UNIVERSITY OF CALIFORNIA, DAVIS
SCHOOL OF MEDICINE
Dept. of Psychiatry and Behavioral Sciences

CLINICAL CHILD PSYCHOLOGY
DOCTORAL INTERNSHIP TRAINING PROGRAM
2020 – 2021

UCD Medical Center, Dept. of Psychiatry and Behavioral Sciences

Sacramento County Child and Adolescent Psychiatric Services
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PROGRAM DESCRIPTION AND ADMINISTRATION

The UC Davis Medical Center, located in Sacramento, California, is an integrated, academic health system that is consistently ranked among the nation’s top medical schools. Within the UC Davis School of Medicine, the Department of Psychiatry and Behavioral Sciences has a strong collaborative relationship with Sacramento County’s Department of Health Services.

Our doctoral internship program in clinical child psychology offers interns the best of both worlds: training from a strong academic approach that emphasizes evidence-based treatment within the context of providing complex clinical work in a community mental health outpatient setting. Alongside UC Davis Clinical Faculty, postdoctoral psychology fellows, as well as psychiatry residents and fellows, our clinical child psychology interns will receive their training and provide direct psychological services at the Sacramento County Child and Adolescent Psychiatric Services (CAPS) Clinic, which serves diverse Sacramento County Medi-Cal/EPSDT child and family recipients.

UC Davis Clinical Faculty

**Training Director**
Carlina R. Wheeler, Ph.D.

**Assistant Training Director**
Elizabeth S. Loyola, Psy.D.

**Additional Supervising Psychologists**
Stacey Peerson, Ph.D.
Richelle Long, Ph.D.
Margaret Bezmalinovic, Psy.D.

**CAPS Medical Director**
Robert Horst, M.D.

Sacramento County Child and Family Mental Health

**CAPS Program Coordinator**
Tricia Watters, L.C.S.W.
1. **Lead Person-Centered Care** in the best way, at the best time, in the best place, and with the best team
2. **Reimagine Education** by cultivating diverse, transdisciplinary, life-long learners who will lead transformation in health care to advance well-being and equity for all
3. **Accelerate Innovative Research** to improve lives and reduce the burden of disease through the discovery, implementation and dissemination of new knowledge
4. **Improve Population Health** through the use of big data and precision health
5. **Transform Our Culture** by engaging everyone with compassion and inclusion, by inspiring innovative ideas, and by empowering each other
6. **Promote Sustainability** through shared goals, balanced priorities and investments in our workforce and in our community

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**Our Mission**

*To provide a culturally competent system of care that promotes holistic recovery, optimum health, and resiliency*

**Our Vision**

*We envision a community where persons from diverse backgrounds across the life continuum have the opportunity to experience optimum wellness.*

**Our Values**

*Respect, Compassion, Integrity • Client and/or Family Driven • Equal Access for Diverse Populations • Culturally Competent, Adaptive, Responsive and Meaningful • Prevention and Early Intervention • Full Community Integration and Collaboration • Coordinated Near Home and in Natural Settings • Strength-Based Integrated and Evidence-Based Practices • Innovative and Outcome-Driven Practices and Systems • Wellness, Recovery, and Resilience Focus*
LOCATION

The UC Davis Department of Psychiatry and Behavioral Sciences is located in Sacramento, California, approximately 20 miles east of the main UC Davis campus, in Davis, California.

The CAPS Clinic is located at the Granite Regional Park (GRP), which is less than 5 miles away from the UCD Medical Center campus. The GRP provides a fishing pond, nearby walking paths, outdoor benches, soccer fields, and a newly constructed skate park. The CAPS Clinic is also located near a light rail station that provides frequent shuttle services. Business hours are from 8:00am – 5:00pm, therefore interns are not expected to work outside business hours, unless other arrangements have been made with the intern’s supervisors.
The CAPS Clinic is staffed by four full-time UC Davis faculty psychologists and three board-certified child psychiatrists. It is the primary training site for our doctoral psychology interns, as well as UC Davis' postdoctoral psychology and psychiatry fellows. Medical students and psychiatry residents in psychiatry also complete rotations at the CAPS Clinic.

At our training site, there is a strong collaborative atmosphere and emphasis on interdisciplinary teamwork with county-employed masters-level clinicians and psychiatric nurses. Our trainees develop strong working relationships with a number of professionals within the community that last beyond their training year.

