



Sam Houston
State University

COUNSELING CENTER



DOCTORAL INTERNSHIP
IN HEALTH PSYCHOLOGY





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MESSAGE FROM THE TRAINING DIRECTOR



Thank you for your interest in the Doctoral Internship in health psychology at the Sam Houston State University Counseling Center. All of our senior staff are very proud of our programs and greatly invested in all aspects of training and supervision. It is our goal that our programs will reach beyond the development of basic skills and competencies to the integration of a professional identity within each trainee. To this end, we believe in providing a warm and intensive training environment to promote both learning and professional growth. SHSU is a great place to work, and we hope you will want to become part of our Bearkat family!

For more information, please don't hesitate to contact:

Dr. Diane Stoebner-May
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Phone: (936) 294-1720.



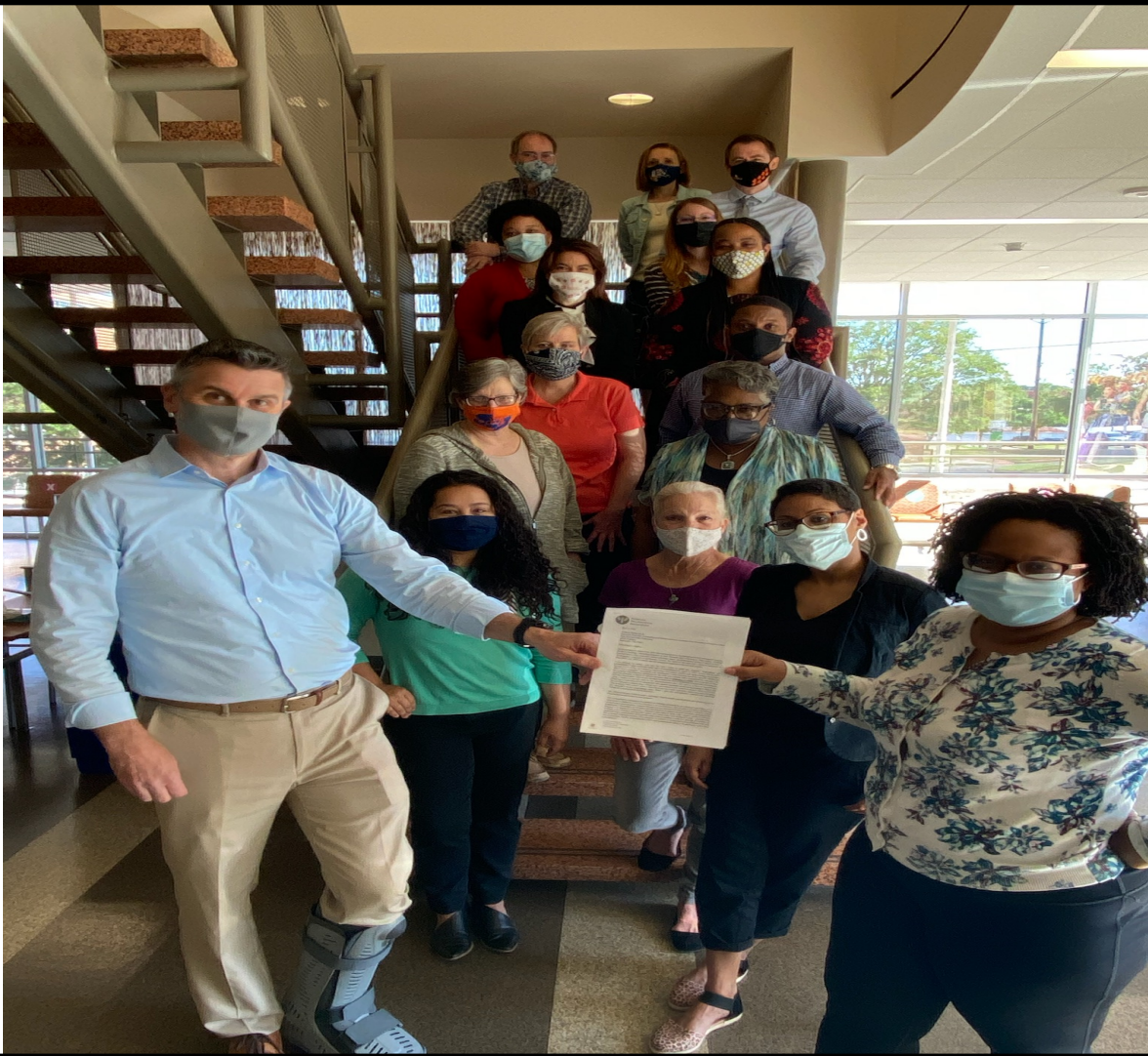
GENERAL INFO

Sam Houston State University is a four-year public university with an enrollment of over 20,000 students, and we continue to be one of the fastest growing universities in Texas. One of SHSU's greatest strengths is its diverse student body; for example, historically over 50% of our students are classified as first-generation and we are a designated Hispanic Serving Institution. SHSU offers over 80 bachelor's degree programs, more than 50 master's degree programs, and six doctoral programs, including nationally-recognized programs in Business, Fine Arts, Education, Mathematics and Criminal Justice. SHSU is classified as a "Doctoral Research University" by the Carnegie Commission on Higher Education and was recently recognized by U.S. News and World Report for being among the best in the country for online graduate programs. The Counseling Center is located at the north end of campus in a facility that was built in 2014. We share the building with the Health Center, which allows students to meet their physical and mental health needs in one location. Counseling Center services are available to all enrolled students.

The Counseling Center includes 18 rooms for individual therapy, two group rooms, two workrooms, a conference room, gender-neutral restrooms, and additional offices for administration. Therapy rooms used by interns are equipped with in-ceiling cameras to facilitate the learning experience. As a member of the Texas State University System, our building is compliant with accessibility requirements of the ADA. The internship is currently accredited by the American Psychological Association."

Huntsville, the historical home of General Sam Houston, is located in the Piney Woods region of Texas. Surrounded by State and National parks and just a short drive away from Lakes Conroe and Livingston. Huntsville is the perfect location for nature lovers who enjoy all that the great outdoors has to offer. For those who enjoy the arts, fine dining, big city shopping, and travel, Houston is just a short 45-50 minute trip down the Interstate.





