



Total recovery for body, mind and spirit



The Awakenings Treatment Center  
Psychology Doctoral Internship

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# The Awakenings Treatment Center Psychology Internship



**Awakenings Treatment Center** is an intensive outpatient program providing treatment for individuals struggling with primary mental health challenges, chronic pain, eating disorders, as well as drug and alcohol addiction. In alignment with our mission, vision, values and promise, mental health & addiction services have been strategically positioned within our intensive outpatient program to serve people who have higher-acuity mental health needs. To learn more about Awakenings Treatment Center, visit our About Us page at [www.awakeningstreatment.com](http://www.awakeningstreatment.com).

The Awakenings Psychology Internship offers two positions each year to participate in our adult individualized tracks that include individual, group and family therapy. These are full-time, one year internships of 2,080 training hours. Our goal is to provide the training necessary to fully prepare you with the knowledge and skills necessary to have a successful career as a Clinical Psychologist.

You will receive experience in core clinical services with a diverse patient population. For our program, you will have exposure to speciality tracks including trauma-focused, gender specific, chronic pain, addiction and eating disorders.

Awakenings offers psychology interns a well-rounded and unique training opportunity. We provide high-quality training in clinical therapeutic intervention, assessment and interdisciplinary consultation. The annual stipend for chosen applicants is \$52,500.

**Interns begin the year** by completing a self-assessment that provides insight into current knowledge and skill in the areas of evaluation/assessment, the provision of psychological interventions, and other skills related to the program's competencies.

An Intern's skill level, past experience, interests and goals are taken into account in formulating a training plan for the year. The training plan for the year consists of goals and a plan by which to meet those goals. Individualized training plans can be modified throughout the year, depending on an Intern's needs.

# Training

All training activities are structured according to a developmental model, with Interns initially being provided close and detailed supervision as appropriate, with opportunities to master fundamentals in assessment, interventions, supervision/consultation, and ethics.

Emphasis is placed on the development of skills in assessment, intervention, supervision, interdisciplinary collaboration and consultation. Additionally, it is the objective of the internship program that each intern develops expertise and sophistication in the ability to evaluate and utilize research which is relevant to the intern's professional development and clinical practice. It is expected that over the course of the internship the intern will grow in self-awareness and self-identification as a psychologist in a manner which will enable the individual to function effectively and experience personal gratification in the role of psychologist.

Finally, the Awakenings Internship Program highly values participation from interns in decision making about the internship program itself.

Interns participate in decisions about their individual participation in treatment program activities. The Training Director works closely with interns to accommodate specific preferences, where possible, without compromising the integrity of the training experience.

As the year progresses, more time is allocated to more focused skills and techniques/approaches. As the year progresses, training staff encourage Interns to use themselves and each other as resources more and supervisory relationships become increasingly consultative. Supervised service delivery is the principal means by which skills are taught and integrated. Techniques such as observational learning, group supervision and case conceptualization are used to facilitate the development of clinical skills. In addition, didactics and corresponding readings support clinical skill development.



Tracks provided are subject to change and include:

- Chronic pain and illness management
- Eating disorders
- Trauma
- Co-occurring disorders

# Training

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Psychology interns learn specific evidenced-based approaches for treating each of the populations noted above. In the treatment of patients with Chronic Pain and Illness, interns are taught to utilize a combination of experiential and manualized treatment approaches. These include Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance & Commitment Therapy, Trauma Resolution via 'Seeking Safety' protocols and Grief & Loss Recovery guided by the work of John James & Russell Friedman's Grief & Loss Recovery approach.

Interns are provided with a wealth of specific training in the treatment of Eating Disorders. These approaches include training in both harm-reduction as well as abstinence-based treatment goalsetting. Group experience and co-leadership, leading to independent leadership, is provided for Psychology Interns with our patients suffering from Binge Eating Disorder and Bulimia Nervosa, with training geared toward addressing the similarities and differences of the two populations and ways in which to provide effective group treatment through interpersonal processing and commitment to behavioral change.

