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Pacifica's Clinical Training Newsletter is intended to be a source of information about policies and issues surrounding practicum and internship training at Pacifica. We plan to post a new issue every month on the Pacifica Website.

Contact Dr. Bennett if you would like to make a submission!

Dr. Bennett new Director of Clinical Training



Dr. Matthew Bennett
Director of Clinical Training

Dr. Matthew Bennett began functioning as Pacifica's full time Director of Clinical Training on September 1st. He had been working part-time as Assistant Director leading up to the full-time position. Dr. Chris Peterson, previously Director of Training, will take on a new role as Practicum Coordinator under the proposed reformulated clinical training sequence. Breeanna Dixon will continue her role as clinical training Assistant.

Dr. Bennett has been teaching as an adjunct

for Pacifica since January for Introduction to Statistical Analysis and Advanced Psychotherapy I. He will continue to teach both this year.

Dr. Bennett will be taking the lead role in clinical training policy, including roll-out of proposed changes in training policies to take effect in 10/11. He will also be advising students on practicum and internship placements, assisting them in negotiating with training sites, and acting as an advocate for students once they are placed.

Another important role for the new DCT will be ensuring that Pacifica's training policies comply with standards set by the American Psychological Association (APA), the Association of State and Provincial Psychology Boards (ASPPB), and licensing boards where Pacifica students expect to live and work.

Students are invited to contact Dr. Bennett for advisement on training and placement, help with interviewing, long-term strategy for licensure, and advocacy with current placements. Students should submit all paperwork, including site proposals and supervisor evaluations, to Breeanna.

First Year Students First To Encounter New Policies

The office of the DCT welcomes first year students in Pacifica's Ph.D. program in clinical psychology. This incoming year will encounter new clinical training policies designed to help this incoming cohort segue smoothly into the reformed clinical training program, otherwise scheduled to take effect for new students

in 10/11 school year.

The new policy restricts practicum field placement hours to 2nd year and later. As a result, incoming first year students will not be undertaking field placement work during their first year.

The new policy is a precursor to the reformed clinical train-

ing sequence, which will require a practicum focused on assessment and diagnostic skills in 2nd year, and a practicum focused on psychotherapy skills in 3rd year.

2nd year students and above will not be affected by the policy change.

“Waiver” policy discontinued this year

The office of the DCT reminds all students that all practicum and internship sites must be approved before accruing hours. Previously, the department maintained a “waiver” policy which allowed students to apply for approval for training which occurred in the past. The waiver will be cancelled as of January 1, 2010, which gives students time to report in to the office of the DCT to obtain credit for hours they have logged.

All students are urged to ensure that they have registered their practica with Breeanna Dixon. After the January 1 deadline, no credit will be awarded for practica that we have not pre-approved. If you have practicum hours you have not registered with us, contact Breeanna Dixon at bdixon@pacifica.edu or phone at (805) 679-6191. The fax number is (805) 565-5796.

For more information about the details involved in applying for a practicum,

please see our new Clinical Training Handbook online at:

<http://www.pacifica.edu/clinicaltraininghandbook.pdf>

The waiver form requires three documents: an attestation from the supervisor, completed supervisor evaluation of student form, and supervisor CV.

This mechanism allows recognition of up to 500 hours of training experience that occurred up to 4 years ago, but not prior to entering the program.

The policy of crediting practicum hours which occurred in the past will be discontinued in January 2010. Students are required to register their practicum with the DCT prior to obtaining hours.

New Guidelines on Paid Employment for Practicum

Students may request that a current work site be evaluated as a practicum site, but only upon approval of the DCT. Such sites must have a clear training component which will (to the DCT's satisfaction) materially contribute to the student's ongoing, stage-appropriate educa-

tion, and must otherwise meet practicum training site requirements. Only up to 500 hours will be approved, and no hours will be credited prior to approval of the DCT. Students requesting work site approval should approach the DCT with the request as soon as possible

upon entering the Ph.D. program or obtaining the position. Note that because practicum hours are not awarded during first year, such paid employment will only count towards practicum if it continues into 2nd year and beyond. A long-standing job held under a different level of licensure (i.e.,

different level of licensure (i.e., LCSW, MFT) would not ordinarily represent doctoral level training experience, unless substantially new training elements are undertaken for the purpose of practicum training, under appropriate supervision.

Contact Information for Office of DCT

Dr. Matthew Bennett, Director of Clinical Training

mbennett@pacifica.edu Phone: (805) 679-6139

Dr. Chris Peterson, Practicum Coordinator

cpeterson@pacifica.edu Phone: (805) 679-6174

Breeanna Dixon, Internship Assistant

bdixon@pacifica.edu Phone: (805) 679-6191

The Fax number for Clinical Training is: (805) 565-5796



Dr. Chris Peterson
Practicum Coordinator

Practicum Spotlight: Children's National Medical Center Washington DC / Allen Enderlyn



The Site:

Children's National Medical Center is a non-profit institution incorporated in 1870. The mission of CNMC is "to be preeminent in providing pediatric health care services that enhance the health and well-being of children regionally, nationally, and internationally. Through leadership and innovation, CNMC strives to create solutions to pediatric healthcare problems. To meet the unique healthcare needs of children, adolescents and their families, CNMC will excel in Care, Advocacy, Research and Education." The Hospital is located in Washington DC and has seven satellite outpatient clinics in Washington, D.C., Maryland and Virginia and is part of a complex of healthcare facilities for the entire Washington Metropolitan area. The Department of Psychology is under the Department of Psychiatry and Behavioral Science and in the Center of Neurosciences and Behavioral Medicine. There are 23 staff psychologists who engage in training, clinical service and research. CNMC is the pediatric teaching hospital for The George Washington University School of Medicine and Health Sciences. Psychologists at CNMC hold academic appointments in the Department of Psychiatry and Behavioral Sciences and the Department of Pediatrics at the medical School. The Division of Psychology and the Division of Neuropsychology conduct post-doctoral, internship and practicum-level training for psychology students.