STAFF

The staff at the SHSU Counseling Center are dedicated to providing a warm comprehensive training experience. Our multidisciplinary team includes licensed and staff psychologists and mental health counselors, and a case manager. The Counseling Center also has a robust practicum training program that takes on 3-5 trainees per semester, including both doctoral and masters level students.

For more information on our staff, please visit our website at:
<https://www.shsu.edu/dept/counseling/current-staff.html>

MISSION STATEMENT

Our mission is to provide quality training that will prepare interns to successfully transition from graduate students to practicing psychologists. We utilize a scholar-practitioner model, which emphasizes the use of scholarly and research literature to inform case conceptualization, and integrate evidence-based treatment literature with treatment planning and intervention. Internship and its associated growth are viewed through a developmental lens, and we assist interns as they grow in their professional development, reflect on their use of self, and continue to increase their multicultural competence.

Our internship has three major aims:

- 1 Provide training and experiential learning opportunities for the development of skills in counseling, assessment, crisis intervention, consultation, outreach, and provision of supervision.
- 2 Provide an open and supportive environment conducive to the development of multicultural competence and sensitivity to individual differences and to provide experiential learning opportunities to integrate developing knowledge base into work with individuals from a wide variety of backgrounds and experiences.
- 3 Provide a professional working environment that encourages and gives space to professional identity development and the development of professional competence.





SERVICE ACTIVITIES

DIRECT SERVICE

- **INDIVIDUAL PSYCHOTHERAPY** – Individual therapy is the primary direct service activity for interns. The Counseling Center utilizes a brief therapy model, though there are no specific session limits. Interns are also welcome to see couples.
- **GROUP PSYCHOTHERAPY** – The Counseling Center has a robust group therapy program, offering 10-12 groups per semester. Each intern is required to co-facilitate one group in the fall and spring semester, and they are invited to choose groups that meet their area of interest. See our website for more information about types of groups offered.
- **OUTREACH** – Outreach opportunities are offered throughout the semester. Various departments on campus request presentations and interns are invited to lead or co-lead these presentations.
- **SUPERVISION OF A PRACTICUM STUDENT** – Each intern will supervise a master's or doctoral level graduate student for one hour per week in the spring and fall semester. We utilize a co-supervision model; in the fall interns will observe and serve as a secondary supervisor to a practicum student, and in the spring they will serve as the primary supervisor.

