



Predoctoral Clinical Psychology Internship Program

Thank you for your interest in the HealthPoint Predoctoral Clinical Psychology Internship Program. Our program offers an excellent opportunity to learn skills for behavioral consultation in a primary care setting. Please read this document carefully before deciding to apply. Several qualities will promote the best fit for this opportunity:

- Students should have some knowledge of behavioral or cognitive-behavioral therapy, or at least an interest in providing brief interventions.
- An interest in or background in health psychology will be important.
- Students should be interested in working with a wide variety of problems (depression, diabetes, chronic pain, insomnia, tobacco use, parent-child problems, etc.) and populations (kids, couples, older adults, etc.).
- Finally, because the setting is a Community Health Center, an interest in working with underserved populations and an appreciation for cultural diversity will be important qualities.

Who We Are – What We Do

HealthPoint is a private, nonprofit Community Health Center network with clinics located in some of the most culturally and economically diverse communities in King County, Washington. We offer medical, dental, complementary and alternative health care services to anyone, regardless of their ability to pay. For over 40 years, we have served the needs of the uninsured and medically underserved populations in King County, Washington. We still maintain the single vision we started with over 40 years ago – to be the provider of choice in the communities we serve.

Location of Internship

We have several clinic locations for our predoctoral psychology internship program. All of our clinics are within 23 miles of Seattle. Travel to other sites may be required throughout the internship for meetings, training, and supervision. This is a wonderful area of the country to live in, and it offers many cultural and outdoors activities.

Mission statement

HealthPoint strengthens communities and improves people's health by delivering quality health care services, breaking down barriers and providing access to all.

Services Overview

The HealthPoint clinics provide more than just conventional medical care. Our services include preventive medicine, natural medicine, dental care, behavioral health services, acupuncture, nutrition counseling, and advocacy on behalf of our patients. We connect patients with other needed services as part of our mission.

Our Behavioral Health Program

Our Behavioral Health staff for the coming year includes 7 full-time psychologists who work at our Redmond, Bothell, Renton, SeaTac, Kent, Auburn, and Federal Way clinics. We utilize a "consultant" model, in which the goal of patient visits is to augment the usual primary care by ensuring a well-rounded biopsychosocial treatment plan. We provide individual, group, and family interventions and work in close collaboration with primary care providers in a fast-paced multidisciplinary setting to develop a plan the primary care provider can follow-up on. Visits are brief (20-30 minutes), limited in number (1-4 generally) and focused on functional restoration rather than diagnosis and therapy. We do not provide mental health therapy in the traditional sense, and our assessments and interventions are appropriate for the primary care setting. This is a great position for students who are interested in a radically different model of care that will likely become a fixture in primary care clinics of the future. This internship will provide an exciting, challenging, rewarding, and stimulating opportunity, in a supportive and enjoyable team atmosphere. Interns will have a nice balance of autonomy in setting up their services based on interests and clinic needs, while also having readily available supervision and guidance when needed.

We see a wide range of patients (children and adults) and problems. We serve a mostly low income and uninsured population, many of whom are immigrants. Patients are referred to Behavioral Health for all types of behavioral issues, including "medical" problems such as coping with chronic illnesses, like diabetes, obesity, and chronic pain; "lifestyle modification" regarding exercise, diet, and smoking cessation; and "psychological" problems such as anxiety, depression, and the whole range of mental health disorders. Many patients are also seen for subclinical problems such as stress management, parent-child problems or medication nonadherence. Interns will be involved with brief patient assessments, developing a treatment plan and coordinating that plan with the primary care provider. We also engage in preventive activities such as parenting education and stress management classes. In short, students will be exposed to any and all problems that fall into the health/mental health spectrum. There is no better place than a Community Health Center to gain experience with a wide variety of problems!

Intern Training

We are excited to have interns involved at all levels of our program. After an initial period of intensive training on the consultant model, associated assessment and intervention skills, and crisis management procedures, students will be placed in a clinic where they may be the only behavioral health consultant, or may operate with much autonomy. However, supervision will always be readily available from staff psychologists and primary care providers (PCPs). Additional training throughout the year will include relevant behavior change theories, such as cognitive-behavioral, motivational interviewing, acceptance and commitment therapy (ACT) and group approaches. This training may also be individualized based on the interests of the intern and clinic needs.

Two hours per week of didactic learning activities are required. Didactic learning includes didactic trainings and case consultation. Additionally there are clinic and organizational meetings, and provider meetings.

Intern Supervision

Interns receive two hours of formal individual supervision per week, and supervision and oversight are always available from staff psychologists. Supervision includes discussion of crisis management, ethics,

standards of care, development as a psychologist, shadowing during patient visits, and case consultation. Interns also will receive two hours of formal group supervision twice a month.

PCPs also provide onsite supervision because of the nature of the population and medical clinic setting. In addition, much informal contact and consultation also occurs with other physicians, providers and staff.

Supervision is flexible and oriented around the learning interests of our interns, while at the same time ensuring that basic professional competencies are achieved. Patient appointments may be recorded for evaluation and supervision when the supervisor is not able to shadow the intern.

Intern Compensation

The intern stipend amount is \$15,000. Interns are expected to complete 2000 hours over a 12-month period. Intern's schedule will be 40 hours per week on a Monday through Friday schedule to be arranged between the intern and the clinic of placement. Our clinics are open late (until 7 or 8 pm) one to two evenings per week and interns will be expected to work one late shift per week.

Applying for Internship

We have 4 full-time internship positions at HealthPoint this year. We would like the intern to start full-time work on July 16, 2012. **The deadline for completed applications is November 15, 2011. To apply, you follow the APPIC guidelines of submitting information via the AAPI Applicant Portal to our training site. We also would like you to send us your completed application (email is strongly preferred).** Selected applicants will be contacted by December 15, 2011 to schedule interviews. If all materials listed have not been submitted then applicants will not be ranked for the match. If you have questions, please contact Christy Painter, (see contact information below).

We are looking for applicants who have a variety of life experiences, are mature, independent, open-minded, and easy to get along with, and who enjoy clinical work in a fast-paced environment.

Qualified applicants must be currently enrolled in a PhD or PsyD program in clinical or counseling psychology and have completed all formal coursework.

We are a member of APPIC. Our Program Code Number is 204411.

This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant.

A complete internship application will include:

- APPIC Application for Psychology Internship (AAPI), including the form completed by your training director (Part 2)
- Cover Letter (including a concise summary of your reasons for applying to this internship)
- Current Curriculum Vitae
- Three sealed letters of reference
- Official graduate course transcripts

- Two writing samples (case presentation, assessment or testing report, presented paper, etc.)

Please email (strongly preferred) or mail all these materials in one packet (if possible) to:

HealthPoint
Attn: Christy Painter
955 Powell Ave SW
Renton, WA 98057-2908
Phone: (425) 277-1311 X 1152
Fax: (425) 277-1566
Email: cpainter@healthpointchc.org

Employment with **HealthPoint** is contingent on a satisfactory background check, which, depending on the position at issue and other circumstances, may include review of conviction records, credit histories, and/or driving records. **HealthPoint** may also re-run background checks for current employees on an annual basis depending on the position.

A conviction record may, but will not necessarily, bar employment. Investigation of conviction records will be restricted to specified convictions reasonably related to fitness to perform the particular job being applied for, unless we determine that it is not practicable to inquire so narrowly.

Questions?

Please contact Christy Painter by email or telephone (see above) with questions about the program or application process.