CNMC offers approximately 30 (APPIC) externship experiences per year in child clinical and pediatric psychology to students enrolled in doctoral programs in psychology.

The Story:

I began my process about March of 2008, talking to my colleagues and fellow alumni at my Alma Maters of The George Washington University and The American University. Eventually I was invited to interview at the Eating Disorders Clinic in May 2008. Between May

and July, I exchanged several follow-up emails with my now supervisor, answering various questions about my experience. By end-July I was recruited, and took on my responsibilities in August 2008.

The Department of Adoles-

cent and Young Adult Medicine is especially designed to meet the health care needs of adolescent patients ages 12-21. Outpatient referrals are received from school, private physicians, and the patients and parents themselves. The externship in Adolescent Medicine offers a

range of didactic and practicum experiences, with a particular focus on eating disorder patients. The extern works as a multidisciplinary team member in the eating Disorders Clinic, located in a satellite clinic in Washington, D.C.

"I have benefited immensely from shadowing my supervisor in her work".

The Skinny:

In August 2008, I joined the team at the ED Clinic, along with two outgoing and two incoming externs. My psychologist supervisor is joined by a medical doctor and a nutritionist. It has been extremely informing to work in the medical environment, with a specific set of disorders which are complex, and with a team. Our Clinic experiences fluctuations in new incoming patients, and we must always be ready to intake: two hour-long interviews with the patient, an hour-long interview with the parent(s), and a feedback session with ourselves, the medical doctor and the family to discuss recommendations and treatment plan. The report is detailed and in very specific format, which includes all of the intake notes from the sessions above, plus self-reports and testing. After the feedback session, therapy begins. We have individual and group therapy in the Clinic. Family therapy, often recommended, is referred out to our colleagues. I have benefitted immensely from shadowing my supervisor in her work, and better understanding the models and theories guiding the work – self-psychology and relational. Personally, I appreciate learning in-depth about a subject, in this case, Anorexia Nervosa and Bulimia Nervosa, and co-occurring diagnoses.

APPIC time is here!

Third year students and above who want to start internship next year should now be actively involved in completing their APPIC applications. Here are some important APPIC Match process dates:

NOVEMBER 1, 2009 By this date, a Listing of Programs participating in the Match will be available for access by applicants and programs on this web site.

DECEMBER 1, 2009 Recommended date by which applicants should register for the Match.

DECEMBER 31, 2009 By this date, instructions for submitting Rank Order Lists and obtaining Match results will be available to applicants and training sites registered to participate in the Match.

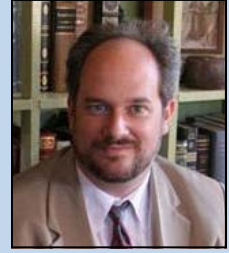
FEBRUARY 3, 2010 Final date for submission of applicant and program Rank Order Lists. No Rank Order Lists or registrations can be accepted after this date.

FEBRUARY 19, 2010 Applicants will be informed as to whether or not they have been matched to an internship position. However, applicants will NOT be told the specific program to which they are matched until Match Day.

FEBRUARY 22, 2010 APPIC Match Day: Results of the Match are released to applicants and training directors.

Ask the DCT

Q. What kind of training experiences should I seek in a Practicum?



A. Keep in mind that at this stage in your career, you are experimenting and learning. Don't be afraid to try something different; you won't be locked into anything later. In fact, you're probably more free to try new things than you will be at any other point in your career! Concentrate on getting a good range. I specifically recommend hospital and mental health center experience, and placements which afford you psychological testing and assessment experience. Remember: when you apply for internship, you'll be asked to recount your testing/assessment experience, and internships like to see it in a candidate.



Interviewing Tips

Dress professionally. Even if the work-site is casual, it is customary to show respect for the organization by dressing better-than-average. Your look should be professional and tasteful. Keep in mind that until proven otherwise, mental health treatment organizations, like all healthcare settings, tend to the conservative and professional in appearance and

attitude.

Know the organization ahead of time. Familiarize yourself with their treatment methodologies and any underlying principles. Use their language.

Practice cultural competence. On interview and early in your tenure at your practicum site, listen, learn, and absorb. Be polite and self-contained until you have a fuller sense of what the internal culture of the organization is like.

Keep in mind that Pacifica's theoretical orientation, Depth Psychology, is little known or appreciated in many settings. That has to be okay. Just as you would not expect the people of another country or culture to understand your own culture or biases, you should not expect the training site to share your own sensibilities. Do not use words or phrases specific to your model which others are not likely to understand. If you encounter any

resistance or indifference to your point of view, respond with something like, "Well, I am here to learn, and I would hope that despite our different points of view, we will find common ground in our efforts to help your clients." You are seeking training in a clinical discipline whose ultimate goals (the ethical and professional treatment of human beings with emotional and behavioral problems to have better, safer lives) transcends theoretical orientation. Your mission is not to enlighten your supervisors; your mission is to obtain quality clinical training. You might find that some of your most formative experiences come at the confluence of different points of view. It's a matter of diversity.