The Alaska Psychology Internship Consortium (AK-PIC)

Intern Brochure

2014-2015

Alaska Psychology Internship Consortium

Mission:

The Alaska Psychology Internship Consortium's (AK-PIC) mission is to prepare and retain psychologists to provide culturally competent collaborative health care for Alaska's unique and diverse people.

The Alaska Psychology Internship Consortium (AK-PIC) represents the collaborative effort of five Alaska agencies to share resources and faculty for the purpose of providing a diversified educational program for doctoral psychology interns. The consortium was designed to prepare interns to meet the unique challenges of practicing psychology in rural and remote settings and to ensure clinical competency in working with Alaska's various cultural groups.

Accreditation Status

The Alaska Psychology Internship Consortium (AK-PIC) is accredited by the APA. Accreditation was awarded beginning June 2012, and is effective for 7 years.

Questions about AK-PIC's training may be directed to either of the Training Co-Directors, Dr. Sarah Dewane: Sarah.Dewane@providence.org or Dr. John DeRuyter: JDeRuyter@hopecounselingcenter.org; however, questions specifically related to the program's accredited status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington, DC 20002
Phone: (202) 336-5979
Email: apaaccred@apa.org

APPIC Membership Status

AK-PIC is a participating member of APPIC.

Program Structure and Rotations

The Consortium offers one-year, full-time internship placements beginning and ending in July each year. The Consortium is comprised of treatment centers throughout Alaska and will provide a range of clinical and didactic experiences that represents the necessary depth and breadth required for future professional practice with Alaska's diverse communities. Interns will have a primary placement at one site, and will complete mini-rotations at other sites within the consortium. Across training sites, interns will complete an average of 10-15 hours per week of face-to-face direct service delivery.

Major Training Emphases

All sites will offer three major training emphases:

Psychotherapy

Each consortium site provides opportunities for interns to work in inpatient or outpatient settings to provide individual, group, family and/or couples therapy to people from a diverse range of age groups, ethnic groups, and socioeconomic levels within a variety of therapeutic modalities.

Psychological Assessment

Assessment experience is provided at each consortium site. Interns at every site will be expected to administer, interpret, and provide written synthesis of psychological test batteries. Assessments may include intellectual, achievement, personality, and competency-based measures. Interns will have opportunities to write reports and make recommendations that convey meaningful information to clients. While each site varies on the number and type of referrals, most interns will complete 5 or more batteries throughout the course of the year.

Addictions

All interns will have experience working with clients with drug and alcohol comorbidities. The clinical experiences within this major training emphasis will vary from site to site and may involve: outpatient treatment, inpatient treatment, brief screening/intervention, referral, assessment, consultation, psychoeducation, and/or work within a court setting.

Required Minor Rotations

Every intern, with the exception of API placed interns, will complete an intensive, minor rotation at the Alaska Psychiatric Institute in Anchorage in order to gain clinical exposure to an inpatient setting. Every intern will additionally complete a minor rotation at Norton Sound Health Corporation in Nome and one of its 15 outlying Native communities in order to gain village-based experience with Alaska Native people. These intensive rotations are intended as opportunities for exposure and shadowing, and may or may not involve the opportunity for provision of clinical services. Finally, all interns will complete a Transcultural Medicine rotation at the Alaska Family Medicine Residency in Anchorage, in order to learn about the role of culture in medicine and the application of interventions within specific cultural groups.

Elective Training Opportunities

All sites offer elective opportunities, which differ across sites. Please refer to the individual site descriptions for more information. Elective opportunities will be determined based upon supervisor approval, the resources available within each training site, and the specific interests and experience of the intern.

Supervision

One licensed psychologist will serve as primary clinical supervisor for each intern. Interns receive a minimum of two (2) hours of individual supervision each week from a licensed psychologist. Supplemental weekly individual supervision may be provided by other appropriately credentialed professionals at the training site. Weekly group supervision will be required and conducted with all interns across consortium sites via distance technology. Group supervision may focus on legal/ethical issues and clinical topics. All interns will receive a total minimum of 4 hours per week of supervision.

