



## **Predoctoral Psychology Intern Training Program**

A Member of the California Psychology Internship Council (CAPIC)

### *The Agency*

Youth and Family Enrichment Services (YFES) is a private, non-profit multi-disciplinary agency that is dedicated to enriching the lives of individuals and families by transforming challenges into opportunities. Our core values are reflected in our commitment to building skills and enhancing strengths by collaborating with youth, adults and the family unit as a whole to effect positive change. We do this by providing a comprehensive array of free or low-cost bilingual social services to residents of San Mateo County. YFES is also committed to an asset-based approach to youth development. Many of our strongest youth programs are structured on the model of helping youth develop assets that will make them well-adjusted, active participants in their communities.

YFES is the product of the recent merger (July 1, 2003) of two of San Mateo County's most well-regarded non-profit agencies, Family and Community Enrichment Services, Inc. (FACES, established 1970) and Youth and Family Assistance (YFA, established 1976). In response to the downturn in the national economy and the subsequent reduction in public and private philanthropic dollars, the Boards of both agencies decided that it was prudent to join forces and ensure the continuing provision of high-quality services to the San Mateo County community. YFES draws on the rich historical legacy of service that each agency bears and is fully committed to continuing that legacy in the future.

While the family is our primary focus, our diverse programming provides services for children, adolescents, and adults through individual, couples, group and family counseling. Some of the programs we offer include: school-based services, youth diversion services, residential services, women and adolescent girls dual diagnosis day treatment services, and our counseling clinic. YFES has contracts and collaborative relationships with San Mateo County Mental Health, Juvenile Justice, Belmont police department, school districts, and other agencies within the area. Our main office is conveniently located on the San Francisco Peninsula off of Highway 101 in San Carlos. We also have a number of ancillary sites throughout San Mateo County including Redwood City, San Mateo, and Daly City.

## *The Predoctoral Training Program*

Youth and Family Enrichment Services (YFES) is dedicated to providing a quality predoctoral psychology internship training program. The primary goal of the training program is:

*To provide quality professional training and supervised experience that will afford each psychology intern the opportunities to build cultural, ethical, and clinical competence in the assessment and treatment of children, adolescents, adults, and their families within a multicultural community and multidisciplinary, community mental health setting.*

We prepare students for the practice of professional psychology by facilitating the predoctoral intern process of change from advanced student-in-training to competent professional via supervision, training, and education. The training program goals are reflected within the agency mission such that: predoctoral interns are supported and trained in responding to the psychological and psychosocial needs of the community by providing an array of community based mental health services in an attempt to empower children, adolescents, and families, and better serve the needs of the community.

### **YFES predoctoral training objectives:**

- Preparing predoctoral interns to work effectively as psychology practitioners with children, adolescents, and families, within a multidisciplinary, community based setting;
- Ensuring predoctoral interns are well-versed and competent in the larger understand of diversity issues including: culture, religion, sexual orientation, disability, economic diversity, etc., and that interns are able to work effectively with individuals and groups from diverse backgrounds;
- Preparing predoctoral interns for post-doctoral training, licensure, and launching into positions as psychologist;
- Preparing predoctoral interns to engage in an extensive range of professional services such as psychological assessment, treatment planning, interventions, clinical case management, consultation, and professional collaboration; and
- Preparing predoctoral interns to provide a broad range of theoretically supported clinical services with a clear understanding and appreciation of expected competencies related to clinical, legal, and ethical issues.

YFES will offer two full-time (40 hours per week) or half-time (20 hours per week), twelve month predoctoral psychology internship positions beginning September, 2008. Predoctoral psychology interns will be selected from graduate schools of clinical psychology that are members of the California Psychology Internship Council (CAPIC) and/or the American Psychological Association (APA). Unfortunately, there is no stipend for these positions, though we continue to seek funding as we are committed to training psychologists. Psychology interns will be given approximately three weeks of scheduled time off and 12 holiday time off. All interns will be expected to take their scheduled time

off during the San Mateo County School District Calendar including usually the last two weeks in December and spring break usually in April.

In order to provide predoctoral psychology interns with a breadth of clinical experiences, psychology interns will be placed in three to four pre-designed and structured placements in order to gain experiences in a number of settings which may include for example: Counseling Clinic, School-Based Counseling, and Youth Diversion Services (see below for program descriptions). Within these programs, we offer a diverse range of therapeutic interventions and provide excellent training and supervision.

