



Student Newsletter

Greetings!

As your current student representatives take leave of the CAPIC Board of Directors, we would like to introduce the incoming student representatives.

Carolina Van Stone, M.S., is from Pacifica Graduate Institute. She brings a love of service on boards to CAPIC and wants to take an active role this year in developing projects that will be of value to CAPIC and its members. **Kaitlin Phelps, M.S.**, is from John F. Kennedy University and is pursuing her CAPIC training at San Mateo Medical Center, a CAPIC internship site. She has an appreciation for the important role CAPIC plays in providing high quality training opportunities for

doctoral students and wants to raise awareness of that role in California and throughout the United States. You can find contact information for your new student representatives on the CAPIC website.

We have both found serving on the CAPIC Board this past year to be an incredible experience. In addition to exposure to how a board functions, we have also gained new insights into current issues facing professional psychologists and psychology graduate students. We have a deep respect for our Board members- for their commitment to high quality training for students and advocacy for the profession of psychology. Our

meetings have been lively, often infused with spirited debate, and we have both enjoyed the warmth and collegiality extended to us. It has been a memorable experience.

One of the highlights of this past year was the move from paper to digital internship application and match. In Phase I, 472 students participated, 529 positions were offered, and 334 were matched; in Phase II 144 students participated (both new and from Phase I), and 83 of the 119 positions offered were filled. The process was for the most part a smooth one. This year the Board will continue to refine and improve the process for internship agencies and for students.

Brooke Jackson, M.A.
Northern CA CAPIC Rep.

Hannah Miller, M.A.
Southern CA CAPIC Rep.

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Your opinions and experiences matter! Be heard:

https://www.surveymonkey.com/s/CAPIC_Internship_Feedback

CAPIC Offers Solutions

What has been referred to as the "internship match crisis" is a hot topic within the field of clinical psychology and has been the subject of many scholarly articles, presentations, and even heated debates. The internship imbalance -the discrepancy between the number of applicants to APA-accredited or APPIC-member internships and the number of available internships slots- can indeed be viewed as a crisis facing the field of clinical psychology and its graduate students. However, this crisis is not without viable solutions. The resolution of an internship imbalance will require the nonpartisan collaboration between organizations involved in the training of professional psychologists. Leaders in the field must recognize and support innovative solutions to the internship crisis, such as regional efforts to provide high-quality, well-regulated internships.

CAPIC Offers Solutions (cont'd.)

CAPIC is an example of a regional solution that addresses the match imbalance by providing over 100 well-regulated, high-quality pre-doctoral internships throughout the state of California (in addition to post-doctoral fellowships). Unbeknownst to some, the criteria, regulations, and quality-assurance of CAPIC-member internships are equally rigorous, if not more so, as APPIC-member internships.

Additionally, CAPIC internships are a response to the rapidly diversifying field of professional training, which includes an increasing number of graduate students who do not fit the mold of a "traditional" student and may be unable to relocate for internship. Offering internships in students' communities provides a viable option for students with financial or familial restrictions that prevent relocation for internship.

Finally, CAPIC believes that psychology graduate education should prepare students for effective practice with the nation's underserved populations. In accordance with such a mission, the majority of CAPIC internships serve culturally diverse clients from underserved communities. The existence of internships that serve these populations is essential to preparing the next generation of psychologists for effective practice in the public sector. Doctoral graduate students look to the leaders in the field for innovative and collaborative efforts to meet the challenges that face them. It is also essential that graduate students remain involved in dialogue about such challenges and their potential solutions. CAPIC urges its current interns, postdoctoral fellows, and future internship applicants to stay abreast of the current dialogue regarding the internship imbalance and to advocate for viable solutions to a national problem.

Stay Tuned for MHSA Updates!

In September of 2008 CAPIC was awarded a 5-year contract for over \$2.6 million from the California Department of Mental Health. The funds were made available to develop educational materials that would help train psychologists in the Resiliency-Recovery approach to treating chronic mental health problems, and to provide stipends to students completing internships in publicly supported mental health agencies in California who demonstrated a desire to work with the underserved of our state.

Over the past three years of this contract, CAPIC has distributed stipends to 106 psychology interns in an amount totaling \$1,981,625. Stipends have been made available through an application process, and require recipients to spend a post-doctoral year (or half-year,

depending on the amount of the stipend) continuing to work with a publicly supported mental health agency. There is no doubt this grant has had a profound impact on training and on the investment by new psychologists to working with the diverse and underserved populations of California.

The CAPIC Online Learning Modules are now available at <http://www.capic.net/stipend.html>, and CAPIC is working to be able to issue CE credits for completion of the curricula covered in these learning modules.

