



TWIN CITIES
Psychology Internship Consortium

Intern Brochure

2020-2021

www.tcpic.org

The Twin Cities Psychology Internship Consortium (TCPIC) mission is to prepare doctoral interns to provide high quality behavioral health care to people of all ages, in a variety of settings, and to develop the leadership and advocacy skills that psychologists need as they take on leadership positions in the professional and business world of psychology practice.

The training philosophy of TCPIC embraces the practitioner-scholar model, emphasizing the importance of clinical practice informed by psychological science.

Accreditation Status

The Twin Cities Psychology Internship Consortium (TCPIC) is a member of APPIC (#2308), but is not currently accredited by the American Psychological Association. TCPIC will be working toward obtaining APA- accreditation in the near future.

APPIC Membership Status

TCPIC is a participating member of APPIC and participates in the APPIC match. TCPIC agrees to abide by all APPIC policies, including the APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information for any intern applicant.

Program Structure and Focus Areas

The Twin Cities Psychology Internship Consortium (TCPIC) offers one-year, full-time doctoral internships. The consortium provides a range of clinical, didactic, and advocacy experiences that represent the necessary depth and breadth required for future professional psychology practice in both urban and suburban settings that serve clients from diverse and often underserved communities. The internship will accept two interns for the 2020-2021 cohort, which will begin on September 14, 2020. Interns have a primary placement at Counseling Psychologists of Woodbury and have the opportunity to select one to three additional placement rotations among the following sites during their training year: Natalis Counseling and Psychology Solutions (St. Paul or White Bear Lake, MN), River City Clinic (Roseville, MN), Central & Priority Pediatrics (Woodbury or Roseville, MN), and Child & Teen Medical Center (Fridley or Blaine, MN). All interns meet weekly for group clinical supervision, bi-monthly for didactic training in psychological assessment, and monthly for shared training activities. Across training sites, interns are expected to complete a minimum of 2,000 hours of training during the internship year, of which 17-20 hours per week, on average, are spent in the provision of direct face-to-face clinical services. Interns are expected to achieve the internship objectives, as stated below, and to abide by the APA *Code of Ethics*, the requirements of the TCPIC training program, and the policies and procedures of their primary training site.

Behavioral Health Intervention

Interns across training sites spend approximately 20-25 hours per week in activities related to Behavioral Health Intervention. TCPIC provides opportunities to work in outpatient specialty behavioral health care settings, as well as integrated/enhanced co-location settings embedded within pediatric primary care clinics. Opportunities to provide individual, couples, family, and group psychotherapy using both brief,

solution-focused interventions and longer-term depth psychotherapy are offered. Working collaboratively as part of a behavioral health care team, as well as a medical intervention team, are a strong focus of the TCPIC internship program. Some site locations provide opportunities to serve people from immigrant and refugee populations and may include working with interpreters as psychotherapy services are provided.

Psychological Assessment

Interns across training sites spend up to 10 hours per week in activities related to Psychological Assessment, including administration and interpretation of a variety of psychological instruments, as well as writing comprehensive psychological evaluations focused on gaining diagnostic clarity and recommendations for future interventions. Assessments may include intellectual, achievement, performance, and personality assessments. Interns may also select a specialty area of psychological assessment that includes Autism Spectrum Disorder and Attention-Deficit Hyperactivity Disorder (ADHD) diagnoses.

Psychology Leadership and Advocacy

Interns are encouraged to select from a variety of professional leadership and advocacy training opportunities that include providing supervision to practicum students, serving on a professional association committee or task force, and working in legislative advocacy with local non-profit organizations. TCPIC believes that psychologists must be active in their professional communities as a vital part of professional practice. Interns are expected to devote one hour per week in leadership or advocacy activities.

Supervision, Consultation, and Didactic Collaboration

All interns receive a minimum of four hours per week of supervision by licensed psychologists.

