

## **I. BRIEF STATEMENT OF THE NAAPTC INTERNSHIP TRAINING MODEL AND PHILOSOPHY:**

This internship is an experience-based training program that provides **socialization into the profession** of psychology and **development of generalist entry-level psychology practice skills**: proficiency for the clinical assessment and conduct of psychotherapy (individual, family, group & couples) across the life span, with a variety of patient populations, and in a broad spectrum of clinical settings. The hallmark of our internship training is development of informed clinical sensitivity to diversity (particularly, in regard to Asian American and Russian-speaking minorities) and building a repertoire of assessment/intervention skills applicable to a wide range of clients, including the more disturbed and chronically troubled patient.

While receiving didactic and supervisory training, **interns function as integral members of RAMS clinical staff**. Our multi-lingual, multi-cultural, and multi-disciplinary treatment team includes consumer advocates, art therapists, vocational counselors, clinical social workers, marriage and family therapists, psychiatric nurses, psychiatrists, and psychologists. Besides predoctoral internship, RAMS offers psychology practicum, MFT and social work internship, postdoctoral and psychiatric residency training. Because of the rich diversity of the client population and treatment team, interns have the opportunity to hone their clinical skills while consolidating their professional identity as a psychologist and developing advanced sensitivity to issues of race, culture, ethnic identity, religion, class, disability, gender, and sexual orientation.

The **variety of clinical experiences** offered through our Outpatient Community Mental Health Clinic, low-fee Counseling Center at Asian Family Institute, and the four available Clinical Rotation sites (School Wellness Center, Psychiatric Emergency Room, Adult Residential Treatment Facility and Pre-vocational Counseling Services) allows our program enough flexibility to accommodate specific learning needs of each intern. Interns have a chance to practice their skills in working with a full range of therapeutic modalities and settings, a full range of mental disorders, and a full range of clients (e.g. age, marital status, ethnicity, etc). The formal training curriculum (didactic seminars, case conferences, individual and group supervision) is designed to parallel and complement this intense clinical exposure and to facilitate the interns' growth as clinicians and professional psychologists.

The **theoretical orientation** of the NAAPTC internship is psychodynamic, with emphasis on the Object Relations, Interpersonal and Contemporary Relational Approaches. We train interns to function as participant observers: to avail themselves to input from clients (both verbal and communicated by impact) and to study it. The patient is viewed as a credible interpreter of the therapist's experience in the "bi-personal field" of clinical work. This helps interns to maximize learning from their patients and allows treatment to be conducted as a co-participant inquiry in order to better meet each client's unique needs.

Our **training model** is that of the Scholar/Practitioner. In keeping with this model, we teach interns to bring their knowledge base and scientific attitudes to their clinical work and to deal with each individual treatment as a unique research project that occurs in the context of the consultation room: to explore their own clinical and cultural biases, to generate clinical hypotheses and to verify them by empirical observations, to select interventions on the basis of case formulations, and to track the outcomes of interventions to support/modify clinical hypotheses. This attitude of curiosity and inquiry coupled with the recognition of the value of local observations and local solutions to problems enables interns to go beyond the unquestioned use of technique-based or empirically validated approaches to develop treatment strategies that are both rooted in the accumulated body of professional knowledge and respectful of clients' cultural and personal diversity.