



The Clinical Child and Adolescent Predoctoral Internship 2009-2010

Casa Pacifica
1722 S. Lewis Road
Camarillo, CA 93012
(805) 484-7109
(805) 484-7157 (fax)

Accredited by the American Psychological Association (APA)

Committee on Accreditation
Office of Program Consultation and Accreditation
750 First Street, NE • Washington, DC • 20002-4242
Phone: 202-336-5979 • TDD/TTY: 202-336-6123

INTRODUCTION

The Casa Pacifica Predoctoral Internship Program offers a comprehensive training experience in Clinical Child and Adolescent Psychology. Our training program is accredited by the American Psychological Association (APA) and a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC) and offers a total of five positions within our Residential Treatment Center (RTC) our Day School Treatment Program (DTP), and our Crisis Care (Shelter) Center (CCC).

The yearlong, full-time Predoctoral Clinical Child and Adolescent Psychology Internship will begin on August 17, 2009 and end on August 13, 2010. **The application deadline for the 2009-2010 class is November 19, 2008.**

** 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.*

*** Committee on accreditation*

*C/O Office of Program Consultation and Accreditation
Education Directorate American Psychological Association
750 First Street NE, Washington DC 20002*

OUR BACKGROUND

Casa Pacifica, located on a 23-acre campus in Camarillo, California, was established in 1988 and opened its doors in 1994 to meet Ventura County's need for: (a) *shelter care* for abused, neglected, and abandoned children and adolescents removed from their homes by Child Protective Services (CPS) under the provisions of the Welfare and Institutions code, Section 300, and (b) *residential treatment* for seriously emotionally disturbed children for whom appropriate placements in Ventura County did not exist. In addition to these core services, Casa Pacifica offers day school to children who do not live on campus as well as assessments, educational programs, family support, medical services, psychiatric/psychological treatment, and a variety of community-based interventions to children and their families.

Unique to Casa Pacifica is the partnership between the private, non-profit entity and the County of Ventura as represented by our Partner County agencies: *Human Services Agency, Ventura County Behavioral Health, Juvenile Justice and our local school districts*. This partnership implements a "system of care" philosophy dedicated to the proposition

that children with multiple problems require multi-agency solutions. Consequently, the partnership seeks to integrate Casa Pacifica into the community's system of care including all of the existing local public and private service providers for children and families. Casa Pacifica does not operate in isolation, but with partners in the community as part of a network and continuum of services available to high-risk children and families.



Our Crisis Care Shelter Program (CCSP) serves up to 45 children ages 0 to 18 who (a) are brought to the shelter in an emergency situation by child protective services or (b) are already in the foster care system and require temporary care because they have failed or been failed by a placement. The shelter care program works in tandem with various county departments to provide assessment and treatment planning for children removed from their homes or from an out-of-home placement.

The Residential Treatment Center (RTC) provides an intensive, highly structured 24-hour out-of-home program for 28 youths, 11-17 years of age, and operates around clock. Certified as an RCL-14 facility, the RTC serves only those children who are assessed as being seriously emotionally disturbed and require this intensive level of services. A resident's typical length of stay ranges from nine months to two years.



A Nonpublic School, certified by the State Department of Education, is designed to provide educational services to seriously emotionally disturbed children who cannot educationally benefit from public school programs and require a more intensive level of educational services. The Casa Pacifica School serves children from the RTC as well as day students from surrounding communities. These children live at home and receive therapeutic services through our Supportive and Therapeutic Options Program (STOP), which provides clinical and aftercare services to day students and their families. In addition, STOP provides services to children and adolescents who have graduated from Casa Pacifica's Residential Treatment Program but who continue to require nonpublic school and other supportive aftercare services to be successful.

PRE DOCTORAL INTERNSHIP PROGRAM PHILOSOPHY

PRE DOCTORAL INTERNSHIP PROGRAM MISSION STATEMENT

To prepare doctoral candidates via clinical experiences, instruction, and supervision for transition from student to professional within the field of clinical psychology.



