



# OUTLINE OF TRAINING PROGRAM

## ADMISSIONS CRITERIA

Applicants must be currently enrolled in a doctoral program in counseling or clinical psychology and advanced to candidacy by the start of internship. Applicant's dissertation proposal should also be accepted before applying. Applicants must have counseling and psychotherapy experience under appropriate supervision. A minimum of 500 intervention and assessment hours is highly recommended.

## PROGRAM LEARNING AIMS

We facilitate the development of psychologists who can practice competently and independently in several domains. Our program emphasizes strengthening skills in areas relevant to community mental health in the Sacramento region. This includes developing proficiency in conducting individual and group psychotherapy with a diversity of sexual orientations, gender identifications, and cultures with teens and adults. Interns will be proficient in crisis intervention with diverse populations and communities.

The goal of the program is to also help Interns develop specialized experience with one of the following areas during their training, if they so desire:

1. Eating Disorders
2. OCD/Anxiety Spectrum Disorders
3. Psychosis
4. Assessment

The specific program aims are as follows:

1. To foster the professional development, identity, and values necessary for effective and ethical practice as a psychologist.
2. To develop the skills and competencies necessary for entry-level professional practice with diverse populations, with an emphasis on the development of professional skills.

## GENERAL

The center's hours of operation are between 8am-8pm Monday through Saturday. Interns are not required to work weekends but are asked to hold at least one evening hour (after 5pm) of clinical services. Interns will start in the first week of August. Services will be rendered in a hybrid model: in-person and virtually via telehealth. Interns will learn how to use our electronic health records program—TherapyNotes. Interns are expected to work 40 hours a week, and will earn no less than 1500 hours in their internship year, per California Board of Psychology training guidelines.

## CLINICAL SERVICES

### Intake/Clinical Assessment

Interns will receive training on conducting initial intake appointments at VANTAGE POINT and will begin conducting intake evaluations early in the training year.

### Individual Therapy

Interns will conduct individual therapy for a majority of their time. Interns will work with people of age ranges 12-70, and all ethnicities, social economic statuses, religious and sexual orientations, and gender identities during their time at VANTAGE POINT. They can expect to carry a total caseload of around 25-30 clients.

### Group Therapy

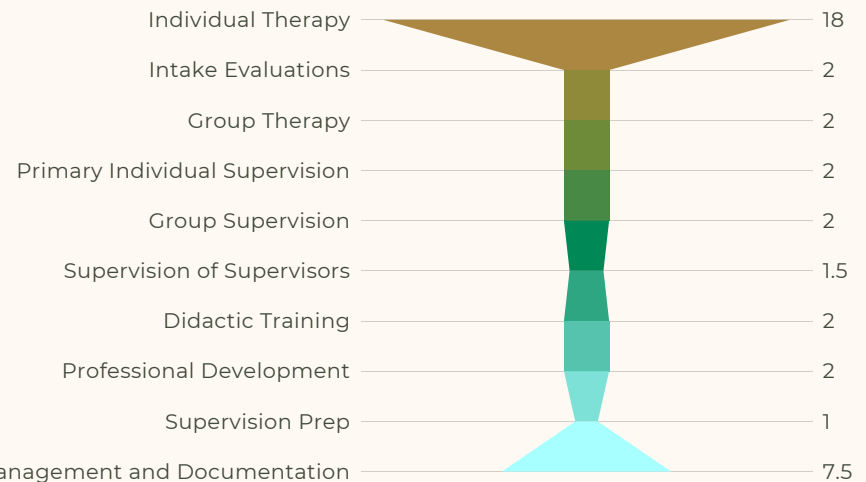
Interns have the opportunity to participate in the VANTAGE POINT group therapy program. VANTAGE POINT offers several general and topic/population-specific groups throughout the year.

### Assessment

New to our program is the opportunity to specialize in comprehensive psychological assessments exploring an individual's cognitive, neuropsychological, and social emotional functioning. Interns in this area will have approximately 15 of their 40 hours dedicated to assessment: 1.5 hour assessment didactic seminar, 1.5 hour case conference/group supervision, 1 hour Individual assessment supervision, and approximately 11 hours conducting assessments and report writing. The remainder of their schedule will consist activities listed in the sample schedule.



## SAMPLE WEEKLY GENERAL SCHEDULE/ACTIVITY LOG



Vantage Point Center for Psychotherapy  
 425 University Avenue, Sacramento, CA 95825  
 P: (916) 284-1416  
 E: therapy@vpppsychotherapy.com

# SUPERVISION AND TRAINING

## INDIVIDUAL SUPERVISION

Interns will receive two hours per week of primary individual supervision of their clinical and professional work by a CA-licensed psychologist. The supervisor will work closely with the Intern to design an individualized, graded learning experience within the context of the requirements and expectations of the training program. Interns and their supervisors will explore their areas of strength and expertise as well as collaboratively determine areas of professional growth and identify learning objectives for the training year. Individual supervision will include not only discussion of Interns' direct and indirect clinical service activities, but will also address issues of professional development, professional identity, and professional enculturation to the field. Interns will have the opportunity to receive specialty training in the areas of eating disorders, OCD/severe anxiety disorders, and assessment.

## GROUP SUPERVISION

Interns receive two hours of group supervision each week for the entire year. The group supervision will be conducted by CA-licensed psychologist.

During group supervision, Interns will discuss clinical work and professional issues, as well as conduct case presentations with the goals of receiving support, feedback, and recommendations from their peers and the facilitator.

Interns are also encouraged to use this group supervision to celebrate successes with clients, to display examples of good clinical work, to discuss professional concerns that impact their work with specific populations or presenting issues, to discuss professional development topics, and to address matters about the dynamic amongst the cohort. The focus of this meeting is entirely on Interns' clinical work and professional development. Interns will be required to present formal case presentations in the meeting twice a year.

## TRAINING DIDACTICS AND SEMINARS

Interns participate in two hours of weekly didactic training seminars. Didactic trainings focus on increasing Interns' competence in a variety of professional issues and clinical topics, several of which are specific to working with issues such as practice within different theoretical models, practice with a variety of presenting concerns and clinical populations, and ethical and professional development issues. VANTAGE POINT focuses training on issues around diversity and multiculturalism and areas of specialty such as eating disorders, trauma, and anxiety disorders.

## SAMPLE SCHEDULE

September 24th	Suicide Prevention
October 1st	Self-Disclosure, Boundaries, and the Therapeutic Process
October 8th	Case Conceptualization and Diagnosis



Please do not hesitate to reach out with any questions.

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## COVID PROTOCOLS

The center complies with the recommendations set forth by the CDC and the laws in place for healthcare officials in the state of California. As of June 2022, all clients and staff coming into the office will need to show proof of vaccination. Staff who have qualified medical or religious exemptions will be asked to fill out a declination form and test weekly to be on-site. Everyone must wear a mask inside the facilities at all times. More detailed and updated information will be provided to Interns in the first week of training.