Interns receive a minimum of two hours of individual supervision each week from a licensed psychologist at their site and supplemental weekly individual supervision may be provided by other faculty. Supervisors provide interns with experientially-based clinical training, including collaboration and didactic training activities. Group and individual clinical supervision and didactic training, psychological assessment supervision and didactic training, and collaboration with colleagues and medical professionals are a primary focus of TCPIC.

OBJECTIVES

The overriding goal of the internship is to prepare the doctoral candidate for the entry level practice of psychology. This preparation requires doctoral level psychotherapeutic skills, professional ethics, and identification as a psychologist in training. Interns will be asked to create specific goals.

At the completion of the program, interns will demonstrate:

- I. An active appreciation of professional issues pertaining to the practice of professional psychology and the current functional expectations of clinical staff at Twin Cities Psychology Internship Consortium, and act in accordance with the APA Ethical Principles for Psychologists and Minnesota Statutes related to the provision of psychological services.

II. An advanced doctoral level of critical thinking and problem solving skills. This will be observed in their presentation of principles and theories, their awareness of research, and their fluency in procedures and methods of psychological diagnosis and psychological assessment appropriate to the presenting problem, the client population, and the individual and cultural differences of the clients.

III. Doctoral level knowledge of a variety of empirically supported assessments, treatments, and therapies, and will also demonstrate doctoral level skills in the application of the intern's primary theoretical approach. It is expected that this application will be relevant to the client population, the presenting problem, diagnosis, individual differences, cultural differences, and the treatment objectives negotiated with the client.

IV. Observable behaviors and knowledge indicative of awareness, sensitivity, and responsiveness to issues of cultural and individual diversity within clinical and organizational settings.

V. An open and responsive approach to supervision, and doctoral level knowledge of supervision theories, and awareness of own strengths, needs, and skills.

VI. Advanced knowledge and skill regarding the development, implementation, and analysis of outcome measures and data. Interns will demonstrate proficiency in outcomes measures as applied to a variety of mental health and healthcare settings.

Stipend, Benefits, and Resources

The annual internship stipend across all consortium sites is \$27,600. Interns are employed by the primary TCPIC site, Counseling Psychologists of Woodbury, and are eligible for medical insurance benefits. Interns receive 80 hours (equivalent of two work weeks) of paid time off (PTO) that may be used for vacation, illness, or family/personal reasons. Unscheduled work hours may be used for dissertation release time and/or EPPP preparation.

TCPIC interns have access to numerous resources. Funding for training opportunities with the Minnesota Psychological Association (MPA) may be provided throughout the internship year. Assessment and other necessary training materials are provided at each training site. Each intern has access to administrative and IT support.

TCPIC Training Sites

The Twin Cities Psychology Internship Consortium (TCPIC) is a collaborative effort of several organizations brought together to share resources and faculty and to provide a broad range of training opportunities for doctoral psychology interns. Training sites are located across the Twin Cities metropolitan area and include the following:

Counseling Psychologists of Woodbury

Counseling Psychologists of Woodbury (CPW) is the primary training site for TCPIC. CPW is a medium-sized, interdisciplinary independent psychology group practice located within the large suburban community of Woodbury, MN. This site offers psychotherapy to individuals, couples and families, psychological assessment, and community education. Providers at this site serve clients of all ages.

<http://www.cpwmn.com>

Natalis Counseling and Psychology Solutions

Natalis Counseling and Psychology Solutions is a large, interdisciplinary independent psychology group practice with two locations, St. Paul and White Bear Lake. This agency offers a broad array of services, including outpatient psychotherapy, intensive day treatment, DBT groups, psychiatry and medication management, and psychological evaluations. Some of these services are provided through the schools. The St. Paul location offers opportunities to work with immigrant and refugee patients, sometimes with an interpreter present.

<https://natalispsychology.com/>

River City Clinic

River City Clinic is a small, interdisciplinary independent psychology group practice located in an inner-city suburb of St. Paul, Roseville, MN, and provides outpatient psychological services to clients of all ages.