Finally, interns experience a broad array of training opportunities to increase their knowledge and skills when working with patients with Co-occurring disorders. Each of the modalities discussed above are utilized within the context of this training as well, with the addition of manualized treatment approaches including 12-Step Facilitation Therapy, Relapse Prevention, Denial Management and Medication Compliance.

Psychology interns will be located at Awakenings Treatment Center in Agoura Hills, CA. 🌿

Psychology interns receive highly sophisticated training in the treatment of Post Traumatic Stress Disorder. Treatments for these patients, (in which interns are thoroughly trained and certified during the course of the internship), include 'Seeking Safety' exercises, Grief & Loss Process Groups, FDA approved EEG Biofeedback, Cranial Electrical Stimulation, and psycho-education around the neurobiology of living and healing with symptoms of PTSD.



# Training Resources



Psychology interns at Awakenings Treatment Center receive a complete array of administrative and clerical support throughout the entirety of the internship experience. These support include:

- Full use of facility computer hardware and software
- Clerical access to printers, scanners and fax systems
- Access and extensive training on Electronic Health Record
- Full clerical and case management support, including training on the basics of case management and helping clients connect with relevant community resources
- An individual office in which to conduct biopsychosocial assessments and individual psychotherapy sessions.
- As additional training supports are identified for individual interns, reasonable accommodations will be provided as necessary. 🌱

# Didactic Training Schedule

<i>Presenter</i>	<i>Date</i>	<i>Time of Training</i>	<i>Didactic Topic:</i>
Dr. Corbitt	August 3, 2022	12:30pm - 2:30pm	Evidence-Based Psychotherpay - CBT
Lauren Wolff	August 10, 2022	12:30pm - 2:30pm	Suicide Assessment and Risk Management
Dr. LaPiana	August 17, 2022	12:30pm - 2:30pm	Evidence-Based Psychotherapy - ACT
Dr. Corbitt	August 24, 2022	12:30pm - 2:30pm	Professional Development
Lauren Wolff	August 31, 2022	12:30pm - 2:30pm	Cases Conference
Dr. LaPiana	September 7, 2022	12:30pm - 2:30pm	Evidence-Based Psychotherpay - DBT
Dr. Corbitt	September 14, 2022	12:30pm - 2:30pm	Ethics Seminar
Lauren Wolff	September 21, 2022	12:30pm - 2:30pm	ACT Therapy Application
Dr. LaPiana	September 28, 2022	12:30pm - 2:30pm	Crisis Management and Intervention
Dr. Corbitt	October 5, 2022	12:30pm - 2:30pm	Evidence-Based Psychotherapy - REBT
Lauren Wolff	October 12, 2022	12:30pm - 2:30pm	Case Conference
Dr. LaPiana	October 19, 2022	12:30pm - 2:30pm	Evidence-Based Psychotherpay
Dr. Corbitt	October 26, 2022	12:30pm - 2:30pm	Ethics Seminar
Lauren Wolff	November 2, 2022	12:30pm - 2:30pm	Introduction to EEG Biofeedback
Dr. LaPiana	November 9, 2022	12:30pm - 2:30pm	Neurofeedback and HRV Peripheral Biofeedback
Dr. Corbitt	November 16, 2022	12:30pm - 2:30pm	Intern Demonstration re Provision of EEG and HRV Biofeedback Sessions
November 23, 2022 – Thanksgiving Break			
Lauren Wolff	November 30, 2022	12:30pm - 2:30pm	Intern Demonstration re Provision of EEG and HRV Biofeedback Sessions
Dr. LaPiana	December 7, 2022	12:30pm - 2:30pm	Introduction to Cranial Electrical Stimulation (CES)
Dr. Corbitt	December 14, 2022	12:30pm - 2:30pm	Review Literature re CES
Lauren Wolff	December 21, 2022	12:30pm - 2:30pm	Veterans Administration use of CES
Dr. LaPiana	December 28, 2022	12:30pm - 2:30pm	Case Conference
Dr. Corbitt	January 4, 2023	12:30pm - 2:30pm	Evidence-Based Psychotherpay - Family Systems Emphasis
Lauren Wolff	January 11, 2023	12:30pm - 2:30pm	Internal Family Systems Training