The CAPS Clinic is a county-operated outpatient community mental health clinic for roughly 275 infants, children, adolescents, and transitional-aged youth (ages 0 to 21-years-old), who receive therapy, psychological testing, and/or medication management services. The CAPS Clinic solely serves children and adolescents who have mental health coverage through California’s state-funded health care program, Medi-Cal/EPSDT.

These clients present with a wide range of complex diagnostic concerns. Most of our clients and their families struggle with multiple environmental stressors including low income, unemployment, poor social support, and/or family history of mental health or alcohol/substance abuse problems. Oftentimes, our clients and their family members have also experienced complex developmental trauma, maltreatment (neglect or abuse), exposure to other adverse childhood experiences, and may be involved with Child Protective Services (CPS). Clients may also be involved with the juvenile justice system and are on probation.

In addition, many of our clients experience difficulties in the learning environment and are provided special educations services (i.e., 504 Behavior Plan or IEP). Clients represent diverse ethnic and racial backgrounds such as African American, Asian, Caucasian, and Latino who may be first- or-second-generation immigrants.

The primary goal of the one-year UC Davis Clinical Child Doctoral Internship Training Program is to promote professional development and prepare interns for independent practice as clinical child psychologists who will contribute both to the welfare of society and to the profession. Our clinical child training program subscribes to a practitioner-scholar model, which emphasizes knowledge of current research to guide assessment and
intervention. The clinical psychology training program is a challenging and dynamic internship program that provides advanced training in the areas of direct evidence-based, developmentally appropriate, and culturally-sensitive clinical service, professional development, ethical decision-making, and scholarly inquiry.

Over the course of the one-year UC Davis Clinical Child Doctoral Internship Program, interns will receive training and supervised experience in therapeutic interventions (e.g., individual, family, dyadic, and group therapy), psychological testing (e.g., comprehensive psychological evaluations, intake assessments, and brief psychological screening), and consultation (e.g., to internal providers and to local agencies/schools).

It is expected that the interns will develop competencies in a range of areas outlined by the Association of State and Provincial Psychology Boards (ASPPB), the Association of Psychology Postdoctoral and Internship Centers (APPIC), the American Psychological Association (APA), the Commission on Accreditation (CoA), and the APA Standards of Accreditation (SoA) Health Service Psychology (HSP). These competencies include:

1) Intervention
2) Assessment
3) Ethical and Legal Standards
4) Individual and Cultural Diversity
5) Research
6) Professional Values and Attitudes
7) Consultation and Interdisciplinary/Interprofessional Skills
8) Supervision
9) Communication and Interpersonal Skills
10) Self-Care

**TRAINING ACTIVITIES AND EXPECTATIONS**

Doctoral interns at the CAPS Clinic provide several important services to our clients. Following a developmentally appropriate, culturally sensitive, and trauma-informed systems approach to client care, interns develop competencies throughout the training year in order to coordinate and collaborate with several professionals involved in the client’s care, including those working in the mental health, medical, academic, and legal domains. Sacramento County has a deep commitment to providing treatment that “meets clients where they are,” which allows providers to tailor their interventions to each client. Interns provide short- and long-term individual and family therapy, which are typically
provided at the clinic. Interns also complete intake services for two-month assessments (to determine medical eligibility), medication management clients, and psychological testing. In addition, they conduct extensive psychological assessments. During the course of their training year, interns also participate on and may have the chance to co-facilitate the Comprehensive Multidisciplinary Assessment Team (CMAT) that is led by our faculty psychologists and post-doctoral fellows at the CAPS Clinic. Interns also have the opportunity to observe and co-facilitate therapy groups. Lastly, interns will have opportunities to provide consultation and/or brief psychological screening within the CAPS Clinic and with outside providers.