<https://rivercityclinic.com/>

Central & Priority Pediatrics

Central & Priority Pediatrics is a large, primary care pediatric medical clinic with two locations: St. Paul and Woodbury, MN. Housed within this clinic are integrated behavioral healthcare programs providing brief, solution-focused psychotherapy with patients, ages 0-22. The Roseville locations offers opportunities to work with immigrant and refugee patients, sometimes with an interpreter present.

<https://www.centralpeds.com/>

Child & Teen Medical Center

Child & Teen Medical Center is a medium-sized, primary care pediatric medical clinic with two locations: Fridley and Blaine, MN. Housed within this clinic are integrated behavioral healthcare programs providing brief, solution-focused psychotherapy with patients, ages 0-22. Both locations offer opportunities to work with immigrant and refugee patients, sometimes with an interpreter present.

<https://www.childandteenmedicalcenter.com/>

Twin Cities Area Attractions

TCPIC is a consortium program with sites across the Twin Cities of Minnesota. Interns are placed at various sites throughout the internship year, but have the opportunity to travel and experience the diverse and unique landscapes that make Minnesota the “land of 10,000 lakes.”

Despite the nickname, Minnesota is actually home to 11,842 lakes, including the largest freshwater lake in the world - Lake Superior in Duluth, which is approximately two hours from the Twin Cities. The many lakes in the Twin Cities provide miles of walking and biking trails and opportunities for water sports, such as swimming, canoeing, and boating. In addition, there are 67 state parks, a number of which are located a short distance from the Twin Cities.

The metropolitan area is referred to as the Twin Cities due to the proximity between Minneapolis and St. Paul, Minnesota’s capital. The two metro areas, and two largest cities in the state, are divided by the Mississippi River, with St. Paul to the east and Minneapolis to the west. The metro area is home to several professional sports team, including the Wild (hockey), Vikings (football), Timberwolves and Lynx (basketball), Twins (baseball), and Minnesota United (soccer). The Twin Cities are also known for numerous community festivals including the Minneapolis Aquatennial, the St. Paul Winter Carnival, and PRIDE festival, and is considered to be the third most-vibrant community in the US for theater and art events. Opportunities for shopping are widely available, as the Twin Cities is known for a variety of boutiques and the largest shopping mall in the United States, the Mall of America.

Application Process and Selection Criteria

TCPIC currently offers two full-time positions. Students interested in applying for the internship program should submit an online application through the APPIC website (www.appic.org). TCPIC is listed in APPIC under Program Code 2308.

A complete application consists of the following materials, as submitted through the APPIC website:

1. A completed online APPI
2. Cover letter stating an applicant’s preferred training site(s) and the reason the applicant is interested in those sites specifically. Applicants can indicate their interest in more than one site within the consortium in one cover letter.
3. A current Curriculum Vitae

4. Three standardized reference forms, at least two of which must come from individuals who have directly supervised your clinical work.
5. Official transcripts of all graduate coursework
6. One integrated assessment report - please redact appropriately.

All application materials must be received by December 04, 2019 at 11:59pm CST to be considered. Interviews will be on either Thursday, January 16 or Friday, January 17, 2020. Applicants will be notified by phone and email by December 13, 2019 if invited to be interviewed. The format includes both group and individual interviews with multiple staff with opportunities to connect with current doctoral interns as well as other staff when requested. We prefer that interviews be in person; phone interviews may be requested. Interviewers will include the Training Director, Consortium Faculty, and current Post-Doctoral Psychology Residents.

TCPIC requires that applicants are in good-standing and currently enrolled in a clinical or counseling psychology doctoral program and have completed the following prior to beginning internship:

1. A minimum of 1,000 hours of supervised experience (250 of which must be face-to-face intervention hours and 25 of which must be direct assessment hours)
2. All qualifying exams must have been successfully completed
3. Dissertation proposals must be approved before the start of internship

The training staff evaluate internship applications. Applications are reviewed based on a candidate's interest and experience in each of the training areas offered by TCPIC, as well as experience working with diverse community populations. Applicants who receive the highest ratings are invited via email to participate in interviews.

Questions regarding the application or interview process may be directed to TCPIC's Training Director, Dr. Robin McLeod (mcleod@cpwmn.com).