DIRECT SERVICE (CONT'D)

- **CRISIS INTERVENTION** – Interns will have the opportunity to meet with students in crisis who walk in during our business hours. They also participate in the after-hours on-call rotation with staff, taking on responsibility to respond to after-hours crises. Rotations last for a week at a time and occur approximately once per semester.
- **WORKSHOPS** – The Counseling Center offers weekly workshops on a variety of topics to help educate the campus community on various mental health topics. Interns are invited to participate in delivery of these workshops (see our website for a list of workshops offered).
- **BRIEF SCREENINGS** – To access services, students must call into the Counseling Center for a brief walk-in assessment to direct them to the most appropriate service for their presenting problem (individual therapy, group, workshops, etc.). Interns will have three and a half hours per week set aside to see students who come in on walk-in for brief screenings or crisis intervention.
- **PSYCHOEDUCATIONAL ASSESSMENT** – Students seeking accommodations are referred from the Services for Students with Disabilities Office to the Counseling Center for psychoeducational testing. Interns will complete three full battery assessments per year (one in the Fall and two in the Spring).





TRAINING ACTIVITIES

- **DIDACTICS AND SEMINARS**

- Weekly Training Seminar (topics vary from week to week) – Fall and Spring Semester
- Weekly Dimensions of Identity and Intersectionality Seminar Series (Fall and Spring Semester)
- Weekly Group Therapy Seminar Series
- Weekly Trauma Seminar Series (Fall Semester)

- **SUPERVISION**

- Individual supervision (two hours per week, licensed psychologist)
- Supervision of group therapy (one half hour per week with group co-leader)
- Supervision of assessment work (as needed throughout the semester)
- Group supervision (one hour per week, licensed psychologist)
- Supervision of Supervision (one hour per week, licensed psychologist)

- **PROFESSIONAL DEVELOPMENT**

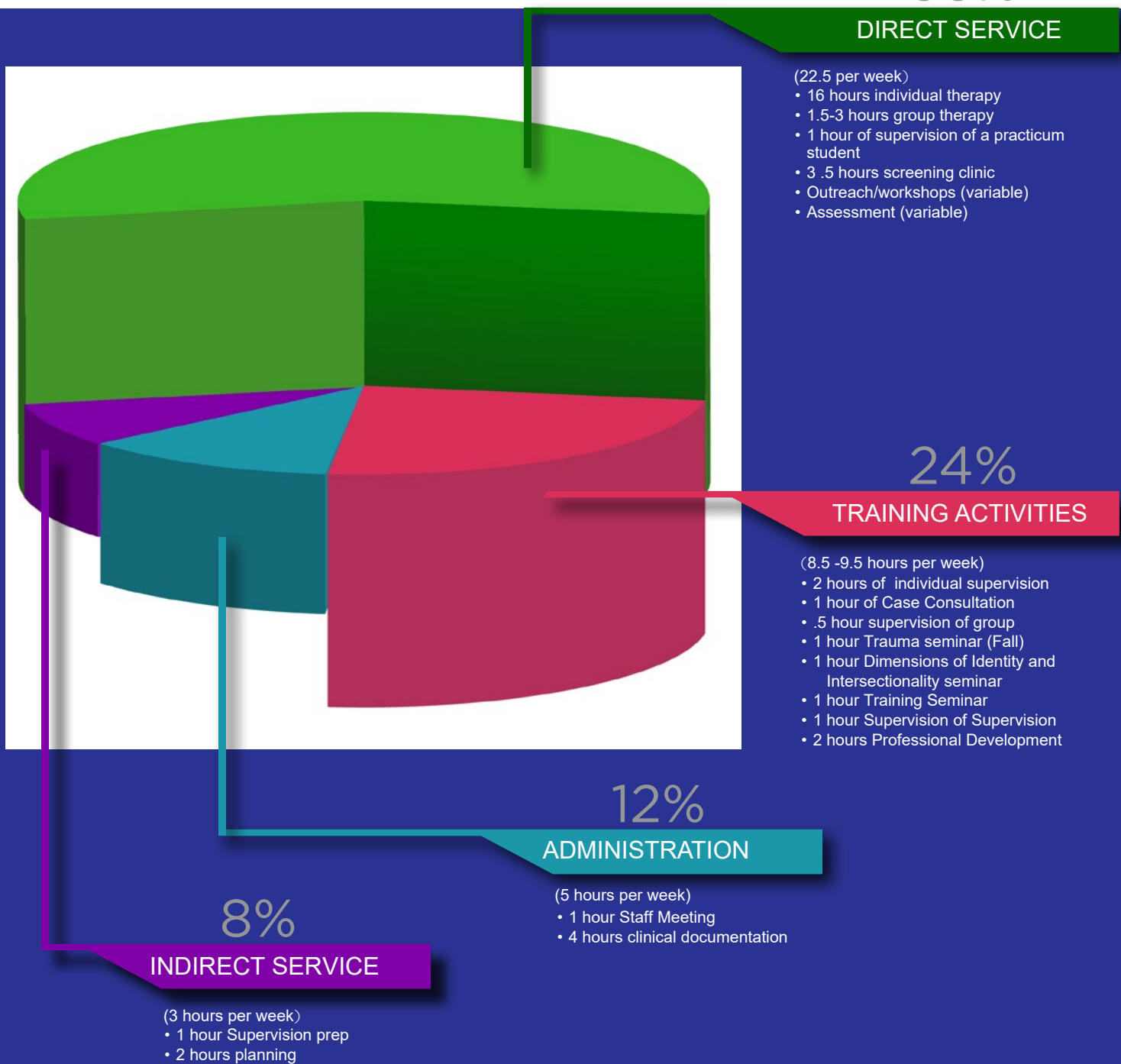
- Dissertation/EPPP Prep Time
- Legacy Project