Although there will be no more stipends awarded under this MHSA contract, CAPIC is actively engaged with the California Department of Mental Health for a renewed contract to fund future MHSA stipends.

If CAPIC is again funded, the MHSA fellowship application cycle will begin in January 2012. News will be published on the CAPIC website as it becomes available. Stay tuned!

For breaking news, visit us on the Web!

www.capic.net

Interview with
CAPIC Intern
Sheila Allameh, M.A

CAPIC: Tell me about the population that **Scripps Clinic – Division of Mental Health** serves and the type of clinical work that you are doing.

Sheila: Scripps Clinic – Division of Mental Health is part of the Division of Medicine within Scripps Clinic Medical Group. The mental health division primarily serves the geriatric population, though we see adults of all ages. Most of our senior patients are referred from primary care physicians or specialty physicians within Scripps Clinic Medical Group. However, we also receive referrals from physicians within the community.

As an intern, I am responsible for conducting psychological evaluations. These evaluations require administration of the Mini Mental Status Exam (MMSE), a clock drawing task, and a thorough intake regarding one's history, symptoms, and presenting problems. Next, I establish a diagnosis(es) and devise a treatment plan. Recommendations for treatment can include a referral for further neuropsychological testing to assess one's level of cognitive functioning, short-term cognitive behavioral psychotherapy to reduce symptomology, consultation with a patient's physician(s) and/or referral to our staff psychiatrist(s) for a medication evaluation. I have also been trained to administer the Repeatable Battery for the Assessment of Neuropsychological Status (RBANS) to assess a patient's current level of cognitive functioning, as well as evaluate candidates for Bariatric surgery and Spinal Cord Stimulators.

CAPIC: What type of supervision and didactic training are you receiving?

Sheila: Scripps Clinic – Division of Mental Health is committed to providing optimal supervision and

didactic training for its interns. Not only is every member of the mental health team available for consultation, but the medical team and staff also appreciate new ideas for improving patient care. Our treatment team meets weekly, for two hours, to present cases, interpret testing data, and collaborate with one another to coordinate care for our mutual patients. As interns, we also receive an additional hour of individual supervision. Didactic training consists of another hour per week, in which various medical professionals in the field present on a topic related to psychology. Topics in the past have included suicide prevention in the elderly, information pertinent to adult protective services, caregiving tips for those helping loved ones suffering from dementia, RBANS training, and a six-week hypnotherapy training seminar, provided by my supervisor, Dr. Martin Cary, Ph.D.

CAPIC: How has your internship training prepared you for work with diverse populations? With underserved populations?

Sheila: There are many stereotypes people have when thinking of the elderly population. While many seniors may struggle with chronic illness or disease, our clinic offers much diversity working the elderly community and their psychiatric problems, including depression, anxiety, hoarding, cognitive impairment, grief and bereavement, and end-of-life issues. Until recently, the elderly population was a neglected group of people within the psychological community. With an influx of Baby Boomers and a growing number of aging people around the world, Scripps Clinic – Division of Mental Health is committed to improving the lives of their patients. For some of our senior patients, this is their first experience seeking psychological services. As a result, it is our duty and professional responsibility to inform them of their rights, limits to confidentiality, and provide them with the best care we can give. In addition, our specialty allows us to see an array of complex diagnoses and individuals from varying socioeconomic backgrounds, though we primarily serve high functioning seniors. Regardless the goal is the same, provide each

patient with respect, compassion, empathy, and help them seek a greater quality of life.

CAPIC: What has been most rewarding for you about this internship experience?

Sheila: The most rewarding aspect about my internship experience has been working with the senior population we serve. Each person has a story that has led them to our clinic and though I am significantly younger than most of my patients, I continue to be inspired by their desire and will to improve their mental health and level of cognitive functioning. I appreciate the opportunity to make a difference in the lives of others.

CAPIC: How has the opportunity to complete internship training in your community (rather than relocating for an internship) impacted your education, clinical training, or personal life?

Sheila: My family is a very important aspect of my life; therefore staying local was a requirement. Finding an internship that fulfilled my clinical career objectives, while remaining in Southern California was an opportunity I did not want to overlook. Now that I have gained more clinical experience than I ever imagined, I am reassured that working with the elderly population is my calling. On a daily basis I continue to be amazed by the wealth of the knowledge that the patients of Scripps Clinic provide and am extremely grateful for being given the opportunity to serve them.



Sheila Allameh is a doctoral candidate at Alliant International University, San Diego. She recently completed a CAPIC predoctoral internship at Scripps Clinic – Division of Mental Health in San Diego.