Research

Research opportunities will vary across consortium sites.

Stipend, Benefits, and Resources

The annual stipend across four of the consortium sites will be $26,000. The stipend for the interns placed at the Alaska Psychiatric Institute will be $32,000. This difference is due to the ineligibility of API interns to receive health benefits or paid time off through their employer. The value of these benefits has been estimated at $6,000, which has been included in the stipend for the API interns in order to achieve equity across all training sites.

All interns are required by the consortium to have current health insurance coverage. Access to health benefits will be provided to all interns but may vary across sites. Annual vacation, professional, and sick leave will be available to all interns. Due to the differential stipend, health insurance benefits at API will be unpaid and are considered to be covered by the increased wage. API Interns are responsible for ensuring they secure medical coverage by the beginning of the internship year (note some insurance companies have more lengthy review and approval process prior to approving coverage). API interns are required to submit proof of health insurance coverage to the API site training director on a monthly basis.

AK-PIC interns have access to numerous resources. Funding for travel within the state of Alaska is provided in order for interns to complete required training experiences. Assessment and other training materials are provided by each training site, and additional materials that may be needed can be purchased using consortium funding with Training Committee approval. Additionally, each intern has access to administrative and IT support through their primary training site.

Application Process and Selection Criteria

The Consortium will offer 8 full-time positions during the 2014-2015 internship year, two per training site with the exception the Southeast Alaska Regional Health Consortium, which will be inactive this year and will not offer a position.

Students interested in applying for the internship program should submit an online application through the APPIC website (www.appic.org).

Applicants may apply to as many or as few training sites within AK-PIC as they choose. Applicants designate the training sites by selecting the appropriate Match Number when submitting the application. Please note that the Alaska Psychiatric Institute has two tracks, and applicants may choose to apply to one or both tracks. Finally, only one complete application is required for consideration to any of the sites in the Consortium.

A complete application package consists of the following materials:

1. A completed On-line AAPI (APPIC's standard application)
2. Cover letter (part of on-line AAPI) stating your preferred training site(s) and why you are interested in those sites specifically
3. A current Curriculum Vitae (as part of the on-line AAPI)
4. Three letters of recommendation, two of which must be from persons who have directly supervised your clinical work (as part of the on-line AAPI). ***Please submit no more than three letters***
5. Official transcripts of **all** graduate coursework
6. All applicants are required to include work samples as part of the application package. Applicants should upload one integrated psychological evaluation as well as a one-page clinical (therapy) case summary/conceptualization as supplemental materials. Please submit no more than the requested documents. <u>All samples must be **de-identified**, removing all identifying client information.</u>
    - <u>Breaches of confidentiality within the submitted samples will disqualify your application for further consideration and your program's Director of Clinical Training will be notified.</u>

All application materials must be received by November 8, 2013 in order to be considered. If applicants are invited to interview, they will be notified by email on or before December 13, 2013. Applicants will be informed as to which sites they have been selected to interview for via email. Interviews will be scheduled in December and early January and will occur primarily via Skype videoconference. Interviews will be offered by phone in the event of technology issues or other extenuating circumstances.

AK-PIC will base its selection process on the entire application package noted above; however, applicants who have met the following qualifications prior to beginning internship will be considered preferred:

1. A minimum of 500 intervention hours;
2. A minimum of 50 assessment hours;
3. Dissertation proposal defended;
4. Some experience or special interest in working with diverse populations;
5. Current enrollment and good standing in an APA-accredited doctoral program.

In addition to the preferences noted above, AK-PIC takes into consideration the potential commitment or interest of any prospective intern to remain in Alaska following internship. Developing a strong behavioral health workforce is an important consideration for the state, and an interest in remaining in Alaska to join the workforce will be considered a benefit in a potential intern.