1. **Average 40 hours per week for about 50 weeks (2000 internship hours total)**

   a. **10-15 Hours/Week: Direct Clinical Service (Face-to-Face)**
      - 10 to 12 Individual and Family Psychotherapy cases over the course of the year
      - Case Management (ongoing)
      - 1 to 2 Intake Assessments (monthly, as available)
      - 3 to 5 Psychological Testing cases over the course of the year
      - 3 to 4 Consultation and/or Brief Psychological Screening cases over the course of the year
      - 1 to 2 Therapy Group(s) (for clients and/or caregivers)
      - 1 Comprehensive Multidisciplinary Assessment Team (CMAT) case or CMAT Consult (based on interest and experience)
      - Infant-Parent Mental Health Cases (based on interest and experience)

   b. **10-14 Hours/Week: Indirect Clinical Service (Not Face-to-Face)**
      - Psychological Screening and Testing (scoring, interpretation, report-writing)
      - Case Management, Consultation, and Family Collateral Services (via phone)
      - Clinical Documentation (progress notes, psychosocial assessments)

   c. **5-8 Hours/Week: Indirect Service**
      - 4 to 7 hours: Training Seminars/Didactics/Case Conferences
      - 1 to 2 hours: Non-billable services (i.e., managing appointments, emails, literature reviews, administrative duties)
      - 2 hours/month: Staff meetings

   d. **4.25 – 4.5 Hours/Week: Supervision**
      - 2 hours: Individual Therapy Supervision and Individual Assessment Supervision
      - 1.25 to 1.5 hours: Clinical Group Supervision and Supervision of Supervision (alternating weeks)
      - 1 hour: Psychology Team Group Supervision
Productivity refers to the percentage of time that a clinician spends engaging in services that are “billable.” As part of the contract with UC Davis, Sacramento County expects that mental health providers from UC Davis maintain an 80% rate of productivity per month. Because the clinical child doctoral interns are balancing their direct clinical service with several hours’ worth of supervision, seminars, didactics, and case conferences each week, their productivity is calculated out of a 32-hour, rather than 40-hour, work week. Therefore, clinical psychology interns are responsible for spending 64% of their time engaged in billable clinical activity. These billable activities include those outlined above including: a) Direct Clinical Service and b) Indirect Clinical Services.

Interns are expected to complete clinical documentation using AVATAR, our online documentation system (i.e., progress notes within 48 working hours, treatment plans, psychosocial assessment paperwork, etc.) in a timely manner consistent with both professional expectations and specific county/clinic guidelines. All documentation will be reviewed and co-signed by their supervisors.

**SUPERVISION**

All primary supervisors of interns are University of California Davis, Medical Center clinical faculty members who have doctoral degrees in Clinical or Counseling Psychology and are licensed to practice in the state of California. They are required to have active, valid, licenses, free of any disciplinary action with the California Board of Psychology. In accordance with regulations set by APPIC, APA, SoA, CoA, and the California Board of Psychology, our training program provides doctoral interns with a minimum of 4 hours of supervision per week (2 hours of individual supervision and 2.25 to 2.5 hours of group supervision). Recurring, protected time is scheduled for supervision to ensure consistency and predictability of the supervision time, as well as the availability of supervisors. Supervisors also have an “open-door” policy, in which interns are encouraged to seek out supervision and/or consultation outside of the designated supervision hour. In accordance with CA regulation, supervisors are available at all times the intern is accruing supervised professional experience (SPE).

- **Primary Therapy Supervision:** Doctoral interns are assigned one of the supervising psychologists as their primary therapy supervisor, with whom they meet on an individual and weekly basis for 1 hour to discuss their therapy clients. In addition, the primary therapy supervisor will be responsible for co-signing progress notes for therapy clients, overseeing other administrative duties, reviewing the overall training program, and discussing professional development-related issues.
- **Assessment Supervision:** Doctoral interns are assigned one of the supervising psychologists as their primary assessment supervisor, with whom they meet individually for 1 hour each week to discuss assessment clients. The assessment supervisor is responsible for co-signing progress notes for screening and assessment clients. Assessment supervision also provides the opportunity to discuss various...
issues that pertain to the roles and responsibilities of an evaluator (e.g., responsibility, expectations, ethical concerns, interprofessional relationships, etc.).

- **Clinical Group Supervision:** On alternating weeks, the interns will meet with the county clinicians and post-doctoral fellows for group supervision for 1.25 hours. Interns will be asked to bring case-related material to engage in case consultation opportunities. This group supervision is facilitated by **Tricia Watters, LCSW**.

