DOCTORAL INTERNSHIP IN CLINICAL PSYCHOLOGY

2020 - 2021 Training Year

Buffalo Psychiatric Center
400 Forest Avenue
Buffalo, New York 14213

The Buffalo Psychiatric Center Psychology Internship Program is accredited by the American Psychological Association

American Psychological Association
Program Consultation & Accreditation
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Washington, D.C. 20002-4242
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BUFFALO PSYCHIATRIC CENTER
The Buffalo Psychiatric Center (BPC) is a comprehensive, community-based mental health system serving the four-county region of Western New York. BPC provides both inpatient and outpatient mental health services to seriously mentally ill adults. BPC’s main campus, including inpatient, outpatient and residential centers, is located in the city of Buffalo. BPC Inpatient Services are located within the Strozzi Building on BPC’s Buffalo campus, and include six inpatient units providing mental health treatment to 156 adult patients. BPC also provides adult outpatient services at six Recovery and Treatment Centers across Western New York. All services are under the auspices of the New York State Office of Mental Health (OMH). A wide variety of specialized rehabilitative, social, and supportive housing programs, including wellness programs and vocational services, augments the therapeutic services that BPC offers. BPC patients include those with a full range of DSM diagnoses and reflect the diversity of Western New York in terms of race, gender, gender identity, age, religion, socioeconomic status, immigration status, and other aspects of identity. BPC completed a site visit in March 2019, and received accreditation as of July 21, 2019.

PSYCHOLOGY DEPARTMENT
The faculty of the internship consists of ten members of the Buffalo Psychiatric Center Psychology Department who have doctoral degrees, are licensed in New York State, and provide direct psychological services at their worksites. The faculty members reflect a wide range of interests and orientations to clinical work with a commitment to evidence-based treatment.

CLINICAL PSYCHOLOGY INTERNSHIP PROGRAM
TRAINING PHILOSOPHY and OBJECTIVES
The Buffalo Psychiatric Center Doctoral Internship in Clinical Psychology is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC) and as such adheres to APPIC guidelines. Its goal is to facilitate the development of the core skills of clinical psychology. Our internship program is based on the Practitioner-Scholar model that emphasizes the application of relevant assessment technologies and empirically-supported clinical interventions for individuals with serious mental illness. We promote functional and foundational competencies in an ethically-based and culturally sensitive way, applied within a community-based system of public mental health services. Program policy is formulated by the Training Committee, which meets monthly, under the leadership of the Director of Psychology Training.

The primary goal of the BPC Doctoral Internship in Clinical Psychology is to prepare individuals to become competent entry level psychologists. This goal is operationalized by means of the following five training objectives.
Objective One: Competence in Evidence-based Intervention
The first objective is for interns to demonstrate competence within a range of core treatment modalities (individual and group therapy) as applied to the seriously mentally ill population.

Objective Two: Competence in Psychological Assessment
The second objective is for interns to demonstrate proficiency in the administration and interpretation of a full range of core assessment techniques and strategies for individuals diagnosed with serious mental illness.

Objective Three: Competence in Intern-selected Area of Specialization
The third objective is for interns to demonstrate advanced skill proficiency in individually defined modalities, populations, areas of research or professional functions that are consistent with the intern’s background, interests and career plans. At the beginning of each rotation, interns define any additional core clinical skills that they wish to develop or enhance during the internship year. Strategies to evaluate this objective are defined collaboratively with the supervising psychologist.

Objective Four: Competence in Working with a Diverse Patient Population
The fourth objective is for interns to demonstrate advanced proficiency in effectively and sensitively applying professional skills in their work with a diverse patient population. Cultural humility, with its tenets of life-long learning, patient-focus, and community-based partnerships forms the foundation for training and practice at BPC.

Objective Five: Professional Identity
The fifth objective is the development of a professional identity as an entry-level, health-service psychologist, including the ability to demonstrate professional self-awareness in a variety of situations, the ability to bring to a team of practitioners the unique perspective of psychology as a scientifically based practice and a clinically informed science, and the ability to apply evidence-based practices in the context of local knowledge and the specific needs of those with serious mental illness. Such identity must be based on a capacity to practice in an effective and autonomous manner. It is based further on identification with psychology role models and integration of this profession’s values, ethics, and standards for professional practice.

These five objectives are measured through the intern evaluation materials, completed by each rotation supervisor at the end of every three months, and reviewed with the intern. In addition, interns are asked to fill out self-report evaluation materials at the beginning and end of the internship, which assist in evaluating their achievement of these objectives.