Questions regarding the application or interview process may be directed to either of AK-PIC's Training Co-Directors, Dr. Sarah Dewane: Sarah.Dewane@providence.org or Dr. John DeRuyter: JDeRuyter@hopecounselingcenter.org

Training Model

AK-PIC's training is based in the Practitioner-Scholar model. AK-PIC trains doctoral interns who are effective consumers of research and who utilize scholarly inquiry to inform their practice. AK-PIC offers generalist training, with the opportunity for specialized elective training that varies across training sites. More information about each training site and the resources and opportunities offered by each is provided below.

AK-PIC Training Sites

The consortium includes the following sites: Alaska Family Medicine Residency, Providence Alaska Medical Center; Southeast Alaska Regional Health Corporation (SEARHC); Hope Counseling Center; Norton Sound Health Corporation; and Alaska Psychiatric Institute (API). Each site is described below. Please note that the SouthEast Alaska Regional Health Consortium (SEARHC) is INACTIVE FOR 2014-2015.

Alaska Family Medicine Residency, Providence Hospital

2 Full Time Funded Positions

General Information

The Alaska Family Medicine Residency (AFMR) at the Providence Alaska Medical Center in Anchorage was developed to train family physicians to practice in any part of the state of Alaska, including remote and isolated Alaskan communities. Professionals in this program place a major emphasis on cultural diversity and working within an interdisciplinary, patient-centered medical home approach. It is the belief of the residency that preparing professionals for this type of practice also prepares them for practice in virtually any other setting, such as urban or suburban outpatient practice, urban underserved practice, or third world/international medicine. Interns are placed in the Behavioral Health department of the residency. This program provides integrated behavioral health and mental health services to clinic patients, as well as inpatient psychological assessment.

AFMR clinic provides outpatient primary care services within the Providence Alaska Medical Center, which is a teaching hospital. It functions as a "safety net" clinic for underserved individuals in Anchorage, providing indigent care for those individuals. The clinic utilizes an integrated health psychology focus in its treatment of individuals of all ages from newborn to geriatric. The medical clinic completes over 35,000 visits per year, and psychology trainees including practicum students and doctoral interns complete approximately 3,500 visits per year. The population served by the clinic is multicultural and reflective of the population of Anchorage, which is the second most diverse city in nation. Services such as psychological consultation, as well as individual, couples, and group therapy, are provided to those served in the clinic by the behavioral health staff. Behavioral health experiences available to psychology interns are broad, comprehensive, and involve an interdisciplinary approach. Numerous medical staff, including physicians, nurses, and social workers, are available to consult with interns as needed. Psychiatrists are also available and may provide consultation. The focus of treatment is often chronic physical and psychological disorders, depression, anxiety, posttraumatic stress, and addiction.

The Alaska Family Medicine Residency has developed a collaborative care model of service delivery, creating an environment in which physicians and behavioral health professionals will work together in addressing clients' health care needs. Also being developed is a curriculum for coaching clients to make behavioral life style changes in the primary care setting, which will compliment the medical family home model. This process will lead to novel research on the effectiveness of these approaches in addressing chronic disease and the mental health issues that accompany them.

The Internship Experience

Behavioral health experiences available to psychology interns at Providence Hospital are broad, comprehensive, and involve an interdisciplinary approach. Interns at AFMR are provided with training opportunities that become more challenging and with greater expectations for autonomy over the

course of the year. The primary age group served by the site is adults; however, interns have the opportunity to serve children, adolescents and families. Interns provide such services as individual/family/group outpatient therapy, consultation with medical providers, crisis intervention, substance abuse screening and brief treatment, and psychological assessment.

Interns are full-time employees of the AFMR and are expected to work minimally 40 hours per week, Monday through Friday, 8am to 5pm. During the year, interns will be expected to maintain 2-3 weekly therapy clinics, 1-2 weekly behavioral health consultation clinics, co-facilitate 1-2 groups, provide consultation to interdisciplinary team, and conduct inpatient and outpatient psychological assessments.

In addition to the primary internship positions, AFMR will provide all AK-PIC interns with a transcultural medicine training opportunity. Every intern will attend a one week conference at the residency. During this time, interns will be trained on various aspects of interdisciplinary care and transcultural medicine.