- **INDIRECT SERVICE/ADMINISTRATION**

- Clinical documentation
- Planning
- Supervision prep
- Staff meeting (weekly)

TRAINING ACTIVITIES

BREAKDOWN OF A TYPICAL WEEK



Assessment will occur throughout the semester and will be worked into the intern's schedule as needed. Please note that during the summer semester clinical demand significantly declines, giving interns the opportunity to focus more time on dissertation defense, EPPP preparation, or other professional development activities.



APPLICATION AND SELECTION REQUIREMENTS

Our intern selection is based upon goodness of fit, thus we welcome applications from students seeking counseling center training experience. We look for interns whose interests and goals are consistent with our training philosophy and the experiences we can provide. We do not require prior practicum experience specifically in a university counseling center but applicants should have experience working with adults in an outpatient setting.

QUALIFICATION OF APPLICANTS:

- *Enrollment in an APA or CPA
- *Accredited doctoral program in Counseling or Clinical Psychology is preferred but not necessary.
- *Applicants must have a minimum of 400 Intervention Hours (i.e., supervised direct client contact) at time of application in November. These may include Masters practicum hours.
- *Applicants must pass all doctoral comprehensive examinations by the application deadline.
- *Applicants must complete all appropriate coursework prior to beginning the internship. Favorable consideration will be given to applicants who will have completed or made substantial progress toward completion of their dissertation by the start of the internship year.

Application Procedures:

We utilize the uniform psychology application (AAPI Online) developed by The Association of Postdoctoral and Psychology Internship Centers (APPIC). As a member of APPIC, we also participate in the computer matching process for the selection of our Psychology Interns. Information on the APPIC National Matching Process and the details regarding registration procedures can be found at www.natmatch.com/psychint/.

To complete our application process, please access the AAPI Online at <https://www.appic.org>. The entire application is to be completed online. General Instructions are available on the front page of the AAPI website, as well as instructions for each separate section of the Application.

The AAPI Online also includes a cover letter, 4 essays, a vita, graduate transcripts, and three letters of recommendation.

We fully endorse the APPIC policy summarized in the following statement:

“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.”

INTERN BENEFITS

- Stipend of **\$35,568** for 12 months in biweekly increments
- Interns are full-time (40 hours per week), benefits-eligible university employees
- Health insurance, paid sick leave and vacations, university holidays
- Free access to fitness center, and use of the library
- Private office, computer with internet access, and access to our video system for reviewing clinical work.

More information about our internship can be found on our website: <https://www.shsu.edu/dept/counseling/training-programs-page.html>





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MEMBER THE TEXAS STATE UNIVERSITY SYSTEM