<i>Presenter</i>	<i>Date</i>	<i>Time of Training</i>	<i>Didactic Topic:</i>
Dr. LaPiana	January 18, 2023	12:30pm - 2:30pm	Ethics Seminar
Dr. Corbitt	January 25, 2022	12:30pm - 2:30pm	Family Therapy Application
Lauren Wolff	February 1, 2023	12:30pm - 2:30pm	Diversity and Cultural Competency
Dr. LaPiana	February 8, 2023	12:30pm - 2:30pm	LGBTQIAA+ Competent and Affirmative Treatment
Dr. Corbitt	February 15, 2023	12:30pm - 2:30pm	Spirituality and Religious Diversity
Lauren Wolff	February 22, 2023	12:30pm - 2:30pm	Case Conference
Dr. LaPiana	March 1, 2023	12:30pm - 2:30pm	Evidence-Based Psychotherpay
Dr. Corbitt	March 8, 2023	12:30pm - 2:30pm	Psychotropic Medication and Psychotherapy
Lauren Wolff	March 15, 2023	12:30pm - 2:30pm	Neurlogical Mechanisms of Action & Symptom Management
Dr. Mark Jaffe	March 22, 2023	12:30pm - 2:30pm	Training Presentation by Psychiatrist Dr. Mark Jaffe Frequently Utilized Off-Label Applications of Psychotropic Medications
Dr. Mark Jaffe	March 29, 2023	12:30pm - 2:30pm	Training Presentation by Psychiatrist Dr. Mark Jaffe - Improving Patient Compliance & Adherence with Psychotropic Medication Regiments
Lauren Wolff	April 5, 2023	12:30pm - 2:30pm	Psychotherapy for Veterans - Evidence -Based Treatment
Dr. LaPiana	April 12, 2023	12:30pm - 2:30pm	Application of Clinical Inventories
Dr. Corbitt	April 19, 2023	12:30pm - 2:30pm	Ethics Seminar
Lauren Wolff	April 26, 2023	12:30pm - 2:30pm	Case Conference
Dr. LaPiana	May 3, 2023	12:30pm - 2:30pm	Beck's Depression Inventory Scale Application
Dr. Corbitt	May 10, 2023	12:30pm - 2:30pm	Hamilton Anxiety Rating Scale Application
Lauren Wolff	May 17, 2023	12:30pm - 2:30pm	The Symptoms of Trauma Scale (SOTS) Application
Dr. LaPiana	May 24, 2023	12:30pm - 2:30pm	PCL-5 PTSD Checklist Application
Dr. Corbitt	May 31, 2023	12:30pm - 2:30pm	Differential Diagnosis Seminar
Lauren Wolff	June 7, 2023	12:30pm - 2:30pm	Genetic Predisposition to Addiction
Dr. LaPiana	June 14, 2023	12:30pm - 2:30pm	Abstinence-Based Addiction Treatment
Dr. Corbitt	June 21, 2023	12:30pm - 2:30pm	Harm-Reduction Model of Addiction Treatment
Lauren Wolff	June 28, 2023	12:30pm - 2:30pm	Case Conference
Dr. LaPiana	July 5, 2023	12:30pm - 2:30pm	Evidence-Based Psychotherpay
Dr. Corbitt	July 12, 2023	12:30pm - 2:30pm	Eating Disorder Treatment
Lauren Wolff	July 19, 2023	12:30pm - 2:30pm	Co-Occurring Disorders
Dr. LaPiana	July 26, 2023	12:30pm - 2:30pm	Professional Development

# Outpatient Co-Occurring Disorders Internship

**Our Outpatient Acute Mental Health and co-occurring disorders program** provides services for individuals with Substance Use, Eating Disorders, Chronic Pain and Mental Health Disorders. The clinic's interdisciplinary staff specializes in the treatment of co-morbid mental health and chemical dependency services. Psychology Interns attend staff meetings, providing clinical interventions such as biopsychosocial screening interviews, individual therapy, presenting psychoeducational classes, co-facilitating psychotherapy groups, and completing documentation.



