

**Pre-Doctoral Psychology Internship Training Program
Department of Psychology and Behavioral Services
Upstate Cerebral Palsy**

For nearly sixty years Upstate Cerebral Palsy has served as the premier agency in the field of developmental disabilities in beautiful Upstate New York. While our name suggests we chiefly focus on Cerebral Palsy, in fact we serve individuals with an array of differing abilities. The most common of these are Intellectual Disabilities and Autism Spectrum Disorders. Our programs cover a 4-county service area through 74 locations serving over 10,000 individuals and employing 1,900 staff.

The Pre-Doctoral Psychology Training Program at Upstate Cerebral Palsy is designed to promote a broad range of in-demand clinical skills in the area of developmental disabilities. Due to the depth of services provided by Upstate Cerebral Palsy, interns will have the opportunity to develop assessment and treatment skills for all ages and functional levels of individuals with developmental disabilities, including individuals from residential, educational, and outpatient diagnostic and treatment programs. A strong emphasis is also placed on staff training and presentations, which is a heavily demanded service for psychologists in this field.

Program Structure

- 2 Interns are accepted per year
- APPIC Approved
- 12 month internship, September-August
- \$27,000 stipend
- Employee benefits
- 40 hours per week

Training Sequence

Overview

The training sequence at Upstate Cerebral Palsy has both Major and Minor rotations. The Major rotations are noted as such because they are 12-month training activities. The Minor Rotations are six months long in duration and only one intern is placed in a minor rotation at a time.

Major Rotations

The Kelberman Center

The Kelberman Center is an Outpatient Diagnostic and Treatment Center focusing on Autism Spectrum Disorders. It is located on one of the Upstate Cerebral Palsy campuses in Utica, NY. This major rotation is focused on teaching evidence-based assessment techniques for ASDs, including the Autism Diagnostic and Observation Schedule. Additional training in neuropsychological testing aids the intern in providing meaningful reports and recommendations. Interns have the opportunity to evaluate a wide range of individuals both in terms of functional levels, age ranges, and demographic backgrounds. Many of those evaluated have co-morbid psychiatric or learning disabilities. Interns are expected to conduct 3 comprehensive psychodiagnostic evaluations per month and write corresponding reports. The interns spend approximately 2 days per week conducting activities associated with the evaluations. One hour of individual supervision is provided per week in addition to one hour of individual live supervision.

Pre-doctoral interns also conduct two six-week closed-ended social skills groups at the Kelberman Center. The groups are for school-age children with a range of functioning levels. One hour of group supervision is provided for social skills groups while they are being conducted.

Community Health and Behavior Services (CHBS) at the Kelberman Center

The Community Health and Behavior Services Division of Upstate Cerebral Palsy is an Outpatient Community Mental Health Center. It offers therapy services at the Kelberman Center throughout the week. The Pre-doctoral interns have a small caseload of mental health patients (5 cases per week) that they see on a weekly or bi-weekly basis at the Kelberman Center. These patients are dually diagnosed with a mental health disorder and an autism spectrum disorder (or related neurological disorder). Due to the broad range of individuals served, interns have the opportunity to develop individual, family, and parent training skills. Licensed psychologists provide one hour of individual supervision of cases per week.

Minor Rotations

Promise Program

The promise program is an intensive, specialized preschool program designed for children with Autism Spectrum Disorders, severe language delays, and/or severe social-emotional disturbances. During this rotation, the intern is involved in an array of services including therapy (group and individual), case consultation, staff training, parent counseling, and program-development initiatives. The intern spends two days per week in this rotation and receives one hour of individual supervision per week from a licensed psychologist.

Department of Psychological and Behavioral Services

The Department of Psychological and Behavioral Services are located within the Quality, Development, and Support Division at Upstate Cerebral Palsy. The scope of the department is to provide clinical support to services throughout the entire agency. The interns are involved in psychological evaluations, case consultation, group therapy, and staff training for any of the programs at Upstate Cerebral Palsy (from preschool through adult). The cases the interns are involved with in this rotation tend to be lower functioning and presenting with more severe behavioral challenges than typically seen in outpatient settings. The intern spends two days per week in this rotation and receives one hour of individual supervision from a licensed psychologist.

Presentations:

Throughout the year, interns will be expected to provide psycho-educational presentations to members of the community. The topics of the presentations will develop from their experiences in the programs. In the past interns have presented on topics ranging from Autism Spectrum Disorders, Behavior Management Strategies and Child Development. The training director will oversee these presentations.

Internship Supervision

The faculty of the internship provides the necessary supervision to ensure a quality learning experience for the pre-doctoral interns as well as to meet the standards for licensure. The interns receive at least 4 hours of individual supervision weekly according to the following schedule:

Kelberman Evaluations:

1 hour individual

1 hour live supervision (during face to face clinical services)

Kelberman/CHBS Therapy:

1 hour individual

Minor Rotation:

1 hour individual Supervision

Kelberman Social Skills Group

1 hour group supervision when groups are being conducted

Didactic Training

- Interns receive at least 2 hours a week of didactic training.
- Interns will participate in didactic learning experiences such as educational workshops, conference sessions, or in-service training provided by Upstate Cerebral Palsy.
- Interns will also participate in clinical review meetings.

Internship Training Goals

1. COMPETENCE IN PROFESSIONAL CONDUCT, ETHICS AND LEGAL MATTERS
2. COMPETENCE IN INDIVIDUAL AND CULTURAL DIVERSITY
3. COMPETENCE IN THEORIES AND METHODS OF PSYCHOLOGICAL DIAGNOSIS AND ASSESSMENT
4. COMPETENCE IN THEORIES AND METHODS OF EFFECTIVE PSYCHOTHERAPEUTIC INTERVENTION
5. COMPETENCE IN SCHOLARLY INQUIRY AND APPLICATION OF CURRENT SCIENTIFIC KNOWLEDGE TO PRACTICE
6. COMPETENCE IN PROFESSIONAL CONSULTATION

Intern Performance

Interns are evaluated and given feedback throughout the year by their individual supervisor based on the goals of the internship previously listed. Additionally, at the end of each minor rotation, the psychology staff will review the intern's performance and make recommendations for the next rotation as well as future needs the intern may experience. The Intern Evaluation Form is completed by the clinical supervisor after each rotation, discussed with the intern, and then given to the Training Director. The Training Director, at the end of each rotation, may also meet with the interns individually to offer further recommendations and suggestions which are relevant.

Location

Upstate Cerebral Palsy is located in Upstate New York in the foothills of the Adirondacks. The area provides many educational and recreational opportunities. The cost of living is low relative to larger metropolitan areas in the Northeast.

Application Procedure:

Upstate Cerebral Palsy is a member of the Association of Psychology Post-Doctoral and Internship Centers (APPIC). We participate in APPIC's National Internship Matching Program for pre-doctoral internship applicants. To apply, please follow the APPIC online procedures.

Contacts

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