To achieve these objectives, the internship is designed to be sequential, cumulative, and graded in complexity. This model allows each intern to function with increasing independence over the course of the year. In the beginning of each rotation, interns are closely supervised as they familiarize themselves with the rotation setting and expectations. Initially, this may involve observation of the supervisor. Gradually, interns assume greater clinical responsibility, in close consultation with their supervisor. With the accumulation of experience, interns function with increasing autonomy such that, by the end of the year, it is expected that interns are ready to
assume the independent clinical functioning expected of an entry-level professional in this setting, with supervision serving a more consultative role.

**INTERNSHIP STRUCTURE**

The Doctoral Internship is designed to provide advanced training in the core skills of clinical psychology as they are applied in a comprehensive system of mental health services. BPC has originated a series of internship experiences based upon broad areas of interests.

Given the variety of rotation options, interns are typically able to secure their preference. Staffing patterns, the need for adequate supervision, the need for licensed supervisors, and demand for a particular rotation may at times require some negotiation. The rotation structure provides interns with an extensive and intensive experience in their primary area of interest as well as the opportunity to receive more broad exposure to other clinical populations, clinical problems, or treatment modalities.

The selection of each intern’s rotation sites is based on the intern's own formulated objectives as reviewed with the Director of Psychology Training. The goal is for the intern to develop a rotation schedule of activities that includes a minimum of 10 hours per week of face-to-face clinical experience. For example, an intern’s schedule for direct clinical contact might include:

- **Individual Therapy:** 4-5 hours per week
- **Group Therapy:** 3-6 hours per week
- **Assessment:** 1-3 hours per week

Interns have the opportunity to work with a diverse patient population, enabling them to develop an understanding and appreciation of the ways that individual differences influence the delivery of psychological services.

**MAJOR and MINOR ROTATIONS**

Internship is structured to include both a major and a minor rotation. The major rotation involves placement on one of BPC’s inpatient units for the first 6 month period, followed by a second major rotation on a different inpatient unit for the second 6 month period. In rare cases, an intern may request to remain on the same unit for the full year; approval would be based on the intern’s training goals and the continued availability of the rotation.

The minor rotation allows the intern to pursue training in another setting, and includes a placement of approximately 8 hours per week either on another inpatient service or in an outpatient Treatment and Recovery Center, where the focus is on outpatient assessment. The minor rotation can be for six or twelve months.

In addition to major and minor rotations, interns may arrange to provide consultation services on other units, in support of the objective of developing advanced proficiency in the intern’s selected area of specialization.
BPC Inpatient Services

Adult Inpatient Services consist of six units located in the Strozzi Building, located on BPC’s main campus. Each of the units has a specific function and role in the overall facility, although there is significant overlap in client population. The BPC inpatient program emphasizes treatment and rehabilitation services, designed to assist residents in attaining psychiatric stability as well as skill and resource development necessary for successful community living. Each unit has an interdisciplinary team that includes psychiatry, medicine, nursing, psychology, social work, occupational therapy, rehabilitation therapy, recreation therapy, pharmacy, dietetics, and mental health therapy aids. Principle service modalities on the inpatient units include assessment, individual therapy, group therapy, medication management, and therapeutic programming to assist each person in their recovery process. On each rotation, interns participate in interdisciplinary team-based treatment planning and review; provide diagnostic, cognitive, and/or neuropsychological assessment; facilitate psychoeducational and psychologically-based group programming; and provide individually based psychotherapy services.

Inpatient Rotations

**Unit 5 South (75—Admissions Unit)** is a 26-bed unit serving adult men and women. This unit serves as the entry point for patients transferred from other mental health facilities, and offers opportunities for psychological screening and assessment as well as individual and group treatment of individuals requiring ongoing inpatient mental health care.

**Unit 6 South (76—Men’s Unit)** is a 26-bed inpatient unit single-gender unit serving adult men. This unit provides individual and group treatment, including psychoeducational, and cognitive-behavioral therapy groups for men diagnosed with serious and persistent mental illness.

**Unit 6 North (66—BRITE Program)** is a 26-bed unit serving adult men and women. The BRITE Program rotation offers interns a variety of experiences associated with the development and maintenance of an intensive behavioral rehabilitation program, based extensively on the Social Learning Approach of Gordon Paul, Ph.D.

**Unit 7 South (77—Co-ed Unit)** is a 26-bed inpatient unit serving adults with persistent mental-illness, with an emphasis on trauma-informed care.