THEORETICAL ORIENTATION

Casa Pacifica's approach to treatment is cognitive behavioral in theory. As such, all clinicians are well versed in cognitive behavioral theory and treatment interventions as well as other orientations they have personally integrated into their practice. With any given case, we may conceptualize or integrate into treatment plans aspects of other theories (e.g., psychodynamic, humanistic, family systems therapy, etc.). We are committed to assessing the needs of every child on an individual basis and then establishing a treatment plan with specific goals. These goals will change as the child grows and achieves. As part of the assessment process, we have an appreciation for the child's developmental stage (both psychologically and chronologically), cultural differences, and the complex history most of our youth bring with them. In addition, we believe it is often essential to act as a child's advocate in terms of working with parents, teachers, social workers, probation officers, attorneys, etc.

TRAINING MODEL AND UNDERLYING VALUES

Our staff and agency value our training program and make training activities a high priority. Our intrinsic goal is the development of ethical, competent child and adolescent psychologists trained in the Local Clinical Scientist model (a variant of the Scientist-Practitioner model), who respect human diversity and contribute to their communities and the field of psychology. Our educational focus is preparation in the applied practice of clinical psychology based on the body of scientific knowledge and scientific principles of our profession. Our primary mode of training is “learning by doing.” Consequently, we provide an array of training seminars, training supervisors, and training experiences with a practical, experiential approach. To the extent possible, we use the naturally occurring events within our program as opportunities for training. We are also committed to assisting interns in identifying, testing, and refining “best practices” in psychology with respect to empirically supported approaches. Weighing the interpersonal, familial, cultural, regional, economic and social influences that impact a person’s life helps us promote a “localized perspective.” This process facilitates a match between “best practices” and the specific needs of the individual. Through this process, our Internship Program transitions the intern from student to professional.

Our internship program is committed to the following five underlying values:

1. WE ARE COMMITTED TO TRAINING IN A SCIENTIST-PRACTITIONER MODEL, AND PARTICULARLY THE “LOCAL CLINICAL SCIENTIST” MODEL.

Training is based on bringing the scientific knowledge base of psychology and scientific attitudes of the scientist to address all of our tasks as psychologist. We recognize the value of local observations and local solutions to problems, and these solutions are informed by the body of accumulated scientific knowledge in psychology.

2. WE ARE COMMITTED TO A BROAD RANGE OF SKILL DEVELOPMENT WHILE WORKING ON A MULTI-DISCIPLINARY TEAM, ENCOMPASSING ASSESSMENT, THERAPY, INTERVENTIONS AND PROGRAM DEVELOPMENT.

Our aim is to train professionals who are oriented toward the development of individuals as well as the remediation of pathology. As a result, interns will be trained in areas such as consultation, outreach, and teaching along with training in individual and group therapy, assessment, crisis intervention and treatment planning.

3. WE ARE COMMITTED TO TRAINING IN UNDERSTANDING AND RESPECTING HUMAN DIVERSITY AND TO PROVIDING EFFECTIVE SERVICES TO DIVERSE CLIENTELE.

Our belief is that interns must be prepared to understand and competently provide clinical services to a diverse student population. Interns will be asked to examine their own cultures, beliefs, attitudes, and biases as they relate to providing services to diverse clients. We provide training in this area through supervision on diverse clients, diversity training seminar and additional training seminars for the whole Casa Pacifica staff focused on areas of diversity.

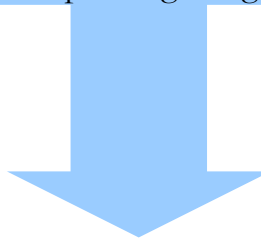
4. WE ARE COMMITTED TO FACILITATING THE DEVELOPMENT OF PROFESSIONAL IDENTITY AND PROFESSIONALISM.

