trial teaching, data collection, skills training, parent training and developing functional behavior assessments as well as VB-MAPP assessments. Interns may pursue registered behavior therapist or board-certified behavior analyst certification if the proper classes are completed.
- **Cognitive Rehabilitation/Clinical Neuropsychological:** focuses on the development of collaborative skills in an inter-professional setting, and increased knowledge of the neuropsychological model with individuals that have a variety of cognitive Opportunities to work in cognitive rehabilitation is also an option under this rotation.
- **School Psychology:** focuses on the development of skills working as part of an educational interdisciplinary team serving students at Lake Dallas ISD. Individuals choosing this experience must have the appropriate training and courses to allow the required 600 hours to become a Licensed Specialist in School Psychology.

### **Program Structure**

#### **Supervision:**

Each Intern has a primary Supervisor for each of the major rotations throughout the year. This Supervisor is responsible for the training experience on their specific rotation and assists in selecting psychotherapy cases, making referrals, along with providing scheduled supervision. A minimum of two hours per week are devoted to individual supervision. Interns also participate in a minimum of two hours per week of group supervision and two hours of additional training hours derived from workshops, didactic experiences, and online learning opportunities.

#### **Didactics / Structured Training Experiences:**

The Intern Didactics Seminar takes place for two hours on a weekly basis and is composed of various topics, such as diversity/multicultural competence, ethics, behavioral health consultation, supervision,

psychopharmacology, psychological and neuropsychological assessment, evidence-based psychotherapy, and an array of professional development issues. Examples of Didactic programs are listed below and are subject to change and new offerings may be made in the future.

- **Leadership Projects** - Each intern, in conjunction with a faculty mentor, completes a leadership project focused on developing tailored approaches for education, intervention, prevention and evaluation initiatives in Psychology. Past projects have included: “Developing a brief curriculum on trauma, caregiver stress, and resilience of kinship caregivers,” and “Identifying an adaptation framework for a diabetes prevention program for individuals with severe mental illness”.
- **Advanced Topics in Psychology Series** - The overall goals of this seminar are to enhance clinical fund of knowledge and general therapy skills, highlight interventions and population specific issues, and build competency in delivering select empirically based treatment for adults.
- **Professional Development Seminar** - This seminar features a wide range of topics pertaining to both professional and academic development presented by selected psychology staff. Topics include Psychologists in Medical Centers, Diverse Career Paths of Psychologists, Fellowship and Job Search Strategies, and Psychologists as Administrators.
- **Suicide Prevention Seminar** - The overall goal is to prepare trainees with the knowledge and skills needed to conduct person-centered, standard-of-care interviews, risk assessments, safety planning, documentation, and decisions with suicidal patients. Each trainee practices these skills in a 1:1 behavioral rehearsal experience with their supervisor.
- **Dialectical Behavior Therapy (DBT)** - This interdisciplinary seminar includes didactic lectures followed by weekly group supervision that allows trainees to discuss cases from a DBT framework.
- **Screening, Brief Interventions, and Referral to Treatment (SBIRT)** - This interdisciplinary seminar includes didactic lectures and experiential learning exercises designed to enhance participants' knowledge, confidence, and skills in the detection and treatment of co-occurring substance use and behavioral health disorders.
- **Multicultural Experiential Learning Seminar** - The overall goal of this seminar is to increase cultural awareness and sensitivity of psychology interns and fellows through experiential learning activities. This seminar helps trainees become more aware of their own cultural identities, recognize their own personal biases, better meet the needs of a diverse patient population, and increase awareness of how culture impacts clinical work, research and teaching.
- **Assessment and Treatment of Eating Disorders** - This elective opportunity is an interdisciplinary didactic series focusing on evaluation and evidence-based treatment of eating disorders, with a particular emphasis on interdisciplinary treatment team functioning and planning.
- **Identification and Response to Intimate Partner Violence Training** - This interdisciplinary workshop focuses on the identification, assessment, and treatment of intimate partner violence (IPV). Teaching/learning methods include PowerPoint presentations, film clips, experiential exercises, discussion, and distribution of resource cards and reference materials.



- **Testing Seminar** - This is an integrated seminar for interns on both the child/adolescent and adult tracks to become familiar with evidence-based practices across the domains of diagnosis and assessment, professional/ethical conduct in psychological assessment services, and cultural competence. Adult and Child/Adolescent interns work to research and present information regarding best practices for one topic in psychological testing/assessment across the lifespan. Topics include mood disorders, psychotic disorders, OCD, and trauma.
- **Ethics and Legal Practices for Psychologists** - The purpose of the seminar is to provide exposure to, and information about, the types of court-related experiences psychologists may encounter in practice. Each session is facilitated by experts from mental health and legal fields who present their perspectives on a topic-centered case, followed by Q&A and discussion. Relevant Ethical Principles and Code of Conduct will be discussed. Participants include clinical psychology trainees as well as community attorneys for mutual learning about the ethical and legal issues experienced by both professions.

## Administrative Policies and Procedures

**Stipends:** The stipend for the 2020-2021 Interns is currently set at \$24,000.

**Leave Requests:** Time off must be approved in writing in advance by the Training Director. Interns are eligible for 10 days of paid annual leave, and paid time off for 7 Federal Holidays.

**Due Process for Grievance and Remediation Procedures:** All trainees are afforded the right to due process in matters of problematic behavior and grievances. A due process document will be distributed to all Interns during orientation and subsequently reviewed with them.

**Privacy Policy:** We collect no personal information from you when you visit our Website.

**Self-Disclosure:** We do not require Interns to disclose personal information to their clinical Supervisors except in cases where personal issues may be adversely affecting an Intern's performance and such information is necessary to address these difficulties.

ABA, Counseling & Testing Center