Special Requirements of Applicants

Providence Hospital is a drug- and tobacco-free workplace. All interns must pass a drug screen which includes screening for nicotine, as Providence does not employ individuals who use tobacco products.

Staff

Sarah Dewane, PhD- Director of Behavioral Health, Psychologist, Co-Director of Internship, Primary site supervisor
Virginia Parret, PhD- Behavioral Scientist, Psychologist
Harold Johnston, MD- Residency Director
Anne Musser, DO- Medical Director

Contact Information

Training Director: Sarah Dewane, PhD- Sarah.Dewane@providence.org
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Alaska Family Medicine Residency
1201 E. 36th Avenue
Anchorage, AK 99508

Hope Counseling Center

2 Full Time Funded Positions

General Information
Hope Counseling Center is a faith-based outpatient mental health center located in Fairbanks, Alaska providing services for 44,000 people living in Fairbanks and the greater North Star Borough. The North Star Borough includes two military bases. Hope Counseling provides therapeutic and assessment services to the outlying communities of interior Alaska on an "as requested" basis.

Therapeutic services provided by Hope Counseling include individual, family, couples, and group counseling to address a variety of mental health issues. Our dual diagnosis substance abuse program provides entry level as well as level I and level II interventions for adults and adolescents. Hope Counseling Center also provides a complete range of psychological assessments for individuals, other social service agencies, The Alaska Office of Children's Services, the North Star Borough School District, and the Alaska State Court System.

The Internship Experience
The primary goal of the internship program is to provide a rigorous clinical training opportunity that readies program participants to provide high quality mental health care addressing the wide variety mental health needs experienced in our community. Interns gain specific experience working with families doing individual and family interventions, marriage counseling, trauma and grief therapy, as well as multi-level substance abuse treatment for individuals with Dual Diagnoses. Interns will also gain experience working with individuals who have Axis II disorders. Interns also receive significant training and experience conducting psychological assessments for a variety of mental health and governmental agencies in the Fairbanks area. Hope Counseling Center is strongly invested in training mental health professionals who are interested in continuing to provide services in Alaska.

Interns have the opportunity to participate as co-counselors with other clinical staff to augment their training experience when appropriate. As co-counselors they work with selected clients to learn a variety of intervention styles and techniques practiced by our clinical staff.

Interns are expected to be on site by 9:00 AM on days that the clinic is open. Their work day generally ends about 5:00 PM; however interns may be expected to participate in evening group sessions while working with the dual diagnosis substance abuse program. Depending on the specific area of focus, Interns conduct between 10 and 20 individual therapy sessions each week and complete at least 2 full psychological evaluations each month. While interns are completing their assessment rotation they will complete at least 1 psychological assessment each week in addition to a restricted therapy load.

The clientele served by Hope Counseling Center reflects our extremely diverse community. The rich ethnic diversity represented by those we serve, as well as the significant range of mental health needs addressed by Hope Counseling place significant demands on the time and expertise of our clinical staff.

Interns are expected to be full participants in that process. Though our interns are only scheduled for 40 hours of onsite work each week, most find 45 to 50 hours to be a more realistic reflection of their onsite time commitment.

Interns meet one-on-one with their primary supervisors twice each week for supervision. Individual supervision addresses all aspects of the intern's clinical work including specific interventions, ethical issues and considerations as well as transference/counter transference concerns. Interns participate in group supervision with other staff counselors once each week. Group supervision is conducted by the Clinical Director and is generally conducted in a "Grand Rounds" format. Interns are expected to make periodic presentations on topics of interest during weekly staff didactic training.

