

Appendix C:
Conemaugh Health System
Duke LifePoint

PSYCHOLOGY INTERNSHIP PROGRAM

THE PSYCHOLOGY INTERNSHIP HANDBOOK

The fundamental objective of our program is to prepare students for the practice of professional psychology consistent with the philosophy embodied in the practitioner-scholar model of training. We aim to train future professional psychologists to meet the individual and collective health and mental health needs of all persons, with attention to diversity of gender, race, ethnicity, social class, sexual orientation, religion, age, and abilities, by use of comprehensive, empirically-supported cognitive and behavioral interventions, in collaboration with primary care physicians and other health professionals in an effort to provide holistic interdisciplinary health care services. We seek to train culturally-competent clinical psychologists who will be leaders, advocates, clinicians, educators, and supervisors, with a commitment to scholarship and the application of research methodologies to answer clinical questions in their daily practices and communities. The overarching goals for the internship are to assess, refine and extend knowledge, skills and attitudes in the following areas of professional psychology, such that the intern will have developed a proficient to advanced level of competence in the following areas:

Competence in Relationship and Individual and Cultural Diversity: including how to develop an effective working alliance and therapeutic relationship; sensitivity to, respect for, and knowledge and understanding of issues of individual differences and cultural diversity in terms of the following areas: culture, race, gender, religion, and individual identity; and how these impact on the assessment/evaluation, intervention, consultation, and administrative functions of psychologists.

Competence in Psychological Assessment: Clarification of the referral question, diagnostic interviewing and hypothesis formulation, selection and utilization of appropriate instruments, competent administration, scoring, interpretation, and case formulation, and presenting findings concisely in written form and via oral feedback.

Competence in Therapeutic Intervention: Interviewing patients, developing case formulations, and implementing treatment strategies based on empirically supported treatment paradigms for a broad variety of clients.

Competence in Consultation and Interdisciplinary Health Care: Collaboration with interdisciplinary treatment team members in the role of a behavioral health consultant, including experience with patients who have complex medical and co-existing psychological problems.

Application of Scientific Knowledge and Supervision to Clinical Work: the ability to evaluate the research literature for clinical meaningfulness, scientific rigor, and relevance to diverse patient populations; the ability to apply the theoretical and empirical literature to professional practice; and the ability to understand and apply the knowledge, skills and attitudes that contribute to effective supervision and clinical teaching.

Competence in Professional Conduct, Ethics and Legal Matters: K

Then, supervisors move to the more complex treatment of disorders such as psychosis and

experiences thus far in the area in order to integrate their didactic and/or scientific knowledge with their provision of the service.

- Participation in case conferences, which always includes a discussion of multicultural and ethical considerations, initially provides interns with an opportunity to hear how senior staff conceptualize their work and will help interns become familiar with some of the issues and challenges associated with each area of service provision. As interns become more involved with service provision, case conference becomes a place where they can get multiple sources of input into their work.
- Observation of supervisors and seasoned professionals performing clinical services provides interns an opportunity to become familiar with the competencies required to provide the service and the procedures utilized by the agency in performing the service. Interns will also, thereby begin to be introduced to different approaches to cognitive and behavioral case conceptualization and styles of engaging diverse clients in a behavioral health care setting. Observation helps interns to clarify questions that they have and leads to discussion of best practices for the particular service.
- Interns begin providing the service. Initially, participation includes providing the service in conjunction with a staff or clinical supervisor, being observed by a supervisor, or with consultation from a staff or supervisor.
- Interns will develop in their competency in each area as they participate in training activities including: discussions and review of their sessions in supervision; discussions and case presentations in didactic seminars; interaction and discussion with other interns.
- Supervisors and the training committee evaluate and give formative feedback to interns to encourage their development, identify areas needing extra attention and provide remediation, as necessary.
- As supervisors are clearer about an intern's level of competency and confidence in a particular area, the intern will be encouraged to function more autonomously(f)-7(u)-3(n)5(c)3(t)21(g)9.9 Tm

year, they are expected to assume greater autonomy in the core competencies and given formative feedback continuously in supervision, and are rated accordingly on the summative beginning and final CHS Psychology Internship Intern Evaluation. Throughout the internship, interns are also challenged to consider diversity issues that directly or indirectly inform their work, as a member of an interdisciplinary health care team serving underserved populations with significant health disparities in the urban setting. Toward the end of internship, interns are expected to assume greater autonomy in guiding the content and process of the supervision sessions, such that the supervisor is able to move from a primarily teaching function to that of a consultant. Clinical supervisors remain responsible for the overall care and treatment of clients they service in the entire program.

