

Internship faculty . . .

The primary internship faculty is typically comprised of eight or nine Doctoral-level psychologists, and the secondary internship faculty of one Masters-level psychologist. Primary supervisors are fully registered with the College of Alberta Psychologists. Some faculty members are trained in clinical psychology while others in counselling psychology. One faculty member is a registered neuropsychologist. All psychologists are trained in assessment and in cognitive-behavior therapy, along with other therapeutic approaches including solution-focused, experiential, and psychodynamic.

Note:

For specific information about the internship faculty, please contact the Director of Training, Dr. Peter Lyons, by email at peter.lyons@millardhealth.com.

Application procedure

Doctoral level graduate students currently registered in a clinical or counselling psychology program will be considered for admission to the Millard Health internship program if they have completed, or expect to complete the following before commencing the internship:

1. All doctoral course work
2. Comprehensive/qualifying examination (should be completed prior to interview)
3. A minimum 600 hours of total practicum experiences

All applicants must submit, before November 30 (prior to Uniform Notification Day):

A completed on-line AAPI (APPIC Application for Psychology Internship), available for downloading from the APPIC Website at <http://www.Appic.org/> This is to include:

Three letters of reference
Official graduate transcripts of academic work, and a Curriculum Vitae (CV).

Note:

Please follow all of APPIC's application guidelines. Millard Health's application number is 1941.

Interviews

Qualified applicants will be interviewed in person or by phone before January 31 (prior to Uniform Notification Day). Preference is given to applicants who are attending graduate programs that are accredited through the Canadian Psychological Association or the American Psychological Association (or the equivalent). Applicants are rank-ordered on the basis of their clinical and academic experiences, their apparent abilities, and the capacity of the internship program to meet their needs and interests.

Internship offers and acceptances are conducted in accordance with the policies of the Association of Psychology Postdoctoral and Internship Centres (APPIC). Our internship program fully participates in the APPIC Internship Matching Program. Applicants must obtain an Application Agreement Package from National Matching Services (NMS) and register for the matching program in order to be eligible to match to this internship program. 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.

The Director of Training can be contacted as follows:

Dr. Peter Lyons, Ph.D.
Co-ordinator of Psychology Training
Millard Health Centre
131 Airport Road
Edmonton, Alberta, Canada T5G 0W6

Tel: (780) 498-3273
Fax: (780) 498-3266
Toll-free: 1-888-498-9902
peter.lyons@millardhealth.com

Visit www.millardhealth.com (under Careers) for additional copies of this document and to learn more about Millard Health.

Predoctoral Internship Program in Counselling Psychology

Millard Health, owned and operated by WCB-Alberta, offers three full-time, 2000 hour Predoctoral Internship positions in counselling psychology. Our program is accredited by the Canadian Psychological Association and is a member of the Association of Psychology Postdoctoral and Internship Centres (APPIC). It is designed as a means of training advanced students to meet the range of problems the professional psychologist may expect to encounter. It presents the opportunity for an integration of graduate education, psychological theory, and professional skills. As such, it serves as a period of transition between the student role and the role of an independent professional. As the year progresses, the intern is expected to assume increasing responsibility in the delivery of psychological services, with supervisory support.

www.millardhealth.com



Predoctoral Internship Program in Counselling Psychology

The setting . . .

Millard Health delivers a full continuum of rehabilitation and disability management services. We are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) in a variety of medical and occupational rehabilitation programs. Located in Edmonton since 1952, Millard Health employs over 200 professionals who provide services to over 5000 clients per year.

Our client base is broad and diverse and includes referrals from WCB-Alberta, but also from other insurers. Rehabilitation services that include psychology intervention are provided through a number of interdisciplinary programs, as follows:

Return-to-work services (RWS): This program is designed for clients who have experienced mild-to-moderate complications from physical injury, most of whom are in an acute phase of recovery.

Return-to-work complex (RWC): This program is designed for clients who have experienced significant barriers in their recovery from physical injury, many presenting with chronic pain.

Head trauma services (HT): Clients referred to this program have incurred a head injury, ranging from mild to severe.