Special Requirements of Applicant

Hope Counseling Center is a Faith Based mental health center organized as a private, not-for-profit corporation with a 501 (c) (3) designation by the IRS. Intern applicants are not required to hold any specific religious beliefs or affiliations to be considered for this training site or the AK-PIC program as a whole. Hope Counseling Center also does not require that staff hold any specific doctrinal perspective, and does not have formal hiring practices that limit employment based on religious affiliation. However, Hope Counseling Center does give preference in their hiring practicing for staff that are willing and comfortable incorporating their spiritual beliefs into their clinical work as requested by clients, and thus has invoked Footnote 4 of APA's Guidelines and Principles. Because faith-based counseling is one of the services provided by Hope Counseling, the ability of interns to speak to their own experience of faith and spirituality within their clinical work will serve as a strength if placed at this training site, but again, is not a requirement.

A Description of Footnote 4

This requirement does not exclude programs from having a religious affiliation or purpose and adopting and applying admission and employment policies that directly relate to this affiliation or purpose so long as: (1) Public notice of these policies has been made to applicants, students, faculty, or staff before their application or affiliation with the program; and (2) the policies do not contravene the intent of other relevant portions of this document or the concept of academic freedom. These policies may provide a preference for persons adhering to the religious purpose or affiliation of the program, but they shall not be used to preclude the admission, hiring, or retention of individuals because of the personal and demographic characteristics described in Domain A, Section 5 of this document (and referred to as cultural and individual diversity). This footnote is intended to permit religious policies as to admission, retention, and employment only to the extent that they are protected by the U.S. Constitution. It will be administered as if the United States Constitution governed its application

Staff

Dr. John DeRuyter, Psy.D.- Clinical Psychologist, Executive Director /Training Director
Anne Brainerd, M.A, LPC –Therapist, Deputy Director
Valerie Gifford, Ph D. - Clinical Psychologist
Hayley Tonkovich, Psy D. - Clinical Psychologist
Tera Ford, Ph D. – Clinical Psychologist

Shayle Hutchinson, LCSW – Therapist
Jackie Kinville, MA, LMF- Therapist
Dan Curns, M.A., LPA – Therapist
Frank Ponziano, BA, CDC-II
Kylee Tisdell - Executive Assistant
Cindy Stout – Office Manager
Cheryl Casey - Receptionist
Jennifer Rood - Receptionist

Contact Information
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Fairbanks Alaska 99707

Norton Sound Health Corporation- Behavioral Health Services

2 Full Time Funded Positions

General Information

The Norton Sound Health Corporation (NSHC) in the Bering Strait Region of remote northwest Alaska operates the Norton Sound Regional Hospital in Nome. The Bering Strait Region encompasses a vast pristine 44,000 square-mile area extending to the Russian border in the Bering Sea. Nome is the central community of the Bering Strait Region with 3,500 residents. NSHC operates clinics in 15 outlying Alaska Native villages on the coast, including the islands of St. Lawrence and Little Diomede in the Bering Sea. About 81 percent of the Bering Strait Region's 9,300 people are Alaska Natives, composed of Siberian-Yupik, Central Yupik and Inupiat. NSHC has a workforce of 450 employees, 325 stationed in Nome and 125 living and working in the outlying Native communities. The Behavioral Health Services (BHS) program of NSHC includes a staff of 35 in Nome coupled with its village-based counseling programs in the outlying Native villages.

The Behavioral Health Services program provides diverse mental health services to adult, children and adolescents, including inpatient and outpatient programs, within a culturally-sensitive milieu.

- Outpatient mental health services include individual, couple, family and group psychotherapy including interactive and observational play therapy.
- Psychological testing is provided to geriatric, adult, children and adolescent clients dealing with a broad range of issues from mental competency, learning disabilities and personality, emotional and behavioral diagnostic issues.
- Psychiatric services involving medication assessment and evaluation are also provided.
- Outpatient substance abuse services include alcohol and drug information school (adolescent and adult), evaluation and risk measurement/prevention, individual and group counseling (Matrix).
- Village-based counseling programs offer first-line therapeutic services through community-based paraprofessionals supported by itinerant mental health clinicians based in Nome.
- BHS has several memorandums of agreement with other agencies (e.g., Office of Children's Services, Nome Youth Center, Kawerak Children's and Family Services) in Nome to promote therapeutic services throughout the region.