## Supervision

As a psychology intern, you will receive one hour of supervision for every twenty internship hours, which is in line with the Association of Psychology Postdoctoral and Internship Centers (APPIC) and American Psychological Association (APA) requirements. Two hours of individual, face-to-face supervision will be provided by a primary and secondary supervisor. Two additional hours will be provided through group supervision. This will include one hour of guided activities, such as presentation of various supervisory models, supervision role plays, and one hour for case reviews. Additional supervision is provided as needed.

## Didactic Experience

To supplement your supervision and foster inter-professional education and experiences, didactic experiences are scheduled weekly for two hours. They provide a wide variety of clinical content from a variety of disciplines that support evidence-based practice. Topics may include, but are not limited to: A review of various classes of medication, prolonged exposure, TF-CBT, ACT, ethnicity and family therapy, and ethical considerations. An additional hour of didactic training occurs through a variety of meetings and experiences that Interns are exposed to. These activities occur at least one time per week for a total of at least one hour. Activities include but are not limited to, Training Committee meetings, Lunch and Learn activities (in-service training), all staff clinic meetings (case conferences and in-service training), provider meetings (case conferences).

# Aims, Competencies and Minimal levels of Achievement

## Minimum levels of achievement

As an intern, you will receive ongoing and formal feedback at the completion of each ninety-day increment (four times per training year) through a competency evaluation. Our training staff have identified minimal levels of achievements (MLAs) and identified ways in which interns remain in good standing.



These include:

- For the first and second training trimester, obtain ratings of at least a “2,” which is defined as “regular supervision required on most straightforward cases; consultation only on less challenging cases (mid-practicum level) for all competencies on the Competency Evaluation.”
- No items rated as a “1,” which is defined as “Substantial supervision/remediation needed; limited to no autonomous judgment.”
- Demonstrate progress in competencies below a “5,” defined as little consultation/supervision needed. Sound clinical judgment regularly demonstrated (intern exit/postdoc entry level; readiness for practice).
- Have displayed ethical behaviors at all times.
- By the end of the last training period, obtain ratings of at least a “5” for all competencies on the Trimester Evaluation and the Adjunctive Training Experience Evaluation forms.

# Aims, Competencies and Minimal levels of Achievement *(Continued)*

## Aims

The aim of the Psychology Internship is to prepare you for practice in Health Service Psychology. We do this by:

- providing you with a diverse clinical experience and client population
- following a model of training that provides supervised experience in areas of assessment, intervention and consultation
- focusing on relevant research and evidenced-based practice that can be incorporated into your internship experience through direct clinical services, didactic experiences, consultation and/or supervision
- valuing and focusing on your individual training needs and desires. As you become more familiar with your location and clients, gain experience and develop professionally, closer supervision will transition to mentorship and, eventually, relatively autonomous practice.



- Providing a minimum 25 hours of direct face to face contact with patients throughout each week.

Awakenings Treatment Center Internship values individual and cultural diversity. The training staff recognize that the services we provide our patients and the training you receive as an intern is vastly improved when a compassionate view of human differences is adopted by all. Given such, it is the goal of the training staff to foster the continuous development of cultural

competencies. It is one of our top priorities to be a mentor to you in this continuous learning process.

While the pace of your training is based on your developmental needs, our commitment to you is to help you develop the core competencies listed below, which are needed for independent practice in Clinical Psychology.

# Core Competencies

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## Research

You will display substantial knowledge of scientific methods, procedures and practices while being able to critically evaluate and disseminate research with sensitivity to individual and cultural differences.

## Ethical and legal standards

You will demonstrate knowledge of the “APA Ethical Principles of Psychologists and Code of Conduct” and laws, regulations, rules and policies, professional standards and guidelines governing health service psychology.

## Individual and cultural diversity

You will demonstrate the ability to conduct all your professional activities with sensitivity to human differences. This includes the ability to deliver high-quality services to an increasingly diverse patient population. As an intern you will demonstrate knowledge, awareness, sensitivity and skill when working with patients and communities who embody a variety of cultural and personal background and characteristics.