Our intention is to help the intern bridge from the student role to forming a comfortable identity as a professional psychologist. Our emphasis is on gaining self-knowledge, making sound, ethical clinical and personal judgments, demonstrating sensitivity to cultural differences, and experiencing a sense of responsibility to oneself, the community and the profession. As a staff, we facilitate this through mentoring and supervision, modeling and professional interaction.

5. WE ARE COMMITTED TO FLEXIBILITY IN DEVELOPING EACH INTERN'S TRAINING PROGRAM.

Our internship combines required training experiences in broadly applicable areas with elective training options designed to meet the individual intern's needs, interests and backgrounds. Interns, with their supervisors and the Training Director, develop individualized goals and activities that will meet their specific needs. New goals are set each semester.

Values are implemented through 3 specific goals for our interns. Each goal in turn has 4 or 5 objectives we believe should be met as a means of accomplishing the goal.



GOALS

Goal 1:

To develop the necessary skills and knowledge to enter the field of professional clinical psychology as local clinical scientists.

- **Objective 1:** To provide predoctoral psychology interns training in integrating science with practice.
- **Objective 2:** To provide predoctoral psychology interns with training in the treatment of children, adolescents, and their families with a wide variety of psychological problems.

- **Objective 3:** To provide predoctoral psychology interns with training in evaluation and assessment of children and adolescents.
- **Objective 4:** To provide predoctoral psychology interns with training in ethically sound, culturally sensitive, evidence based interventions.

Goal 2:

To develop an integrated and ethical professional identity as a psychologist.

- **Objective 1:** To demonstrate knowledge of legal, ethical, and professional standards of care.
- **Objective 2:** To foster self-awareness and identify the impact of self on others.
- **Objective 3:** To demonstrate sequential and developmental growth and knowledge as a professional.
- **Objective 4:** To demonstrate a sense of competency and appreciation of continued growth as a professional.
- **Objective 5:** To experience quality supervision that mentors their professional development.

Goal 3:

To value the role of the psychologist in society as a culturally competent agent of change for community-based needs including advocacy, prevention, and intervention. Interns will:

- **Objective 1:** Embrace the role of the individual and the impact of cultural and diversity in treatment planning and intervention.
- **Objective 2:** Serve in a Leadership role on multi-disciplinary interagency teams.
- **Objective 3:** Collaborate, consult, and seek supervision.
- **Objective 4:** Understand and appreciate the role of the psychologist in impacting larger systems.

TRAINING

PREDOCTORAL

The Casa Pacifica Predoctoral program offers sequential and graded clinical training in cognitive-behavioral interventions, crisis management, brief and long-term psychotherapy, group therapy, assessment and consultation.

SUPERVISION

Minimum supervision includes:

- Individual Supervision with Primary Supervisor, *1 hour a week*
- Individual Supervision with Secondary Supervisor, *1 hour a week*
- Group Supervision with Delegated Supervisor, *2 hours a week*

- Individual Supervision with Post-Doctoral Intern, *1/2 hour a week*
- Individual Supervision for Group Facilitation, *1/2 hour a week*
- Assessment Supervision, *1 hour a week or as needed*

BI-WEEKLY SPECIAL TOPICS SEMINAR

Seminars represent training in areas of theory, diagnosis, evaluation and intervention.

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|---|---|
| ■ Intake Interviewing and Preliminary Diagnostic Assessment | ■ Sand Tray and Play Therapy |
| ■ Crisis Management | ■ Licensure Preparation |
| ■ Child and Adolescent Psychotherapy | ■ Professional Development |
| ■ Family Therapy | ■ Diversity Training |
| ■ Law and Ethics | ■ Aggression Replacement Training (A.R.T.) |
| ■ Consultation | ■ Life Space Crisis Intervention (L.S.C.I.) |
| ■ Psychopharmacology | ■ Termination of the Therapeutic Relationship |
| ■ Trauma | ■ Substance Abuse |
| ■ Mood and Anxiety Disorders | |
| ■ ADHD, ODD, and Conduct Disorder | |

ASSESSMENT OPPORTUNITIES

One component of pre and post-doctoral training involves integrative psychological assessment of children ages 5-17 with a wide range of presenting problems. Students develop their assessment skills through a yearlong assessment seminar and by completing ongoing psychological assessments at Casa Pacifica.