The Internship Experience

Each intern will have an individualized learning plan developed by the intern and his/her primary supervisor. Quarterly reviews will be conducted to insure that learning plan goals are being met. Doctoral psychology interns are expected to become familiar and comfortable with state regulations governing the execution of routine mental health and substance abuse assessments. Interns will be exposed to a variety of treatment modalities (i.e., individual, group) that promote the well-being of

individuals suffering from mental health and/or substance abuse problems. Further, interns will become familiar with administering a variety of psychological assessments in a culturally-sensitive manner dealing with diverse referral issues. Another exciting aspect of NSHC's internship is that all interns will be exposed to village travel and working with village-based counselors in the context of a Native community. This will ultimately prepare them for working in the mental health and substance abuse field in rural Alaska.

Interns are full-time employees of the Norton Sound Health Corporation and are expected to work minimally 40 hours per week, Monday through Friday. At least one evening will include interns co-leading the Matrix outpatient substance abuse group with their supervisor and/or staff clinician. At least 4 hours per week will be devoted to working within the Norton Sound Regional Hospital on its inpatient unit. Every 4 weeks, interns will travel to an outlying Native village for minimally 2 nights and 3 days in the Bering Strait Region where they will work with a village-based counselor in the context of a Native community. Monthly tele-med trainings will also be provided through the consortium.

Special Requirements of Applicants

An important asset for all interns will involve being flexible since the Bering Strait Region historically carries one of the highest suicide rates in the nation. Crises are common and interns must be able to address different issues as they arise. Supervisors, however, will insure that exposure to crises is conducted in a manner that facilitates a productive learning experience.

Staff

Ray Droby, Ph.D.- Psychologist/Clinical Director, Primary Site Supervisor
Edward Zeff, M.D- Psychiatrist
Lance Johnson- Administrative Director
Jay David, LCSW-

Contact Information

Training Director: Ray Droby, PhD
Website: http://www.**nortonsoundhealth**.org/
Mailing Address: NORTON SOUND HEALTH CORPORATION
P.O. BOX 966
NOME, AK 99762

Alaska Psychiatric Institute (API)

2 Full Time Funded Positions

Alaska Psychiatric Institute (API) provides inpatient and outpatient behavioral health services for Alaska's metropolitan, rural, and tribal communities. The inpatient hospital is located in Anchorage and is the only public inpatient psychiatric institution in the state of Alaska. Clients at API are treated on two adult admissions units, one intermediate to long-term adult unit, one adolescent unit, and one medium-security adult forensic unit. Additionally, API operates an in-house outpatient mental health clinic which provides behavioral health services to remote Alaska villages. This innovative concept in service delivery allows Anchorage-based behavioral health professionals to serve rural Alaskans through advanced video-teleconferencing.

In partnership with individuals, their families and the community, natural networks, and providers, API provides therapeutic services to assist individuals in achieving a personal level of satisfaction and success in their recovery. Consultation with individuals and providers before admission, client care and family involvement at API and follow up with local providers after discharge are vital parts of our collective daily actions. From traditional psychiatric inpatient services with psycho-education and evidence-based practices to pre-vocational opportunities and telehealth, API represents Alaska's dedication and commitment to serving our citizens.

The Internship Experience

Interns are full-time employees of API and are expected to work 40 hours per week, Monday through Friday. During their time at API, interns have the opportunity to collaborate closely with members of our psychology department as well as professionals representing other disciplines such as psychiatry, medicine, social work, recreational therapy, and nursing. Additionally, as API is an institution that is heavily committed to helping develop competent professionals to work in the field of mental health, interns have ample opportunity to interact with advanced students from other disciplines. API offers two training tracks for doctoral interns in psychology, the inpatient track and the forensic track.

Inpatient Track: Interns on the inpatient track receive in-depth training in working with individuals who suffer from severe and persistent mental illness in an inpatient psychiatric facility. Interns on this track function as valued members of interdisciplinary teams and collaborate with psychiatrists, social workers, recreational therapists, occupational therapists, nurses, and psychiatric nursing assistants in providing care to clients. Interns have the opportunity to complete psychological evaluations, conduct individual therapy, and lead therapeutic and psycho-educational groups. Interns can complete rotations on our short-term admission adult units, intermediate to long-term adult unit, and adolescent unit.