- **Psychology Team Group Supervision:** The purpose of this group supervision is to spend time as a team on a weekly basis discussing a variety of issues, while also fostering a sense of community, building relationships, and increasing socialization across the team. Each meeting will have either a focused topic for the team to discuss and/or include a case conference. These topics typically will fall under the following categories: Law and Ethics, Research, Individual and Cultural Diversity, Trauma, and Self-Care. The focus is often on emergent interprofessional issues. While **Drs. Richelle Long** facilitates the Psychology Team Group Supervision, interns and fellows are provided opportunities to lead the team group supervision throughout the year.

- **Supervision of Supervision:** Interns have the opportunity to engage in peer supervision and training opportunities to develop their skills in providing supervision. As part of the training program, interns will receive supervision of supervision twice per month, along with the post-doctoral fellows. Accordingly, interns may begin to meet with fellows for supervision of a specific therapy and/or assessment cases, under the supervision of one of the supervising psychologists. Supervision of Supervision is facilitated by **Drs. Stacey Peerson** and **Margaret Bezmalinovic**.

### DIDACTIC SEMINARS AND CASE CONFERENCES

All of our required core seminars meet on a regular basis throughout the entire training year. As part of the internship, we are committed to providing our interns with opportunities to learn from psychologists who have experience with a wide range of clients in a variety of treatment settings. As such, our seminars are facilitated by the program’s attending psychologists as well as several volunteer clinical faculty members who are employed throughout the Sacramento area. Didactic seminars and cases conference aim to provide additional training in:

- Theories and effective methods of psychological assessment, diagnosis, and interventions
- Consultation, program evaluation, supervision, and/or teaching
- Strategies of scholarly inquiry
- Professional conduct, ethics, law, and related standards
- Issues of cultural and individual diversity
Required didactic seminars and case conferences, which are detailed further in the Program Manual, include:

- Intervention Seminar: Group Therapy, PCIT, TF-CBT, FFT
- Assessment Seminar
- Trauma-Informed Care Seminar
- Diversity Seminar
- Comprehensive Multidisciplinary Assessment Team

**APPOINTMENT, STIPEND, AND BENEFITS**

**Two applicants** will be accepted for the 2020 - 2021 training year. Clinical internship appointments are **full-time** (average 40-hour week) for one year. Our doctoral interns acquire a total of **2000 supervised hours** during the training year in order to qualify for various states’ licensure requirements. Upon successful completion, the doctoral clinical child psychology intern will be awarded a certificate of internship completion from the UC Davis School of Medicine. *Clinical moonlighting is not permitted.*

**2020 – 2021 Training Year:** July 1, 2020 - June 30, 2021

Interns receive a stipend of **$25,600** for the training year, which is comparable to other community mental health/academic medical center internship stipends in the area. Applicable federal and state taxes and social security deductions are withheld. Interns receive approximately **24 days of paid time off** (including **12 days** of sick time per year) **and paid holidays** (approximately **12 days off** per year for county and federal holidays). At this time, we are pleased to offer our interns **UCD Mid-Level Health and Welfare benefits.** Employees hired to work 100 percent time for at least three months (but for less than one year) are eligible for the following Mid-Level Benefits: choice of medical plans, legal, disability, life, and accident insurance, tax-saving programs, and family care resources. For more information about the Mid-Level benefits plan, please visit:


Our interns share an office with each other for two half-days (Monday and Wednesday), each having their own designated workspace, personal computer, voicemail, email (UCD and Sacramento County). For the remainder of the time (Tuesday, Thursday, Friday, and the afternoons of Monday and Wednesday), the interns will have their own office that are also used by the psychiatry residents/fellows. They are also provided administrative assistance (faxing, scanning, phone appointment reminders to clients, and paging when clients arrive to the office). Interns can also enjoy full access to the UC Davis libraries and associated services, as well as art/play therapy materials located at the CAPS Clinic. In addition, interns can reserve a number of offices, observation rooms (with one-way mirror and audio/visual equipment), and the psychological testing office to provide confidential, direct services with CAPS Clinic clients.
ELIGIBILITY AND APPLICATION PROCEDURES

Applicants currently enrolled at an APA-accredited graduate university from a clinical or counseling psychology are preferred. Applicants from educational psychology programs with a strong emphasis in clinical training will also be considered.

