

SNAMHS Intern Workweek

SNAMHS' interns participate in a variety of training and clinical experiences throughout the week. We do our best to tailor the intern experience to the needs of the intern, so each experience has variation. Interns at SNAMHS are exposed to a variety of patients and have the opportunity to engage in many different types of activities.

All interns participate in site-specific trainings and case consultation to include:

- 2-hour weekly site didactics which include a mix of case presentations, lectures, guest speakers, and supervision training. These meetings include other trainees (e.g., doctoral practicum students, post-docs) as well as some of our licensed psychologists.
- Bi-weekly team meeting with trainees and psychologists to discuss current patient concerns, receive feedback on behavior plans and individualized token economy plans, discuss relevant dynamics within the hospital, discuss ideas for program change. These meetings currently occur every other Monday for 1.5-2 hours.
- The Psychology Department has all-staff meetings approximately once per month. The meetings are focused on administrative issues, committee work, program development, and training.

Additional training and unique experiences often occur during the year. Interns are invited to observe court testimony and participate in outreach events. Interns may serve on a department or an agency-wide committee. Interns may participate in program development (e.g., development of a new group for patients).

Interns participate in treatment team meetings throughout the year. Forensic treatment teams meet weekly, while civil teams meet more frequently, sometimes daily. Forensic interns participate in a unique consultation/training team with Dr. Bradley and Dr. Fidler, the focus is on longer patient interviews that the trainees conduct followed by discussion of the patient, diagnostic impressions, and feedback for the trainee on interviewing skills.

Assessment

Forensic interns will learn to do competency evaluations during the year. Generally, interns start the year by observing evaluations conducted by psychologists and gradually build their skills so that they can conduct the interview (with the psychologist present) by the end of the year. Interns review records and write the reports and receive feedback on their writing from the psychologist they are working with.

All interns will complete various assessments during the year. Some examples include:

- Risk assessment for suicide
- Risk assessment for violence toward others
- Anger and aggression assessment
- Psychological testing for differential diagnosis, malingering, cognitive functioning

Interns will learn to focus their assessments and reports on the specific questions being asked and will hone their skills in writing brief reports.

Intervention

Interns have the opportunity to co-facilitate groups. Group topics vary and include DBT, IMR (Illness Management and Recovery), competency-related groups, social skills, and others.

Interns will have at least 1 long-term client with whom they will meet for the entire year. Interns will have many short-term clients who they see for brief intervention services which could include motivational interviewing to increase medication adherence, helping patients understand their diagnosis, teaching mindfulness to cope with psychotic symptoms, among many other topics.

Interns will learn how to write a Positive Behavior Support Plan (PBSP). PBSPs are written for patients who need extra intervention due to aggression, sexually inappropriate behaviors, self-injury, etc. PBSPs are written to provide staff suggestions on how to work with the patients and how to prevent problematic behaviors. Additionally, PBSPs may reference an individualized token economy (ITE) plan written for the patient. Interns will learn how to write, monitor, and revise and ITE to address specific behaviors and incentivize the patient to work toward short-term goals (e.g., attending group therapy).

Supervision

Interns typically have the opportunity to supervise an undergraduate field placement student and the supervision will be overseen by their individual supervisor.

Interns will have a primary supervisor but will also likely have a secondary supervisor. For example, a general track intern may have a secondary supervisor who oversees outpatient work. Forensic interns will conduct evaluations with multiple psychologists during the year to allow increased contact and training.