Traumatic psychological injury program (TPI): These clients have a confirmed or suspected diagnosis of PTSD, typically with a concomitant physical injury.

Prevention services program (PSP): These clients have repetitive strain disorders and other injuries that allow them to continue working while on program.

All programs provide an individualized, structured, and goal-oriented approach to rehabilitation, with a major focus on preparation for return to work. Psychology services are designed to facilitate program goals by assisting clients in minimizing psycho-social barriers to employability (e.g. depression, anxiety, insomnia, negative attitude/behavior, relationship conflict etc.). Length of program per client typically ranges from one to two months, with daily attendance several hours per day.

Each program is comprised of an interdisciplinary treatment team including members from the following disciplines: psychology, physiotherapy, occupational therapy, exercise therapy, medical, rehabilitation co-ordination, and vocational training.

The program . . .

Our internship program is designed to focus on each intern's needs for growth and development. Interns work with a diverse clientele who present a range of psychological problems. These include relatively well-functioning individuals dealing with the stress of a physical injury or facing a career change, other individuals for whom an on-the-job accident is only one aspect of a difficult life, and finally those individuals whose injury has dealt a significant impact to their overall functioning in life. Psychologists employ a variety of psychotherapeutic approaches that include cognitive-behavioral, solution-focused, systemic, experiential, narrative, existential, and interpersonal. Service delivery is guided by the Code of Ethics and Practice Guidelines for Providers of Psychological Services of the Canadian Psychological Association and the College of Alberta Psychologists. Interns are provided with the opportunity for extensive discussion of these standards and are required to demonstrate an application of these standards in their clinical practice.

Upon completion of the internship, interns are expected to have developed:

- (1) Skills in selecting appropriate assessment instruments/methods, applying and interpreting them in a valid manner, and integrating assessment information into a report format that guides the counselling or evaluative process and is useful to the client and other professionals;
- (2) A personal therapeutic style that is flexible, responsive to the needs and cognitive style of the client, compatible with their own personality, and effective in the promotion of independence and self-efficacy of the client;

- (3) Skills in synthesizing, summarizing, and communicating written information regarding psychosocial problems and interventions for the purposes of professional accountability, interdisciplinary treatment and promoting client welfare; and

- (4) Effective and professionally appropriate skills in interacting and consulting with clients and other professionals.

Each intern is provided with a private office that includes a personal telephone and an internet accessible computer. Interns have borrowing privileges at the centre's library with reciprocal privileges at any library in Alberta. The Millard Centre subscribes to EBSCO and interns have access to full text article searches through Psycinfo and Medline. Psychological assessment scoring and interpretation software is also available. Computer-assisted biofeedback equipment (EMG, temperature and electrodermal), audiovisual equipment, a one-way mirror, group therapy room, group meeting room, and clerical support are also available.

The stipend . . .

\$30,000 Canadian

Primary rotations

Interns rotate through three primary rotations, each four months in duration. Every primary rotation will involve an assignment to one of the five programs outlined earlier, RWS, RWC, HT, TPI, and PSP, so that each intern will have an opportunity to work within three of these five programs by the end of the internship. In each primary rotation the intern will commence with observation of assessments, group, and individual therapy, followed by conjoint performance in these areas with the supervisor, with the eventual goal of independent functioning under supervision. The following responsibilities and clinical activities are associated with the primary rotations:

Individual counselling — Up to 10 hours per week. The form of therapy undertaken depends upon the therapeutic orientation of the intern and supervisor, and the needs of the client. Interns maintain a caseload of approximately 10 clients (marital/family counselling is occasional).

Psychological assessment — Up to five hours per week of intake assessments. The type of assessments undertaken depends upon the needs of the client and typically involves a clinical interview and psychometric testing. The intern will also complete a minimum of six integrated psychological assessments (e.g. vocational, academic, pain, PTSD, neuropsychological) over the course of the internship.

Group counselling — Up to five hours per week. Groups range from the content-laden psycho-educational approach to an interpersonal process approach in which interns are encouraged to develop their own therapeutic style. Psycho-educational groups include such themes as stress and mood management, relaxation training, pain management, and career planning.