TRAINING PLAN

Psychology Interns at Conemaugh Health System receive training and gain clinical experience through a combination of major and minor rotations throughout the year, as well as on-going didactic and research participation.

I. MAJOR ROTATIONS

a. DEPARTMENT OF FAMILY MEDICINE-Primary Care Services

Psychology Interns dedicate half of their schedule throughout the year at the Family Medical Center (FMC). In this rotation, interns will be assigned a role as members of the interdisciplinary primary care team and work in an integrated care setting (community hospital) with physicians, family medicine resident physicians and other health care professionals. There are opportunities for outpatient and inpatient consultation-liaison with a wide range of medical specialties, assessment and treatment of mental illness and substance abuse, and teaching the psychological dimensions and sequelae of medical illness to family medicine residents.

The outpatient family medicine clinic serves a diverse population, including the underserved. Interns gain experience as part of an integrative healthcare team, and conduct activities including assessment of health risk, conduct psychological assessment, and provide individual and group therapy for patients with multiple health and concomitant mental health issues. In addition to providing interventions targeting behavioral health concerns that may exacerbate physical health concerns or impair medical treatment adherence, the Psychology Intern will gain proficiency in delivering effective interventions related to the following health-related issues:

- Chronic pain
- Sleep disorders
- Stress
- Chronic fatigue
- Chronic headaches

- Caregiver stress
- Gastrointestinal disorders, including irritable bowel syndrome
- Smoking cessation
- Adjustment to medical conditions such as COPD, cancer, diabetes, stroke, neurological disorders and heart conditions

b. CONEMAUGH COUNSELING ASSOCIATES

Conemaugh Counseling provides assessment and treatment to individuals across the lifespan, including children, adults and older adults. Psychology interns will be assigned to this longitudinal rotation for the length of the year to improve continuity of care. Services offered at CCA include psychological assessment and treatment, psychiatric care, individual, family and couples counseling. The psychology interns will have the opportunity to complete psychological assessments for adults and children under the supervision of the Chief Psychologist. They will attend interdisciplinary treatment team meetings and collaborate with medical providers within the hospital. Interns receive weekly supervision from a licensed psychologist who is on the core staff and who oversees their clinical and supervisory practice. Interns may also, with training and supervision, organize, and review program initiatives and clinical cases being treated by other allied staff members. While on this rotation, interns will rotate through both adult and child inpatient behavioral medicine units as described below.

C. BEHAVIORAL MEDICINE DEPARTMENT

Psychology Interns at CHS may have the option to serve an assignment involving consultation service on two psychiatric inpatient units at the hospital main campus. Interns will be assigned rotations for three months at a time among the inpatient units. Consultation services include individual and a small group training of staff in issues related to applied behavioral assessment, psychological assessment, implementation of cognitive-behavioral interventions based on empirically-supported treatment packages, and in-service training seminars related to prevention and early identification and intervention of behavioral health problems.

i. CHILD AND ADOLESCENT SERVICES / inpatient

Aloysia Hall provides safe and secure inpatient treatment for children ages 4 through 17. Treatments are tailored to meet the individual needs of each child, and emphasize patient and family participation. Interns will be assigned this mini rotation for a period of 3 months out of their rotation for 4 hours, three days per week, for the period assigned. Common diagnoses include oppositional defiant disorder, attention deficit with hyperactivity disorder, depression and other behavioral disorders. The short-term program is designed to stabilize the child so that he/she can return home and continue treatment outside of the hospital.

Psychology interns will follow clients from time of admission to a full course of care. They will provide initial assessments to evaluate physical, social, and emotional health, and help determine the appropriate level of care. In addition to assessment, they may be asked to provide short-term intensive individual therapy, group therapy, or family therapy. Through cognitive behavior therapy, patients and their family members also learn ways to recognize the issues that may trigger behavioral problems, as well as techniques to help manage them.

Aloysia Hall is the region's only inpatient program dedicated to strengthening the emotional health of area children. It is licensed by the Pennsylvania Department of Health, accredited by the Joint Commission on the Accreditation of Healthcare Organizations, and has been serving the needs of children and their families since 1981.

ii. Adult Psychiatric services / inpatient

The Inpatient Treatment Units provide safe, secure, comfortable and therapeutic environment for older teens and adults who require 24-hour psychiatric care on a short-term basis. The psychology interns will be assigned a three-month rotation, 4 hours, three days per week on each unit. A team of psychiatrists, psychologists, psychiatric nurses, social workers, recreational therapists, addiction counselors and other health care specialists work with patients and their families to treat and manage a range of psychiatric conditions. Patients can then continue treatment outside of the hospital after discharge. Diagnoses can include but are not limited to depression, anxiety, mood swings, thought disorders and addictions.

