

Park Center, Inc. Behavioral Health Institute Brief Program Overview

The psychology Internship /Residency program at Park Center, Inc. was established in August of 1987 and has been continuous since that time. Initial accreditation was achieved in 1988 with full accreditation obtained shortly thereafter. At the last reaccreditation visit the program was awarded 10 years full accreditation with the next visit scheduled to occur in 2029.

This Internship/Residency program was developed within the context of a community mental health center, Park Center, serving a culturally and ethnically diverse community population. In 2020, Park Center formally merged with a regional health care entity, Parkview Health forming Park Center, Inc. Behavioral Health Institute. A broad continuum of clinical training opportunities, including assessment, evaluation, consultation, supervision, and direct treatment have been consistently available to the Intern/Resident. With this merger, additional opportunities are available to the Intern/Resident to provide psychological services within the expanded health care setting.

Interns/Residents provide services to a varied client population in different service settings, as well as receive training through weekly supervision and didactic seminars. The program emphasizes generalist preparation with children, adults, and families along with training in supervision and consultation. We serve seriously mentally ill adults and children as well as chemically dependent people at all levels of intensity

Current healthcare and political changes necessitate careful preparation in order to practice effectively in this changing milieu. Park Center, Inc. which falls under the umbrella of Parkview Behavioral Health Institute, an entity of Parkview Health is a forerunner in staying informed of changes and in assuring that interns understand the implications of these changes and are prepared to practice accordingly.

The theoretical orientation of the psychology Internship (Residency) reflects the diversity of the Internship (Residency) training staff. Cognitive-behavioral, psychodynamic, systemic, dialectical behavioral, feminist, and developmental orientations are represented among the supervisory staff. Short-term and brief psychotherapies are emphasized though not to the exclusion of appropriate long-term modalities. Understanding of, and being responsible for, effectively working within a multi-disciplinary setting is emphasized.

Using a scholar-practitioner paradigm, interns/residents develop a range of applied skills as they integrate their clinical experiences with theory and empirical research. Understanding and demonstrating the ethical practice of psychology is paramount.

Mission: The mission of Park Center, Inc. Behavioral Health Institute's Doctoral Clinical and Counseling Psychology Internship (Residency) program is to prepare interning psychologists for ethical, competent, and culturally sensitive practice in a multidisciplinary community mental health setting. It is our goal for interns to complete our program with competence in assessment, evaluation, and treatment of a community population of children through adults, and to be excellent models of professional psychologists. Further, it is our goal for interns to be capable of planning, implementing, and evaluating treatment as direct providers, supervisors, and consultants. It is our intent that interning psychologists graduate from our program with a clear sense of self as a professional psychologist in a changing political healthcare environment.

Goals: Each goal listed below is developed throughout the Internship (Residency) year with specific objectives, requirements, and methods of evaluation to ensure that the Intern (Resident) demonstrates accomplishment in each area upon completion of the program. Interns in our program will leave with the following:

1. Professional competence in research

Requirements: Demonstrates the independent ability to critically evaluate and disseminate research. Uses the scholarly research to inform treatment and presentations. Demonstrates this skill through case conferences, dissertation progress and public presentations.

2. Professional competence in ethical compartment and knowledge of legal standards

Requirements: Act in accord with the APA Ethical Principles of Psychologists and Code of Conduct. Have knowledge of the relevant local, state, regional and federal regulations. Demonstrate this knowledge through recognition of ethical dilemmas as they arrive and through discussions with supervisors and colleagues.

3. Professional competence in Individual and Cultural Diversity

Requirements: Demonstrate through all actions and interactions how their own personal/cultural history, attitudes, and biases affect how they interact with those differing from them. Demonstrate personal ability to self-reflect and to integrate this awareness and knowledge into professional roles. Demonstrate knowledge of the current theoretical and empirical knowledge base as it relates to addressing diversity.

4. Professional competency in adherence to the professional values, attitudes and behaviors of the profession

Requirements: Demonstrate the ability to engage in self-reflection regarding one's personal and professional functioning including behavior that reflects the values and attitudes of the profession inclusive of integrity, accountability, lifelong learning and concern for the welfare of others. Demonstrate openness to feedback and responsiveness to supervision.

5. Professional competence in communications and interpersonal skills

Requirements: Demonstrates the ability to develop and maintain effective relationships with colleagues, communities, supervisors, organizations and those receiving professional services. Produce and comprehend oral, nonverbal, and written communications that are informative and well-integrated demonstrating a thorough understanding of professional language and concepts.

6. Professional competence in assessment

Requirements: Demonstration of familiarity and accuracy using the DSM 5. Demonstrate understanding of human behavior within its context including the ability to apply the

knowledge of functional and dysfunctional behavior. Select and apply assessment methods that draw from the best available empirical literature. Interpret results following current research and professional standards to inform case conceptualization, classification, and recommendations while guarding against decision making biases. Communicate results of evaluation professionally and effectively.

7. Professional competence in intervention

Requirements: Demonstrate the ability to maintain effective relationships with the recipients of psychological services. Demonstrate the ability to apply relevant research literature to clinical decision making and development of contextually relevant treatment plans based on the individual needs of the client. Evaluate the effectiveness of interventions and adapt as needed.

8. Professional competence in provision of supervision to others

Requirements: Demonstrates the ability to apply supervision knowledge in direct or simulated peer supervision.

9. Professional competency consultation and interprofessional/interdisciplinary skills

Requirements: Demonstrate knowledge and respect for the roles and perspectives of other professions. Apply this knowledge in direct consultation with other health care professionals, interprofessional groups or systems related to health and behavior.