Interdisciplinary team process — Up to five hours per week. Interns attend team meetings and case conferences during which they confer with other disciplines on client needs and progress.

Administrative practices and documentation — Up to five hours per week. This is comprised of report writing, case notes, committee work, and other issues related to working at Millard Health in the role of a psychologist.

Supervision — Four hours per week, in keeping with CPA guidelines. This is comprised of at least two hours with the primary supervisor, one hour with the optional supervisor, and at least one hour of group supervision (with several psychologists collectively, or with the director of training). A primary focus of all supervision is review of clinical cases and exploration of practice issues.

Other — Up to seven hours per week. This can be time spent in individual consultation with team members, preparation for interviews and group counselling, attendance at in-services and administrative meetings.

Optional rotations

In addition to the three primary rotations, interns are encouraged to participate in at least three optional rotations which run concurrent to the primary rotations and range from three to seven hours per week of the intern's time. The optional supervisor is typically not the primary supervisor. The optional rotations offered as part of the internship program are summarized as follows:

Research — The intern may wish to participate in research already being conducted at Millard Health, help to develop and undertake a new project, or continue working on a health psychology project that they have already undertaken. The intern is active in as many aspects of the investigation as possible including planning, proposal, data collection, analysis, write-up, and publication.

Consultation — The intern attends case reviews with an interdisciplinary team, often of clients who have not yet received psychological services; the intern provides feedback regarding apparent psychological barriers and the need for psychological intervention for certain clients, and further educates staff about the role of psychology in rehabilitation.

Neuropsychology — This will include a general overview of the theory and principles of neuropsychology. Special emphasis is placed on the assessment of traumatic brain injury. The intern will receive training in the administration and interpretation of neuropsychological instruments and will also conduct several assessments.

Biofeedback — The intern will be introduced to the apparatus and techniques for EMG and thermal biofeedback. Issues addressed with clients may include: muscular tension, chronic pain, migraine headaches, and Reynaud's disease, and treatment interventions include relaxation training, pain management, systematic desensitization, and postural change.

Industrial/organizational — The intern will work with a psychologist and consultant in the areas of program development and evaluation. Outcome measurement tools are examined and program effectiveness is viewed from a management perspective.

Supervision — This provides the intern with the opportunity to supervise a fourth year undergraduate psychology intern in such areas as psychometric testing, relaxation training, research, didactic training, and professional issues.

Group therapy — Extra training and experience in group therapy is provided to the intern who desires to further hone skills in this area.

PTSD — The intern is provided with the opportunity to work specifically with a number of clients diagnosed with PTSD, including exposure to EMDR training.

Assessment — Extra training and experience in psychological assessment is provided to the intern to further develop administration, scoring, and report production skills.

Other educational opportunities

In addition to the supervised experience provided through the primary and optional rotations, interns are exposed to educational opportunities through clinical presentations. Interns are also expected to facilitate two inservices with fellow interns and staff during the year.

In-services . . .

A broad range of topics concerning the practice of psychology are presented by Millard Health psychologists and interns every other week, with the use of relevant literature. This series is designed to expand the range of issues and skills that the interns are exposed to during the internship. Topics have included ethical issues, biofeedback, consultation, marital therapy, brief psychotherapy, health psychology, self-esteem enhancement, crisis intervention, private practice and cross cultural issues.

Group supervision . . .

A range of interesting cases are presented by psychologists and interns in bi-weekly group supervision sessions, and a variety of practice issues are discussed.

Millard Health in-services . . .

Current issues are presented on a periodic basis by any and all professions concerned with rehabilitation. Topics may include pain measurement, health and healing, weight control, goal setting and program evaluation, handling confrontation, ergonomics, low back pain, psychological and sociological aspects of pain, and pain versus gain.

Education leave . . .

The intern is allowed up to five days of education leave during the internship program, which are included in total internship hours. The education leave can be used for such activities as workshops, conferences, and dissertation defense.