Structured treatment options can include individual psychotherapy, group therapy, cognitive behavior therapy, in which patients and their family members learn how to recognize the issues that may trigger episodes and how to manage them, medication therapy, or Electroconvulsive Therapy (ECT), which has been shown to help with depression. The psychology interns will provide diagnoses and treatment options following evaluation and assessments, as well as input from the patient or family members.

During treatment, patients receive instruction and support related to stress management, effective communications, anger control, self-care, self-esteem, goal-setting and problem-solving, and spirituality. Extensive therapies that use play and recreation as a means of coping and relaxing are part of the treatment plan. These include exercise, music, electronic games, crafts and several other programs.

d. TRAUMA DEPARTMENT

Psychology interns at CHS will have the opportunity to provide services in conjunction with the CHS trauma department during this quarterly rotation. Services include

consultation, participation in treatment team, individual therapy, and assessment. This major rotation includes preliminary assessment for acute stress disorder and post-traumatic stress disorder as well as mental-status exam and other assessments and screening related to the recovery of trauma patients. Acute inpatient care includes individual adjustment and support, family support, psychoeducation, and treatment team support. Follow-up care with outpatients includes ASD and PTSD screening as well as education and training for patients and physicians.

e. COMMUNITY MENTAL HEALTH – CHS HIGHLANDS HEALTH

Psychology services through the quarterly CHS Highlands Health (Free Clinic) rotation include primary care services as well as participation in community outreach, psychoeducation, and collaboration in a whole-health team model.

f. CONEMAUGH DIABETES INSTITUTE

- iii. Case management and patient communication consistent with ethical and legal guidelines.
- iv.

with CCA staff. The office for th

Psychology Interns, but the observation of their use as well as teaching and experience integrating their results into patient care is available to interns.

INTERNSHIP COMPETENCIES AND OBJECTIVES

Competency Model of Evaluation (Appendix A)

The basic goal of our internship program is to promote the professional development of interns in each of the APA Standards of Accreditation areas so that interns are ready to assume the responsibilities of a postdoctoral fellow or entry level doctoral psychologist position. To assist in our internship training and evaluation process, and to document the attainment of skills relative to the Standards of Accreditation, overall competency ratings and specific objective ratings within each standard are completed for each of the following nine standards: (1) Research, (2) Ethical and legal standards, (3) Individual and Cultural Diversity, (4) Professional Values, attitudes, and behaviors, (5) Communication and interpersonal skills, (6) Assessment (7) Intervention, (8) Supervision, and (9) Consultation and interprofessional/interdisciplinary skills. Based on Falender and Shafranske (2008; [7](#) [7](#) **A C** **A** **AAC** , Washington, DC: APA), the methodology we use to both evaluate and integrate competency into the curriculum consists of (a) clearly articulated training objectives that are defined by specific quantifiable descriptors of expectations for each developmental skill level for each of our six core competency domains; (b) a ratings form for the beginning of the year prior to the start of training, mid-year evaluations, and end-of-

4. Regular attendance at all Internship Didactic Seminars, attendance at all scheduled assigned treatment team meetings, attendance and participation in public education seminars provided by staff, and at least 2 Conemaugh continuing education seminars for the year. Any trainings that are missed must be made up by participation in an equivalent program, to be determined by the Training Director.

5. At least two comprehensive psychological/psycho-educational evaluations with an integrated written report must be completed. Feedback on the results of the evaluation must be provided to the referral source and the individual tested, as well as to family members when appropriate.

6.

experience in a wide range of clinical settings rather than students with predominantly a research or teaching focus. The majority of our interns develop careers that are primarily focused on professional practice.

INTERN BENEFITS

STIPEND

Conemaugh Health System Duke LifePoint is a for-profit hospital that is dedicated to serving the underserved rural area of Johnstown, PA. The annual stipend for interns for 2020-21 is \$32,000 US, paid in increments on a bi-weekly basis. Interns are considered hospital employees, and positions are offered conditional to satisfactorily passing the required criminal background check and drug-screen. Rights and responsibilities as hospital employees are defined for the intern through the human resources office prior to beginning internship. Interns are expected to maintain those responsibilities as would be expected of any hospital employee.

