**American Psychological Association Accredited**

**Pre-Doctoral Internship in Psychology**

**Training Program Description**

Summit Community Care Clinic serves as one of three training sites for the Colorado Psychology Internship Consortium (CO-PIC), which received full accreditation by the American Psychological Association’s Commission on Accreditation in November 2017. The Consortium provides a range of clinical and didactic experiences that represent the necessary depth and breadth required for future professional practice with Colorado’s rural and underserved populations. Interns have a primary placement at one site, meet in person for shared training activities at least three times throughout the internship training year (i.e., August, mid-year, and July), and participate in training together virtually via videoconference on a weekly basis. Across training sites, interns will complete an average of 20-25 hours per week of face-to-face direct service delivery. Additional information on the Co-PIC internship program is provided at [www.CO-PIC.org](http://www.CO-PIC.org).

**Location:**

The Care Clinic is a nonprofit organization and federally qualified health center (FQHC). Our mission is to provide exceptional, integrated, patient-centered health care to meet the needs of people who experience barriers to accessing care, regardless of their ability to pay. The main clinic location is in Frisco, CO, about one hour from the Denver metro area. Six School Based Health Centers are located in Summit, Lake and Park Counties, effectively removing barriers to care and optimizing young people’s educational and developmental experience.

The entire service area is rural and rural-resort in the high mountain region of Colorado. Summit County and the surrounding areas are known for world class skiing and incomparable outdoor recreation opportunities. The Care Clinic is part of a small, tight-knit community where providers work closely with community stakeholders to facilitate a system of care that addresses Social Determinants of Health as well as the individual health needs of our community.

**Behavioral Health Team**

The Behavioral Health Service line is the Care Clinic’s fastest growing service line. In addition to providing individual, group, play therapy and family counseling, they also link families/patients to community resources, Behavioral Health providers collaborate with school personnel and facilitate referrals to other providers when needed. Bilingual providers are available for monolingual Spanish speaking patients and families.

Our Behavioral Health team aims to support the total health and wellness of individuals by providing collaborative care as a part of an integrated health care team. The core focus areas of the department include employee satisfaction, clinical development/innovation, advocacy and community connection. We provide both short and long-term therapy and innovative approaches including a comprehensive Dialectical Behavioral Therapy (DBT) program for adolescents. Staff ascribe to a variety of theoretical orientations and are trained in EMDR, comprehensive DBT, CBT, Emotion Focused Couples Therapy, Trauma Focused CBT, CBT-I, Mindfulness Based Stress Reduction, Synergetic Play Therapy, Filial Therapy, Motivational Interviewing, and Yoga Therapy.

**The Internship Experience**

Care Clinic interns are engaged in a variety of services. This includes an immersion into primary care and family medicine that highlights the intersection of psychosocial conditions on overall health. Integrated care providers work with patients in the context of population health, macro and meso systems and through a social determinants lens. The intern’s primary clinical responsibilities include brief screenings and intervention, the provision of brief and long-term individual, family/couples and group therapy with children and/or adults, and the provision of supervision to other trainees. Interns will participate in integrated team-based care as well as site-based team care.

Our training philosophy follows six core principles that serve as the foundation for the training, environment, and professional development. Our aspirations for the training program, expectations for the treatment of others, and expectations about personal behavior as an Care Clinic employee are outlined below:

* **A wide-scope training and solid generalist practice is pertinent for developing the needed foundation to become an advanced professional**

Diverse and interrelated knowledge and skills are essential for effective and comprehensive practice/care. We value knowledge contributions from our own disciplines and from other related professional disciplines.

* **Learning is optimized in an environment that is supportive and challenging**

We want trainees and staff to feel that their opinions, knowledge and skills are valued, and that it is safe to make mistakes. It is also essential for growth that trainees can honestly evaluate their strengths and limitations. In this way, growth areas and blind spots can be addressed and feedback can be integrated.

* **Sound psychological theory and research are the underpinnings of effective practice**

Interventions and practice must be guided by both theory and practice. Staying current on scientific research and evidence-based practice helps ensure more effective interventions and case conceptualizations that drive treatment. Using research to guide practice also ensures a high level of ethical professionalism.

* **All staff members are expected to demonstrate a commitment to self-awareness and an understanding of the intersection of the personal and professional.**

To be a good mental health professional, skill acquisition is tantamount. What is more important is self-understanding, personal maturity, self-regulation, and ethical behavior. We expect staff to continually self-reflect about performance, professionalism, and growth. Leadership is also dedicated to helping staff reflect and make changes along this continuum.

* **Each staff member has the right to be treated with respect**

All staff members deserve to have a voice and to be intrinsically valued. Honest communication and cooperation among staff are essential to meet larger goals. Each staff member is charged with creating a supportive environment for their colleagues so that individuals have an equal opportunity to do their work, realize their goals, and feel comfortable.

* **Respect for diversity is the common core for all activities**

We expect all staff and trainees to commit to learning about equality, inclusion, power/privilege, implicit bias and diversity. All staff will demonstrate a willingness to examine their own assumptions, behaviors, and values so that they may work effectively with cultural, individual, and role differences, including those based on age, gender, gender identity, race, ethnicity, culture, national origin, religion, sexual orientation, disability

**Elective Focus Areas:**

Interns can elect a training tract that focuses on Children and Adolescents, Adults or a combination. Training rotations can be elected each semester. Possible focus areas within each rotation are as follows:

* Crisis counseling and emergency response
* Suicide prevention training and program leadership
* Early Childhood program (screening, evaluation, intervention, consultation, etc.)
* Comprehensive DBT
* Psychological Assessment
* Substance Abuse program delivery
* Community Outreach and/or LatinX community outreach
* Integrated Care program delivery
* Trauma
* Research
* Grant writing and management
* Program evaluation and quality assurance

**Contact Information**

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