**Unit 7 North (67—Co-ed Unit)** is a 26-bed inpatient unit serving adult men and women with serious mental illness. This unit also specializes in serving Forensic and Criminal Procedure law populations.

**Minor Rotation in Outpatient Assessment**

Interns have the opportunity to complete a minor rotation in psychological assessment at the Lancaster Recovery and Treatment Center (RTC). The Lancaster RTC is located in Lancaster, New York, about 15 miles from the BPC main campus and easily accessible by car.
SUPERVISION

Supervision is seen as the core of the internship experience. Therefore, interns are regarded as trainees and their direct service responsibilities are always assigned with attention to their individual training needs. Interns are assigned two supervisors, including a supervisor for the intern’s major rotation and a supervisor for the intern’s minor rotation. In addition, each intern receives in-depth supervision on psychological assessment batteries. Interns are also responsible for presenting one case during the Case Conference Seminar in which other interns and seminar leaders provide group supervision.

Interns receive a minimum of 4.5 hours of supervision weekly, including 3.5 hours weekly of individual face-to-face supervision and 1 hour per week of group supervision, as indicated below.

<table>
<thead>
<tr>
<th>Individual Face-to-face Supervision</th>
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<tbody>
<tr>
<td>2.0 hours</td>
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<tr>
<td>0.5 hours</td>
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<td>0.5 hours</td>
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<table>
<thead>
<tr>
<th>Group Supervision</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.0 hours</td>
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</tbody>
</table>

**Total Weekly Individual and Group Supervision**

| 4.5 hours                     |

Supervision is provided by staff members of BPC who carry clinical responsibility for the cases being supervised. The therapeutic orientations and supervisory styles among the training staff are varied and an attempt is made to match supervisors with the needs and preferences of each intern. Supervision is typically based on intern report, direct observation, and/or progress notes of each session. The Psychology Department’s model of supervisory training encourages the growth of each intern, provides quality professional role models, and emphasizes the development of the psychologist as an emerging professional.

The structure and delivery of supervision meets the requirements of the New York State Office of Professions for Psychology.

DIDACTICS

**Didactic Seminar**

The Didactic Seminar supports the development of professional standards and awareness of professional issues. The Didactic Seminar meets weekly for two hours throughout the internship year, and covers a variety of professional and clinical topics. The majority of seminar topics are presented by members of the Psychology Department. In addition, presenters include members of the Social Work, Nursing, Rehabilitation, Dietary, and Administrative departments. The Didactic Seminar is one of the many opportunities for interns to interact and socialize together.
The Seminar, in combination with the intern’s rotation experiences, provides the vehicle by which interns acquire and practice the application of psychological concepts and scientific knowledge to the professional delivery of psychological services. Sensitivity to cultural issues and identity are integrated throughout the core curriculum of this seminar series.

Seminar topics cover a range of diagnostic, assessment, intervention, and professional development issues, and all incorporate an awareness of cultural and individual differences. Listed below is a selection of past seminar topics.

- **Psychological Assessment**
  - Multicultural Issues in Psychological Assessment
  - Differential Diagnosis
  - The Neuropsychological Examination
  - Suicide Risk Assessment
  - Traumatic Brain Injury
- **Evidence-based Intervention**
  - Cultural and Identity Issues in Mental Health Treatment
  - Dialectical Behavior Therapy
  - Acceptance and Commitment Therapy
  - Psychiatric Treatment of Children and Adolescents
  - CBT for Psychosis
  - Couples and Family Therapy
- **Professional Identity**
  - Self-Care
  - Careers for Psychologists in Administration
  - Cultural Humility
- **Continuum of Care**
  - Introduction to Treatment Planning
  - The Role of Assertive Community Treatment (ACT) for Psychiatric Patients
  - Outpatient Mental Health and Case Management
  - Mental Health Response to Emergency/Disaster Situations
  - The Function of Occupational Therapy in Psychiatric Rehabilitation
  - Involuntary Admissions and Criminal Procedure Law
  - Introduction to Psychoactive Medications
  - Medical Co-Morbidity in a Psychiatric Hospital
  - Safety Planning for At-Risk Patients
  - Social and Emotional Aspects of Hearing Impairments
  - Introduction to Forensic Psychology

**Additional Didactic Seminars**

Supporting the achievement of these objectives are supplementary didactic seminars and complementary didactic experiences including:

- State University of New York at Buffalo Department of Psychiatry Grand Rounds
• New York State Office of Mental Health Satellite Grand Rounds
• CMEs offered weekly by Psychiatry Services at BPC.