**YFES Training Staff:** YFES' professional staff includes psychologists, social workers, marriage and family therapists, and highly trained paraprofessionals in the areas of child development and substance abuse issues. Supervision is provided primarily by licensed psychologists (Psy.D. or Ph.D. in Clinical, Counseling, or Educational Psychology). Delegated supervision may be provided by licensed clinical social workers (LCSW) or licensed marriage and family therapists (MFT). Weekly in-service training seminars are provided throughout the training year, with a requirement that predoctoral psychology interns participate as a presenter. We are also pleased to be able to offer our "live" one-way mirror therapy supervision/training seminar experience. Our facility has a "state of the art" training that includes observations of interns behind a one-way mirror that is videotaped and includes an earpiece for interns to receive in-the-moment supervision, with subsequent process groups.

A minimum commitment of three evenings a week is required for family therapy and for "live" one-way mirror therapy training seminar. A typical work week for a full-time predoctoral psychology intern can be broken down in the following manner (the following are approximates):

- 8 hours of training/supervision which includes: two hours of individual supervision; two hours of group supervision; two hours of live, one-way mirror therapy supervision/training; One hour of weekly didactic, in-service training seminars; and one hour of other didactic activities including program specific case conferences, etc.
- 1 hour per week for mentoring (pseudo-supervision) of masters level clinicians-in-training to prepare predoctoral psychology interns for roles as supervisors.
- 16 hours providing face-to-face direct clinical service contact, providing individual, couples, family, and/or group psychotherapy, and psychological assessments.
- 15 hours for activities related to clinical work such as paperwork, case management, collateral contacts, consultations, presentations, travel time, etc.

**Prerequisites.** Applicants must be enrolled in a graduate school of clinical psychology that is a member of the California Psychology Internship Council (CAPIC) and/or accredited by the American Psychological Association (APA). Applicants must be in good standing in their academic program, completed all coursework for the doctorate degree, and have made significant progress towards completing their dissertation requirements. Applicants should have completed coursework in child/adult development and psychopathology, and family therapy. Applicants should have completed all practicum hours and other relevant clinical experience conducting family, individual, and/or group psychotherapy with children and/or adolescents.

### *The YFES Application Procedures*

To apply to YFES' Predoctoral Psychology Intern Training Program, please submit:

- Cover Letter**- Indicating your interest in a predoctoral psychology internship with the agency, interest in full or part time, and how your experience/interests match with the programs in the agency.
- CAPIC Uniform Application (CUA)**
- YFES Agency Application (see below)**
- CAPIC Eligibility and Readiness Form (CERF)** - Signed by the appropriate graduate school representative
- Curriculum Vitae**
- Three Letters of Recommendation**- Arrange for three letters of recommendation to be completed by three persons who have knowledge of the applicant's clinical work.
- Blank Self-Addressed, Stamped Postcard (Optional)**- If you want YFES to acknowledge receipt of an application, please include a blank self-addressed, stamped postcard with your application packet.

Mail the completed application materials by **Monday, March 3, 2008** to:

Training Director  
Youth and Family Enrichment Services  
610 Elm Street, Suite 212  
San Carlos, California 94070

Applications received after March 3, 2008 may not be considered for a predoctoral psychology intern placement. In accordance with CAPIC requirements, YFES will follow CAPIC internship selection timelines. Applications will be reviewed for best fit with our agency and training focus. Finalists will be invited for individual interviews with offers being made on uniform notification day, **Monday, April 7, 2008**.

*Multicultural and bilingual applicants are strongly encouraged to apply, as San Mateo County is an area of ethnic and cultural diversity, and YFES' goal is to maintain a staff that is culturally diverse, culturally competent, and representative of the populations served.*

For further information regarding YFES' predoctoral psychology intern training program, please call Dr. Styles at 650-591-9623 or visit our webpage [www.yfes.org](http://www.yfes.org).



***Predoctoral Psychology Intern Training Program Application***

In compliance with Federal and State equal opportunity laws, qualified applicants are considered for all positions without regard to race, color, religion, age, marital status, or the presence of a non-job related medical condition or handicap.

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Year in Program: \_\_\_\_\_ Anticipated date of Graduation: \_\_\_\_\_

***Experience***

Agency/Organization	Address	Dates of Employment	Position
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

***Special Skills/Experiences that are relevant***

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\_\_\_\_\_  
\_\_\_\_\_

***References***

Name	Role	Phone Number
1) _____	_____	_____
2) _____	_____	_____
3) _____	_____	_____

I certify that answers given herein are true and complete to the best of my knowledge. I authorize inquiries as may be necessary in arriving at a decision and release employers and other persons from all liability in responding to such inquiries. If offered a traineeship, I understand that false or misleading information given herein, or in the interview, may result in discontinuation in the training program. I understand that I will be required to abide by all rules and regulations of Family and Community Enrichment Services, Inc., including fingerprinting and showing evidence of a TB screening.

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Applicant Signature

Date