## Professional values, attitudes and behaviors

You will display behaviors that are consistent with the values and attitudes of the field of psychology. This includes self-reflection and the ability to incorporate feedback focused on improving your performance and professional effectiveness.

## Communication and interpersonal skills

You will exhibit the ability to develop and maintain effective relationships with colleagues, supervisors, other staff members, and patients and clients by implementing effective communication strategies.

## Intervention

You will exhibit the ability to establish and maintain a therapeutic alliance with patients and clients while providing evidenced-based interventions with sound clinical judgement and sensitivity to cultural differences.

## Core Competencies *(Continued)*

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### **Supervision**

You will demonstrate the ability to identify evidence-based supervision models and engage in direct or simulated supervision.

### **Consultation and interprofessional/interdisciplinary skills**

You will develop competence in the intentional collaboration of professionals in health service psychology with other individuals or groups.

### **Salary, Benefits and Resources**

The internship year begins on the second Monday in August and continues a full 12 months. Your yearly training stipend is \$52,000. Also included is the option for health insurance and 10 days of time away (including vacation, illness, personal appointments, outside educational opportunities, dissertation defense, post-doctoral interviews and other relevant activities). In addition, interns are provided time off for these holidays: New Year's Day (or observed), Thanksgiving Day, Christmas Day (or observed). Medical Leave (including maternity leave) is processed per Awakenings Treatment Center system wide policy, which indicates all Awakenings employees working in benefit eligible positions are entitled to a 6-week leave of absence with job protection and income protection during their first year of employment.

Interns are eligible for this benefit. Interns seeking paternity leave would be able to request time off within the afforded 25 days of time away.

During the course of this internship, Interns are provided office space in which to treat patients. Depending on location an Intern may have a designated office. This internship also values live supervision and in an effort to incorporate such into the training experience, Interns are provided laptops and any group material necessary to complete their work.



# Psychology Internship

## *Grievance Procedures & Timelines*

It is the policy of Awakenings Treatment Center to maintain a harmonious training facility for all psychology interns to express concerns about training issues and the training program, including workplace communication, aspects of the training program, interpersonal conflict, and any/all other working conditions.



Interns are encouraged to raise concerns verbally with their direct supervisor. If the grievance is not resolved informally through verbal communication within a 1 week timeframe, interns shall submit, in writing, a signed grievance to Dr. Shari Corbitt, Training Director. Dr. Corbitt will respond both verbally and in writing within 72 hours of the receipt of an intern grievance.

This policy is designed to protect interns and address Awakenings Treatment Center's commitment to integrity, competency and ethical behavior in psychology training. In accordance with anti-retaliation and whistleblower protection regulations, Awakenings Treatment Center will not tolerate any retaliation against any intern who makes a good faith complaint regarding any aspects of the psychology internship training program. 🌱

# Application requirements

## Application requirements

- APPIC Application for Psychology Internship (APPI)
- Doctoral student in clinical or counseling psychology accredited by the American Psychological Association (APA) or the Canadian Psychological Association (CPA)
- Approval for internship status by graduate program training director
- Passed Comprehensive Exams (or equivalent)
- Dissertation proposal approved
- 250 Intervention hours
- 100 Assessment hours

## Additional Information



APPI. Interviews will be scheduled individually given our current timeline. Although an in-person interview is preferred, phone and Skype interviews will be considered upon request. In-person interviews will consist of an overview of Awakenings Treatment Center facility and training expectations from leadership, Q&A sessions with the Training Director and a separate session with current interns. This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant.

If you are selected for an interview, you will be notified via the email listed on your

This training site values diversity. We adhere to the definition of individual and cultural diversity of the Commission on Accreditation, which states:

The Commission on Accreditation defines cultural and individual differences and diversity as including, but not limited to, age, disability, ethnicity, gender, gender identity, language, national origin, race, religion, culture, sexual orientation and socioeconomic status.

Please contact the training director with any questions related to the Psychology Internship or application requirements.

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