Program Organization

TRACKS

Clinical services for our three training tracks include assessment, evaluation, plan development, individual, group and family therapy, collateral services, and psychiatric services including medication assessment and monitoring.

- 1. Residential Treatment Center (RTC):** Interns in this track are assigned to either of our two adolescent residential cottages. The RTC track offers long-term therapy experience with adolescent boys or girls depending on the cottage assigned. RTC experiences typically involve opportunity for family therapy and psycho-educational group experience. Of the three tracks offered in our internship training program, this track offers experiences working with our most clinically acute population. Depending on client availability, successfully progressing interns in this track may be offered the opportunity to experience a minor rotation in one of the other two training tracks.
- 2. Day School Treatment Program (DTP):** The intern in this track will work with children and/or adolescents who attend the non-public school at Casa Pacifica and then return to their families or care providers in the evening. Day school client's will be kept throughout the year (unless they are transitioned elsewhere) which will provide the intern with long-term treatment experiences. Depending on client availability, successfully progressing interns in this track may be offered the opportunity to experience a minor rotation in one of the other two training tracks.
- 3. Crisis Care Shelter Program (CCSP):** The interns who select this track will be provided brief/short-term therapy experiences (typically 30-90 days) with adolescents and/or children who have entered the Crisis Care Shelter at Casa Pacifica. Caseloads are typically mixed in terms of gender and the age range of clients served is larger than the other two tracks. Depending on client availability, successfully progressing interns in this track may be offered the opportunity to experience a minor rotation in one of the other two training tracks.

SPECIAL INTERESTS/TRAINING OPPORTUNITIES

SPEAKERS/TRAINING OPPORTUNITIES

Casa Pacifica is committed to the ongoing training of interns and staff. Leading researchers and professionals within the field of psychology are invited to speak and/or train on their areas of expertise. Recent speakers have included Donald Meichenbaum, Ph.D. (Post-Traumatic Stress Disorder and Cognitive Behavioral Therapy), A. Steven Frankel, Ph.D., J.D.,



ABPP (Law and Ethics), and Glen Roberts, Ph.D. (Roberts Apperception Test for Children). Interns and staff also receive monthly training from Joan Asarnow, Ph.D.

STIPEND, VACATION, FACILITIES

Yearly stipends are offered in the amount of \$22,000, including benefits, to the intern class of 2009-2010. Interns may take up to 15 days of vacation per year. We ask that our interns not take more than one week of vacation during the month of August. In addition, interns will be off for the same major holidays as Casa Pacifica staff and are allowed one additional day off for dissertation research.

Casa Pacifica provides an office for interns to use and each intern will have his/her own desk, computer and phone. Rooms with video cameras and video equipment are available for interns to use to facilitate the supervision process.

YOUR FUTURE

Casa Pacifica is dedicated to meeting the training and professional development needs of our interns. In terms of professional development we offer seminars aimed at assisting interns with the process of preparing and marketing themselves for future professional employment. Additionally, before advertising any of our post-doctoral positions, we consider our own interns who are progressing successfully through our program. Trained in the “Local Clinical Scientist” model, it is our hope that interns will leave our program with a strong professional identity and be confident and competent to work with children and adolescents who have severe emotional problems.



LIVING IN CAMARILLO & VENTURA COUNTY

Located in Ventura County, Camarillo is the fifth largest city with about 73,000 residents, rolling hills, strawberry fields galore, a thriving business community, and affordable housing.