EVALUATION of INTERN PERFORMANCE
The BPC Internship program has the responsibility to evaluate and provide feedback to each intern. The primary purpose of this assessment is to facilitate professional and personal growth. This assessment is provided on a continual basis and in a timely way. At each evaluation period, each intern supervisor is asked to comment on the progress of each intern on the internship training objectives and the profession-wide competencies of the American Psychological Association (APA). The Director of Psychology Training compiles the evaluations and reports these findings to the Training Committee. This information is used to revise and improve the training program.

Initially, each intern and the intern’s rotation supervisor contract for a mutually agreeable set of rotation goals and objectives that reflect progress toward the five overarching internship objectives and the profession-wide competencies. Interns and supervisor activities and expectations are developed that facilitate the implementation of these training objectives and development of competencies. Interns and supervisors formalize this process of signing the Intern Rotation Contract.

Each intern’s performance is evaluated at regular three-month intervals by their supervisors utilizing a standard evaluation form that asks for progress, difficulties, or revisions of any internship goals or objectives.

The profession-wide competencies on which interns are evaluated are those established within the Standards of Accreditation for Health Service Psychology (APA, 2015) and comprise the following areas:

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
9. Consultation and interprofessional/interdisciplinary skills
TRAINING PERIOD, SALARY and BENEFITS
BPC’s doctoral internship start date is Thursday, July 30, 2020. The internship is a one-year, 40 hour per week position that requires a minimum of 1,750 total hours over the course of the full internship year for successful completion. Interns who wish to complete 2,000 hours to satisfy requirements for licensure in any state are advised not to expend ALL of their leave accruals and would need to coordinate their schedule with their direct supervisor in order to reach 2,000 hours.

Interns are expected to be on site Monday through Friday, from 8:00 a.m. to 4:30 p.m., with coverage of one evening group (until 6:00 p.m.) required weekly. Working at home during business hours is not allowed.

The current salary for interns at BPC is $35,074 per year. Interns may choose from a variety of health insurance plans at a low premium cost, and are provided family dental and vision plans at no cost. Parking is available on the BPC campus at no charge.

Time off is accrued throughout the internship year for vacation and sick leave at the rate of one day for each four-week work period. In addition, there are 12 paid holidays and five personal leave days awarded. Please note that vacation time, although accrued, cannot be utilized until the seventh month of employment, per New York State regulations. Due to a lap payroll system, interns’ first paychecks are issued about three to four weeks after the beginning of the internship. In addition, New York State withholds one day of salary payment from each pay period for the first five pay periods; this lump sum is paid at the completion of the internship. The cost of fingerprinting is also deducted from the first paycheck.

APPLICATION REQUIREMENTS
Applicants should be members in good standing in a doctoral program in Clinical or Counseling Psychology.

Buffalo Psychiatric Center (and the New York State Office of Mental Health) is an affirmative action equal opportunity employer and abides by all laws pertaining to fair employment practices. Established policies regarding race, color, religion, creed, age, gender, national origin, ancestry, marital status, physical or mental disability, veteran status or sexual orientation are in place to ensure equitable treatment of all employees and applicants. Policies also have been established which ban sexual harassment and/or intimidation, including verbal harassment or abuse, demands or subtle pressure for sexual activities or favors. The Psychology Department and Internship Training Program are committed to respecting and understanding cultural and individual diversity in its admission and training policies and the program is committed to the recruitment of culturally and ethnically diverse interns. Inquiries and applications are encouraged from all qualified individuals.
APPLICATION PROCESS

The following application materials are to be provided consistent with the APPIC AAPI online process:

- AAPI application form (download from APPIC web site: www.appic.org)
- Official university graduate transcript
- Curriculum vitae
- Three letters of recommendation
- One redacted assessment report

BPC participates in the APPIC Internship Matching Program and abides by APPIC guidelines for internship selection. The deadline for all applications is NOVEMBER 29, 2019.

Buffalo Psychiatric Center 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.