SICK AND VACATION DAYS

Interns are provided with 15 days Paid Time off (PTO) days per year, used as vacation and sick time, in addition to 6 paid holidays per year.

INTERN WORK SCHEDULE

Conemaugh Health System is open 24 hours to provide emergency and acute care services. Interns, however, will work Monday through Friday, 8:00 A.M. to 5:00 P.M. Federal tax law regarding "exempt" and "non-exempt" status requires interns to "punch-in" and "punch-out" at the beginning and conclusion of each work day. Failure to meet this responsibility results in a loss of stipend for that workday. This process is explained in greater detail with instructions during the orientation period. Interns are expected to work during aforementioned hours unless other arrangements are made with the Director of Training or their rotation supervisor. In addition, interns may sometimes be required to work outside of the traditional Monday through Friday, 8:00 A.M. -5:00 P.M. schedule. Clients are typically scheduled between 8:00 A.M. and 5:00 P.M, with the exception of evening groups.

Vacation days, sick days and holidays do not count towards the 2000 hours of psychological service activities required to complete the internship.

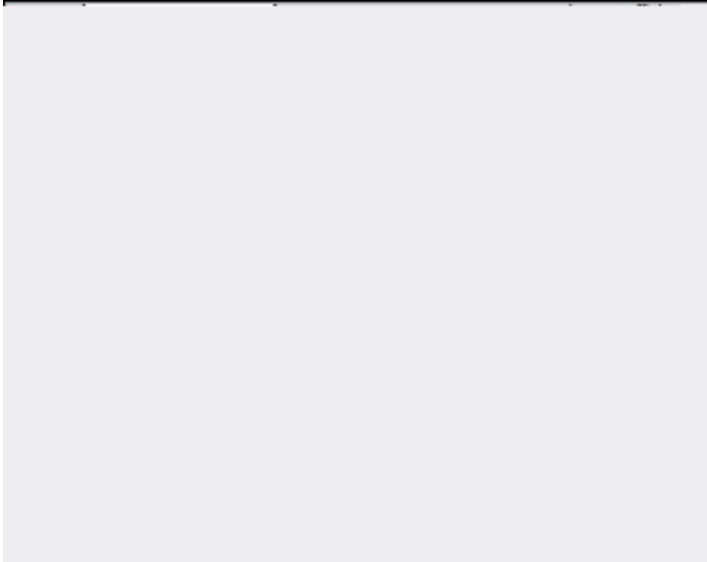
DIDACTIC TRAINING

Oct 19	ADD/ADHD	(Dunne)
Oct 26	ASD	(Dunne)
Nov 02	Ethics and Legality in child/adolescent Dx	(Dunne)
Nov 09	Behavioral Med Techniques & Apps	(Kutz)
Nov 16	Bx Med: Hypnosis theory and efficacy	(Kutz)
Nov 30	Bx Med: Hypnosis application	(Kutz)
Dec 07	Bx Med: Biofeedback theory and efficacy	(Kutz)
Dec 14	Bx Med: Biofeedback application	(Kutz)
Dec 21	Bx Med: Biofeedback application Pt 2	(Kutz)
Jan 04	Rural Care Overview	(Hornyak)
Jan 11	Rural Care: Trauma care	(Dumire)
Jan 18	The Culture of Poverty	(Kutz)
Jan 25	Rural Care: Ethics of limited resources	(Dunne)
Feb 01	Pre-treatment readiness assessment	(Kindel/Dunne)
Feb 08	Suboxone Treatment	(Spencer)
Feb 15	Dx and Tx of ETOH Disorders-NIAAA Guide	(Moot)
Feb 22	Bx MedBx Me	

Ron

Jun 14	Updates in psychopharmacy	(Thomas)
Jun 21	Private practice and behavioral medicine	(Hornyak)
Jun 28	Professional Development and continuing ed	(Healey/alumni)

Welcome to Johnstown Pennsylvania!



Johnstown is located in Southwestern Pennsylvania approximately 70 miles east of Pittsburgh. The population of the city proper (not including the boroughs and townships) was 20,978 at the 2010 census. It is the principal city of Cambria County.

Johnstown, at one time the largest iron-making city in the United States, has become a regional medical, educational, cultural, and communications center. Health care provides a significant percentage of the employment opportunities in the city, and Conemaugh Health System is its largest employer, with a staff of nearly 5,000. Recently Conemaugh Health System has merged with Duke LifePoint, a national leader in quality healthcare.