Training Model: Our training model is best described as Scholar-Practitioner, utilizing a developmental and mentoring approach in supervision.

Components include:

A. Supervision: This is a core element of the internship. Each Intern (Resident) receives a minimum of 4 hours of supervision per week, of which three hours will be individual supervision and one-hour will be group supervision. Psychologist supervisors actively supervise within the context of the Scholar-Practitioner model, utilizing research supported interventions and theoretical source information. Through a close supervisory relationship, the Intern (Resident) develops both professional self-confidence and meaningful integration of theory with practice.

B. Professional Development Supervision: Internship (Residency) committee members lead this one-hour weekly forum which includes didactic, interactive, and experiential topics focused on Supervision of Supervision, Consultation, Personal Theory of Change as well as other professional topics pertinent to the development of expertise as a psychologist.

C. Broad Based Training: Broad based training takes place in a multidisciplinary milieu with a wide range of clients of a community mental health facility. This population includes seriously and emotionally disturbed children and adolescents and their families, seriously and persistently mentally ill adults from early adulthood to geriatric and individuals and families with less serious problems. Treatment settings include outpatient, inpatient, 24-hour crisis clinic, group home, home-based and day treatment programs. Treatment modalities include group, individual,

couples, and family therapy. Psychological testing, consultation with medical services and case management services are important modalities of assessment and connection with multiple disciplines as well

D. Various program placements: Each intern will have the opportunity to work in several different settings within the community mental health center.

Intern (Resident) Placement Opportunities within Park Center, Inc. Behavioral Health Institute

Location and Details	Requirements
Fort Wayne Outpatient <ul style="list-style-type: none"> 909 E. State Blvd. Fort Wayne, IN 46805 	<ul style="list-style-type: none"> Location of Intern (Resident) office space. Testing materials and offices at this site.
Substance Use Outpatient <ul style="list-style-type: none"> 1909 Carew St. Fort Wayne, IN 46805 	<ul style="list-style-type: none"> Co-facilitate one group per week

Off-site placements

Each Intern (Resident) will submit their top two preferences from the list below. The Training Director will attempt to honor each request and will be the tie-breaker if needed.

Location and Details	Requirements
Child Focus <ul style="list-style-type: none"> 909 E. State Blvd. Fort Wayne, IN 46805 	1-2days a week
Addiction Residential Unit <ul style="list-style-type: none"> 1909 Carew St. Fort Wayne, IN 46805 Provide group and individual therapy to clients placed on unit. 	1-2 days a week
Eating Disorder IOP <ul style="list-style-type: none"> 2710 Lake Ave Fort Wayne, IN 46805 Provide individual and group therapy Participate in team meetings Complete intake/ sub assessment 	1-2 days a week

Additional/optional opportunities

Location and Details	Requirements
Dialectical Behavioral Therapy <ul style="list-style-type: none"> 909 E. State Blvd. Fort Wayne, IN 46805 	Co-facilitate DBT groups for adolescents or adults
Fort Wayne Outpatient <ul style="list-style-type: none"> 909 E. State Blvd. Fort Wayne, IN 46805 	Develop and co-facilitate outpatient groups with an HSPP
Pain Management <ul style="list-style-type: none"> 11143 Parkview Plaza Dr. Suite 207, Fort Wayne, IN 46845 	Shadow psychologist in pain management clinic
Inpatient Unit <ul style="list-style-type: none"> 1909 Carew St. Fort Wayne, IN 46805 Provide group and individual therapy to clients placed on unit.	One optional shift per week for each intern, for 3.5 months
Residential Addiction Unit <ul style="list-style-type: none"> 1909 Carew St. Fort Wayne, IN 46805 Provide group and individual therapy to clients placed on unit.	One optional shift per week for each intern, for 3.5 months

E. Psychology Seminars: Park Center, Inc. Behavioral Health Institute provides a seminar series for psychology interns consisting of a two-hour weekly seminar meeting from August to July. Topic areas include professional ethics, diagnosis and treatment planning, diversity and cultural issues, case presentations, play therapy, and theories of treatment to name several. Psychologists from Park Center, Inc. Behavioral Health Institute present the majority of seminars with other professionals participating occasionally. Presentations are didactic, research-based and interactive in nature. Each Seminar is evaluated at the conclusion and feedback is given to the presenter.

F. Consultation: Each Intern (Resident) engages in a consultation experience in which they will provide consultation to a department within Park Center, Inc. Behavioral Health Institute or to a community agency, by utilizing research and programming skills. Her/his contribution should reflect researching and planning skills and should contribute positively to the growth and improvement of Park Center, Inc. Behavioral Health Institute.

G. Supervision of Supervision: Each Intern (Resident) has the opportunity to provide supervision to a staff peer for a portion of the Internship (Residency) year. This is supported by the professional development seminar on supervision, teaching theories and models of supervision.

H. Evaluation: Each Intern (Resident) is formally evaluated twice yearly with written evaluations provided to the intern's school. Interns are required to obtain a minimum level of 3 for all aspects of the evaluation by the final evaluation. All scores falling below a 3 at the mid-year evaluation are supported by a plan of action developed with the Intern (Resident) to assure that any required remediation is clear and doable in order to assure successful completion of the program. Interns also evaluate her/his supervisors at the end of the training year. In addition, interns receive written feedback on their monthly case presentations. Participation in seminars, case and other material presentations, interaction in supervision and interaction with peers and other staff on the multidisciplinary team all contribute to the evaluation process. Intern's feedback about the quality of supervision and seminars is valued and actively utilized in making changes to the Internship (Residency) to enrich the learning experience.