Forensic Track: Interns on the forensic track receive specialized training in performing evaluations of competency to stand trial and in providing competency restoration treatment. Interns provide inpatient and outpatient services to individuals facing criminal charges. Interns have the opportunity to interact with members of the legal profession, collaborate with personnel from the Department of Corrections,

observe Mental Health Court, and attend competency hearings. Interns on the forensic track also obtain training in working with clients on civil units at API.

Interns on both the inpatient and forensic tracks complete assessments and deliver interventions to clients diagnosed with co-occurring severe mental illness and substance use disorders. Further opportunities for interested interns include completing a minor rotation in the area of telebehavioral health, observing initial assessments in the Admissions Screening Office (ASO), providing family therapy services, observing court testimony by psychiatrists and licensed psychologists, and attending psychiatry rounds.

Interns meet one-on-one with their primary supervisors twice each week for supervision. Individual supervision addresses all aspects of the intern's clinical work. Additionally, group supervision for interns and psychology residents is held weekly. Further opportunities for supervision from members of the psychology department and informal mentoring by members of other disciplines are readily available.

In addition to the primary internship positions, API will provide all AK-PIC interns with an intensive training experience in a State Psychiatric Hospital. Every intern, with the exception of interns primarily placed at API, will rotate through API. During this time, interns will have intensive exposure to an inpatient population.

Staff

Administration
Melissa Ring, Ph.D., CEO
Ron Hale, MBA, Hospital Administrator
Tamara Russell, Psy D., Clinical Director
JennyLove, M.D, Medical Director

Psychology Staff
Tamara Russell, Psy D.—Psychologist, Clinical Director
Wendy Elliott, Ph. D. – Psychologist, Site Supervisor
Lois Michaud, Ph.D.—Psychologist
Courtney Skaar, Psy D. – Psychologist
Kristy Becker, - Psychologist
Jeff Heuselveldt, MA, MHC III

Contact Information

Training Director: Wendy Elliott, Ph. D.- wendy.elliott@alaska.gov
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AK-PIC Goals, Objectives, and Intern Expectations

Overarching Goals: The Alaska Psychology Internship Consortium (AK-PIC) represents the collaborative effort of five Alaska agencies to share resources and faculty for the purpose of providing a broad and general educational program for doctoral psychology interns. The program will prepare professionals to successfully meet the unique challenges of practicing psychology in rural and remote settings and to ensure clinical competency in working with Alaska's various cultural groups.

Our program offers one year, full time internship positions at treatment centers across the state of Alaska. It is expected that by the conclusion of the internship year, interns will have accomplished the following goals and objectives:

Goal 1: Interns will achieve competence appropriate to their professional developmental level in the area of Assessment and Diagnosis.

Objectives related to this goal include the achievement of competence in the following:

- Measurement and Psychometrics,
- Evaluation Methods,
- Application of Methods,
- Diagnosis,
- Conceptualization and Recommendations,
- Communication of Findings,
- Program Evaluation

Goal 2: Interns will achieve competence appropriate to their professional developmental level in the area of Intervention.

Objectives related to this goal include the achievement of competence in the following:

- Knowledge of Interventions,
- Intervention Planning,
- Therapeutic Skills,
- Intervention Implementation (including using Evidence Based Practices), and
- Evaluation of Treatment Progress

Goal 3: Interns will achieve competence appropriate to their professional developmental level in the area of Distance Delivery.

Objectives related to this goal include the achievement of competence in the following:

- Technology Skills,
- Cultural and Relational Understanding
- Implementation of Distance Delivery, and
- Consultation and Coordination

Goal 4: Interns will achieve competence appropriate to their professional developmental level in the area of Substance Abuse/ Co-occurring disorders.