All applicants must obtain an Applicant Agreement Package from National Matching Services, Inc. (NMS) and register for the matching program in order to be eligible to match to BPC. An Applicant Agreement package may be requested from NMS through the Matching Program web site at www.natmatch.com/psychin or by contacting NMS at the address, phone or fax numbers shown below:

National Matching Services Inc.
20 Holly Street, Suite 301
Toronto, Ontario
Canada, M4S 3B1
Phone: 800-461-6322
Fax: 844-977-0555
E-mail Address: psychint@natmatch.com

SELECTION of INTERNS

<table>
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<tr>
<th>Requirements</th>
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<tbody>
<tr>
<td>Clinical/Educational Experience</td>
<td></td>
</tr>
<tr>
<td>Minimum AAPI Intervention Hours</td>
<td>300 hours</td>
</tr>
<tr>
<td>Minimum AAPI Assessment Hours</td>
<td>60 hours</td>
</tr>
<tr>
<td>Experience Working with Adults</td>
<td>Yes</td>
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<tr>
<td>Experience in an Inpatient Setting</td>
<td>No</td>
</tr>
<tr>
<td>Minimum Years of Graduate Training</td>
<td>4</td>
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<tr>
<td>Comprehensive Examination Passed before Start of</td>
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<tr>
<td>Internship</td>
<td>Yes</td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
<tr>
<td>American Citizenship</td>
<td>Yes</td>
</tr>
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</table>
BPC welcomes applicants who reflect the rich diversity of the Western New York region in race, language, gender identity, sexual orientation, culture, immigration status, religion, age, and other aspects of identity.

**INTERVIEW PROCESS**

Those applicants under serious consideration will be contacted by e-mail no later than **December 15, 2019** to schedule an on-site interview. Interviews will be scheduled for a half-day period on Fridays or Mondays during the first three weeks of January. Interviewees are scheduled to meet individually with the Director of Psychology Training and with two psychologists from the Training Committee. Interviewees also have the opportunity to meet with the current intern class. A tour of the facility will be provided. If for any reason the applicant is unable to travel for an on-site interview, BPC will make every effort to schedule a phone interview. However, an on-site interview is strongly preferred as it provides more data for both parties to make their decision.

**PSYCHOLOGY INTERNSHIP PROGRAM STAFF**

**ADMINISTRATIVE STAFF**

Bill Reynolds, Psy.D., Director of Psychology Training

Martha Totin, Psy.D., Chief Psychologist

**SERVICES STAFF**

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Christopher Keller, Psy.D.

Sarah Marchand, Ph.D.

Betsy McDonnell, Ph.D.

Katherine Neely, Ph.D.

Patricia Roy-Petrick, Ph.D.

Barbara Roos, Ph.D.

Jennifer Schwenkbeck, Ph.D.

Kathleen Shanahan, Ph.D.

Michelle Woogen, Psy.D.

**ADJUNCT FACULTY**

Steven Ciric, M.D., Clinical Director of Buffalo Psychiatric Center
THE BUFFALO-NIAGARA COMMUNITY

The Buffalo-Niagara metropolitan area has a population of over one million inhabitants. Buffalo is a city on the shores of Lake Erie in Western New York. Its fine neoclassical, beaux arts and art deco architecture speak to its history as an industrial capital in the early 20th century. Its landmarks include buildings by Frank Lloyd Wright, Louis Sullivan, and H. H. Richardson, who designed the original psychiatric center in Buffalo, now part of the Richardson Olmstead Campus adjacent to Buffalo Psychiatric Center.

Buffalo also has a vibrant arts community. It’s home to the Albright-Knox Art Gallery, with works by Picasso and Warhol, and the Burchfield-Penney Art Center, dedicated to the work of Charles Burchfield and other Western New York artists. Both are just a five minute walk from BPC. Buffalo’s theater district counts over 20 theater companies, including Shea’s Performing Arts Center, where touring companies perform Broadway hits. The city is also home to the renowned Buffalo Philharmonic Orchestra. There are outdoor concerts and winter ice-skating at Canalside, kayaking in Buffalo Harbor, shopping in Elmwood Village, and dining at the more than 400 independently owned restaurants (serving our famous chicken wings and more).

Niagara Falls is just a 30 minute drive from downtown Buffalo, and Toronto, Ontario, is only 90 miles across the border. There are several state parks, hiking trails, and other recreational activities including several downhill and cross-country ski resorts within easy driving distance. For sports fans, Buffalo offers major league football and hockey with the Buffalo Bills and Buffalo Sabres. In addition, Buffalo offers Triple A baseball with the Buffalo Bisons, and lacrosse with the Buffalo Bandits.

For those relocating to Buffalo, the area offers a wide variety of houses, apartments, and townhouses in an affordable price range.

Video Link: Buffalo, New York: This Place Matters