Prior to the interview, applicants must have completed at least 3 years of graduate level training, 500 hours of doctoral level supervised intervention hours, all doctoral coursework as required, pass their academic program’s comprehensive exams, be accepted into doctoral candidacy, and have an accepted dissertation proposal before the beginning of the internship. Successful applicants will have acquired doctoral level experience with children and adolescents and have written at least three child or adolescent integrated psychological assessment reports and/or completed 100 hours of Assessment Interventions.

The UCD Clinical Child Doctoral Internship program utilizes the uniform application developed by the Association of Psychology Postdoctoral and Internship Centers (APPIC). Our National Matching Service (NMS) Program Number is 245711. Please submit only the APPI online application located on the APPIC website (www.appic.org). Follow the directions detailed on the APPIC website for submitting your application and uploading additional documents requested below. Your application will be considered complete upon receipt of the following:

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<td>A completed APPIC Uniform Application (APPI)</td>
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<td>A coverletter</td>
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<td>A current Curriculum Vitae</td>
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<td>Transcripts of all graduate level coursework</td>
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<td>A psychological evaluation of a child or adolescent with all identifying information removed</td>
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<td>Three letters of recommendations- one from current graduate school faculty, and preferably two from practicum placement supervisors</td>
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Our application deadline is Monday December 2, 2019 (11:59PM, EST).
SELECTION PROCEDURES

Intern selection is made by a committee comprised of the training director, assistant training director, and the supervising training psychologists. Applicants are rated on the basis of their clinical training (i.e., assessment and therapy), academic coursework, letter of recommendation, clinical and research interests, progress toward dissertation completion, and stated goals for internship. Strong writing skills are also favorably evaluated, as evidenced by the APPI essays and redacted psychological report. Those prospective candidates assessed by the committee to hold interests and goals most closely matching those opportunities offered by our program will be asked to participate in an on-site interview.

Prospective candidates will be notified via email by **Friday December 20, 2019** whether or not they will be granted an interview with the training director and supervisors. During the interview, candidates will also have the opportunity to meet with the current doctoral interns, postdoctoral fellows, clinical staff, and tour the clinic. Interviews will be held on **Friday January 17, 2020, Friday January 24, 2020, and Monday January 27, 2020**. Interviews are required and weigh heavily in the matching process, as this provides an opportunity for program staff and applicants to determine fit. In addition, the program values applicants who are able to demonstrate an ability to balance strong interpersonal skills with professionalism. Should economic or other reasons interfere with a highly ranked candidate’s ability to travel for an in-person interview, a case-by-case decision will be made by training staff to arrange an alternative video/phone interview. Interviews will only be offered to applicants who have submitted a complete application and only after these applications have been screened by the faculty. Applicants who wish to be considered for interviews should submit application materials prior to **December 2, 2019**.

The internship training program agrees to abide by the APPIC policy regarding offers or acceptances. More specifically, no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant. If you encounter violations of the APPIC policy, please consider discussing it with your academic training director and reporting the violation to APPIC Standards and Review Committee by completing a Complaint Form at: http://www.appic.org/Forms/APPIC-Standards-Review-ASARC-Complaint-Form.

ACCREDITATION STATUS

At this time, our internship training program is a member of Association of Psychology Postdoctoral and Internship Centers (APPIC; program code 2457). Supervised hours accrued meet the California Board of Psychology’s requirements for licensure. Our training program is currently **accredited (on-contingency status) by the American Psychological Association (APA)**. Any questions about accreditation may be addressed to: Office of
Accreditation, American Psychological Association, 750 First Street, NE, Washington, DC 20002. Telephone: (202) 336-5979.

Our program will be participating in the National Matching Service (NMS). Our 2020-2021 National Matching Service (NMS) Program Number is 245711. The internship training program agrees to abide by the recruitment and ranking policies. More specifically, no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant.

**TRAINING PROGRAM CONTACT INFORMATION**

Detailed information about our program is available in our Training Manual uploaded on our UC Davis webpage:

https://health.ucdavis.edu/psychiatry/education/child_psychology/internship.html

*For additional information, please contact:*

University of California, Davis Medical Center  
Department of Psychiatry and Behavioral Sciences  
Clinical Child Psychology Training Program  
2230 Stockton Blvd. Sacramento, CA 95817-1419  
Kori Feinstein, Training Office: (916) 734-2614  
Dr. Carlina R. Wheeler, Training Director: (916) 875-1183