



THERAPY EXTERNSHIP IN CLINICAL PSYCHOLOGY

Revised: February 17, 2010

I. GENERAL INFORMATION

South Campus (SC) is a private therapeutic day school that was founded in 2001 to serve students in Southern Lake and Northern Cook Counties who are in need of an alternative school program which is supportive, therapeutic and educational. The program serves students between the ages of 6 and 21 years. SC utilizes educational, therapeutic, family and community connections to promote academic achievement and personal/emotional growth. The staff at SC is fully committed to helping each student make academic progress and develop the skills and behaviors necessary to succeed back in their home school or in a less-restrictive environment. The staff has found that the development of supportive, nurturing relationships with all students is integral to this process.

Ms. Betty Lindquist, Dr. John Schuler, and Mr. Tom Dempsey founders of the program chose to base the mission of SC on philosophical principles similar to those held at Counseling Connection a multi-disciplinary group practice, specializing in the therapeutic needs of children, adolescents and adults. The professionals at Counseling Connection (founded by Ms. Lindquist and Dr. Shuler) have been serving the community since 1981, and have worked closely with the schools, courts and social service agencies of Lake and Northern Cook Counties.

With regard to treatment philosophies, the clinical staff of SC uses a cognitive-behavioral/problem-solving approach as well as narrative principles to help students overcome problems at hand, practice more successful behavioral alternatives and explore ways to “re-write” their frequently negative life stories. Our goal is to work with students to build on their strengths and gifts, and fight with them against their weaknesses and obstacles. The environment is based in a positive nurturing model where “natural consequences” for behaviors are frequently utilized. SC avoids using restrictive and punitive methods of behavioral management and does not have a time-out room. Physical management/restraint is only employed as a last resort, when the child is determined to be a danger to her/himself or others.

II. TRAINING GOALS AND OBJECTIVES

The Therapy Practicum Program in Clinical Psychology at South Campus has been designed to help externs acquire and refine their clinical skills in key areas of practice, while functioning as a valued member of a multi-disciplinary team. There is an emphasis on training in fundamental clinical skills with a primary focus on individual, group and family therapy. Externs are provided with opportunities to work with frequently challenging/complicated children, adolescents and their families who often exhibit a wide range of emotional and behavioral issues. Externs also get an opportunity to work with people of all ages, and diverse cultural and ethnic backgrounds. There are two on-site licensed Clinical Psychologists. Supervision provided by the SC's Clinical Director, as well as other training staff. The practicum program is therapy based, thus formal diagnostic opportunities are not available to the externs.

The primary training goal/objective is to promote Externs' professional growth in such a way that they feel more confident in their ability to function as Clinical mental health providers, with the ability to practice in accordance with the highest standards of care.

III. CLINICAL WORK, SUPERVISION AND TRAINING

- Individual, group and family treatment with children and adolescents.
- Mandatory Tuesday mornings and Wednesdays
- Monthly parent's support group meetings
- Attending multi-disciplinary staffings for students
- Writing and presenting Treatment Summaries and occasionally, Social Developmental Histories for these staffings
- 1 hour of individual and 2 hours of group supervision per week with a licensed clinical psychologist and other clinical staff (the additional hour of group supervision is dependent on the extern's schedule)
- Consultation with Certified Alcohol and Drug Counselor as related to caseload needs
- Monthly meetings with SC's consulting psychiatrist regarding students assigned to the extern
- "All Staff Meetings" – three times a week from 3:00 - 3:45 pm to discuss the day's events, problem solve and develop plans for the future
- "Institute Days" - in-school staff training which covers school-related, therapeutic and behavioral topics and interventions
- Opportunities to attend the "Counseling Connection / Connection's Day School Monthly Round Table meeting" - a monthly meeting where a wide range of clinically relevant topics are presented and discussed

IV. EXTERNSHIP FORMAT

- 12 consecutive months (which is interspersed with holidays, winter & spring vacations and abbreviated summer school calendar). At least 25 hours per week, minimum 3 days/week (7:45am - 3:45pm).
- Externs are required to participate in a minimum of 500 hours of supervised clinical experience throughout the year; this time is spent in direct service, indirect service, training and supervision.
- Externs are expected to spend at least 200 hours in direct, face-to-face student service.
- Traditionally the Externship program would begin at the start of the academic year (late August), however, alternate start dates may be required.

V. EVALUATION

Evaluation is an active, ongoing process throughout the Externship period. All evaluations will entail an active discussion, regarding areas of strength and weakness, between student and supervisor. Formal, written evaluations will occur every six months throughout the course of the Externship year. These evaluations will be filled out by the Clinical Director/Supervisor and will be reviewed, in detail, with the Extern. Any serious concerns will be discussed with both the student and the other Training Staff. Please see Due Process Documentation for a full explanation of procedures.

VI. EXTERNSHIP BENEFITS

- Free student cafeteria lunch daily
- Monthly consultation with Psychiatrist
- Daily consultation with Certified Alcohol and Drug Counselor
- Convenient location
- Free Parking
- School hours (7:45am - 3:45pm, Monday - Friday) 197 days a year and vacation time (2 weeks for Winter, 1 week for Spring, 1 month for Summer and all national holidays).

VII. CLINICAL STAFF

Beth Becker, M.S. Ed., Psy.D.
Illinois School of Professional Psychology
Licensed Clinical Psychologist
Clinical Director / Director of Training

John L. Schuler, Psy.D.
Illinois School of Professional Psychology
Licensed Clinical Psychologist / Founder - Administration / Supervisor

Vered Dor, Psy.D.
Adler School of Professional Psychology
Licensed Clinical Psychologist
Diagnostic Program Coordinator

Sol Rappaport, Ph.D.
DePaul University
Licensed Clinical Psychologist / Psychodiagnostician

Michael Greenbaum, M.D.
Board Certified Psychiatry and Child/Adolescent Psychiatry
University of Illinois-College of Medicine

VIII. APPLICATION PROCESS

Individuals who have met all requirements for practical experience from clinical/counseling psychology training programs, must submit the following materials:

ALL APPLICATION MATERIALS MUST COME IN ONE ENVELOPE

- All graduate school transcripts.
- Three letters of recommendation.
- Curriculum Vitae.
- Letter outlining professional goals and interests and how this Externship site meets those criteria. **Please be specific about your choice of a therapeutic day school for your choice of training site.**

This information must be forwarded by mail or fax to:

Beth Becker, M.S. Ed., Psy.D.
Clinical Director / Director of Clinical Training
South Campus
909 E. Wilmette Road, Suite F
Palatine, IL 60074
Fax Number: (847) 359-8301

Note: If you choose to fax your information, please mail a hard copy of all documents as well.

If you have any further questions, please call Dr. Becker at: (847) 359-8300.