Objectives related to this goal include the achievement of competence in the following:

- Knowledge of Interventions,
- Intervention Planning,
- Intervention Implementation,
- Evaluation of Treatment Progress, and
- Case Conceptualization

Goal 5: Interns will achieve competence appropriate to their professional developmental level in the area of Scientific Knowledge and Methods.

Objectives related to this goal include the achievement of competence in the following:

- Scientific Approach to Knowledge Generation,
- Application of Scientific Method to Practice,
- Scientific Mindedness,
- Scientific Foundation of Psychology, and
- Scientific Foundation of Professional Practice

Goal 6: Interns will achieve competence appropriate to their professional developmental level in the area of Supervision (participation as supervisee).

Objectives related to this goal include the achievement of competence in the following:

- Understanding Expectations and Roles,
- Understanding Processes and Procedures,
- Skills Development through Supervision,
- Awareness of Factors Affecting Quality,
- Participation in the Supervision Process, and
- Knowledge of Ethical and Legal Issues pertaining to Supervision

Goal 7: Interns will achieve competence appropriate to their professional developmental level in the area of Management-Administration.

Objectives related to this goal include the achievement of competence in the following:

- Understanding Processes of and Responding Appropriately to Management,
- Understanding Processes of and Responding Appropriately to Administration,
- Understanding Processes of and Responding Appropriately to Organization Leadership, and
- Evaluation of Management and Leadership

Goal 8: Interns will achieve competence appropriate to their professional developmental level in the area of Advocacy.

Objectives related to this goal include the achievement of competence in the following:

- Empowerment, and

- Systems Change

Goal 9: Interns will achieve competence appropriate to their professional developmental level in the area of Reflective Practice & Self-Assessment.

Objectives related to this goal include the achievement of competence in the following:

- Reflective Practice,
- Self-Assessment, and
- Self-Care

Goal 10: Interns will achieve competence appropriate to their professional developmental level in the area of Professional Skills and Development.

Objectives related to this goal include the achievement of competence in the following:

- Integrity,
- Deportment,
- Accountability,
- Concern for the Welfare of Others, and
- Professional Identity

Goal 11: Interns will achieve competence appropriate to their professional developmental level in the area of Professional Relationships and Consultation.

Objectives related to this goal include the achievement of competence in the following:

- Interpersonal Relationships with Clients, Co-Workers, Supervisors, and Peers,
- Affective Skills,
- Expressive Skills, and
- Consultation

Goal 12: Interns will achieve competence appropriate to their professional developmental level in the area of Diversity and Cultural Effectiveness.

Objectives related to this goal include the achievement of competence in the following:

- Understanding of the Self as Shaped by Individual and Cultural Diversity,
- Understanding of Others and Shaped by Individual and Cultural Diversity,
- Understanding of the Interaction of Self and Others as Shaped by Individual and Cultural Diversity,
- Knowledge of Research and Applications Based on Individual and Cultural Context

Goal 13: Interns will achieve competence appropriate to their professional developmental level in the area of Ethical & Legal Standards and Policy.

Objectives related to this goal include the achievement of competence in the following:

- Knowledge of Ethical, Legal and Professional Standards and Guidelines,
- Awareness and Application of Ethical Decision Making, and
- Ethical Conduct

Goal 14: Interns will achieve competence appropriate to their professional developmental level in the area of Case Conceptualization.

Objectives related to this goal include the achievement of competence in the following:

- Case Conceptualization Skills,
- Integration of Feedback,
- Translation of Conceptualization into Techniques and Procedures, and
- Process Evaluation and Adaptation of Conceptualization

Consortium Contact Information

For more information about AK-PIC, feel free to contact:

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Support for the Alaska Psychology Internship Consortium (AK-PIC) is a collaborative effort between the internship hosting organizations, the Alaska Mental Health Trust Authority, the state of Alaska Department of Health and Social Services, and the Western Interstate Commission for Higher Education (WICHE) Mental Health Program. WICHE has an extensive history of expertise working with systems to address behavioral health workforce planning and development, and has contracted to provide ongoing consultation and technical assistance to the internship program.