Camarillo is in a wonderful setting on the Pacific coastal plain, and is only 5 miles from the Pacific Ocean.

Residents enjoy a mild year round climate

and outdoor activities all year. Camarillo's location halfway between Santa Barbara

and Los Angeles puts visitors and residents close to a multitude of wonderful places, attractions and activities.



Within Ventura County are cities such as Oxnard and Ventura along the California coastline which offer non-crowded beaches, popular surf spots, harbor cruises, a 13-mile bikeway, festive shops, restaurants, family entertainment, and the Channel Islands National Park Visitors Center. Additionally, the city of Ventura has a vibrant art district, an array of galleries, artisans and stage performances,

an archaeological museum, city walking tours, and the ever-popular “ghost hunts.”

For those who like warm weather, recreation, cultural diversity, and a growing, changing community, our area has great appeal.



CLINICAL FACULTY

Myra Saltoun, Ph.D., *Director of Clinical Services and Programs*, University of Southern California (1984).

Sean Schoneman, Ph.D., *Clinical Director of Training (DCT)*, Texas Tech University (2002).

Leslie Singer, Ph.D., *Associate Director of Clinical Operations*, Rutgers University (1983).

Lauren Worden, Ph.D., *Residential Clinician/Supervisor*, University of Oregon (1994).

Barbara Meyer, Ph.D., *Shelter Clinician/Supervisor*, California School of Professional Psychology at Alliant International University (2003).

Maya Elyashkevich, Psy.D., *Residential Clinician/Supervisor*, California School of Professional Psychology at Alliant International University (1999).

Katherine Kemp, L.C.S.W., *Parent Child Interactive Therapy Program Supervisor*, State University of New York, School of Social Work (1982).

Michael Marquez, Ph.D., *Day School Clinician/Supervisor*, Washington State University (2005).

Lisa Jo Cohen, Ph.D., *Intake Clinician/Supervisor*, California School of Professional Psychology at Berkeley/Alameda, California (1998).

Elizabeth Latu, Psy.D., *Shelter Clinician/Supervisor*, Fuller Theological Seminary (2003).

Robert Kretz, Psy.D., *Assessment Supervisor*, Pepperdine University (1999).

THE INTERNSHIP APPLICATION PROCESS

The Casa Pacifica Predoctoral Internship utilizes the uniform application developed by the Association of Psychology Postdoctoral and Internship Centers (APPIC). Matching, acceptance, and notification are subject to APPIC guidelines. Information regarding the internship is distributed *preferably* through communication by e-mail with Dr. Sean Schoneman at SSchoneman@casapacifica.org.

Applications to the Casa Pacifica Predoctoral Internship Training Program in Adolescent and Child Psychology must be received by November 19, 2008. Prospective candidates will be interviewed in December and January, and these onsite interviews are heavily weighted in terms of the matching process. Interviews will be offered only to applicants who have submitted a complete application file and only after these files have been screened by faculty committees. Applicants who wish to be considered for December interviews should submit application materials prior to November 19, 2008.

The following items constitute a complete application:

1. A completed **APPIC Uniform Application**: You may obtain this application at the following site: www.natmatch.com/psychint
 2. The **Verification of Internship Eligibility and Readiness** completed by the applicant's academic program.
 3. A current **curriculum vitae**
 4. **Transcripts** of all graduate level coursework.
 5. **Three (3) letters of recommendation** from current graduate school faculty and clinical supervisors (these may arrive after the deadline dates).
- Upon acceptance to the program, all candidates will be expected to carry their own liability insurance. For further information, check the APA website on-line at www.apa.org.

Applications should be submitted to: eatkinson@casapacifica.org or:

Elizabeth Atkinson
Administrative Assistant, Clinical Department
Casa Pacifica Predoctoral Internship in Child and Adolescent Psychology
1722 S. Lewis Road
Camarillo, CA 93012

