



# Intern Brochure

2023-2024

[www.UT-PIC.org](http://www.UT-PIC.org)

## Aim:

The Utah Psychology Internship Consortium's mission (UT-PIC) is to prepare, train and retain high quality culturally competent psychologists to provide behavioral health care for the rural and underserved people of Utah.

The Utah Psychology Internship Consortium (UT-PIC) represents the collaborative effort of multiple agencies – Intermountain Healthcare, Valley Behavioral Health, Southwest Behavioral Health Center, Utah Tech University, and Solstice Counseling & Wellness - to share resources and faculty for the purpose of providing a diversified educational program for psychology interns. Training takes place at five training sites across Utah.

## Accreditation Status

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UT-PIC is accredited by the American Psychological Association (APA) Commission on Accreditation, with the initial date of accreditation as April 5, 2020.

Questions specifically related to the program's accreditation status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation  
American Psychological Association  
750 1st Street, NE, Washington, DC 20002  
Phone: (202) 336-5979  
Email: [apaaccred@apa.org](mailto:apaaccred@apa.org)

### APPIC Membership Status:

UT-PIC is a member of APPIC and participates in the APPIC match. UT-PIC has the following APPIC Match numbers: Utah Tech University Booth Wellness Center in St. George, UT (APPIC code: 248711), Southwest Behavioral Health Center in St. George, UT (APPIC code: 248712), Valley Behavioral Health in Salt Lake City, UT (APPIC code: 248713), Intermountain Healthcare Sevier Valley Clinic in Richfield, UT (APPIC code: 248714), Intermountain Psychiatry & Counseling in St. George, UT (APPIC code: 248717), and Solstice Counseling & Wellness in Heber City, UT (APPIC code: 248715).

## Program Structure

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UT-PIC offers one-year, 2000-hour, full-time doctoral internships beginning and ending in August. The start date for the 2023-2024 cohort is August 7, 2023. The Consortium provides a range of clinical and didactic experiences that represents the necessary depth and breadth required for future professional practice within psychology. Interns have a primary placement at one of five sites, with both required and elective rotations and other training experiences at other sites within the consortium. Across training sites, interns are expected to complete a full-time internship during the course of the internship year, of which at least 25% (500 hours) are spent in the provision of direct face-to-face clinical services. Interns are expected to achieve the internship program aim and objectives, as stated below, and to abide by the

APA Code of Ethics, the requirements of the UT-PIC training program, and the policies and procedures of their primary training site.

UT-PIC trains clinical psychologists who are effective consumers of research and who utilize scholarly inquiry to inform their practice. UT-PIC offers generalist training with a focus on rural and underserved populations, with the opportunity for specialized training that varies across training sites. More information about each training site and the resources and opportunities offered by each is provided below.

# UT-PIC Goals and Objectives

## Program Aim:

The Utah Psychology Internship Consortium's mission (UT-PIC) is to prepare, train and retain high quality culturally competent psychologists to provide behavioral health care for the rural and underserved people of Utah.

## Profession Wide Competencies and Learning Elements

Overarching Goals: The Utah Psychology Internship Consortium (UT-PIC) represents the collaborative effort of five Utah state agencies and the Western Interstate Commission for Higher Education, WICHE, to share resources and faculty for the purpose of providing a broad and general educational program for psychology interns.

Our program offers one year, full-time internship positions at agencies across Utah. It is expected that by the conclusion of the internship year, interns will have achieved intermediate to advanced competence in APA's nine Profession Wide Competencies and associated Learning Elements. For a comprehensive list of all required Learning Elements, please see the UT-PIC Intern Evaluation. The following represents a list of all required competencies and a general summary of associated learning elements:

Competency 1: Interns will achieve competence appropriate to their professional developmental level in the area of Research.

Learning Elements related to this competency include the following:

- Evaluation and/or dissemination of research or other scholarly activities
- Application of scientific knowledge to practice

Competency 2: Interns will achieve competence appropriate to their professional developmental level in the area of Ethical and Legal Standards.

Learning Elements related to this competency include the following:

- Knowledge of ethical, legal, and professional standards
- Recognition of ethical dilemmas
- Adherence to ethical principles and guidelines
- Consult appropriately with supervisor to act upon ethical and legal aspects of practice.

Competency 3: Interns will achieve competence appropriate to their professional developmental level in the area of Individual and Cultural Diversity.

Learning Elements related to this competency include the following:

- Cultural awareness of self and others
- Effective navigation of cultural differences
- Effects of cultural considerations on clinical activities
- Evidence-informed approach to cultural considerations
- Initiate discussion with supervisors as appropriate about diversity issues and integrate feedback into practice.

Competency 4: Interns will achieve competence appropriate to their professional developmental level in the area of Professional Values, Attitudes, and Behaviors.

Learning Elements related to this competency include the following:

- Behave in ways that reflect the values and attitudes of psychology, including integrity, deportment, professional identity, accountability, lifelong learning, and concern for the welfare of others.
- Engage in self-reflection regarding one's personal and professional functioning; engage in activities to maintain and improve performance, well-being, and professional effectiveness.
- Actively seek and demonstrate openness and responsiveness to feedback and supervision.
- Respond professionally in increasingly complex situations with a greater degree of independence as they progress across levels of training.
- Accept responsibility for meeting deadlines, completing required documentation promptly and accurately.

Competency 5: Interns will achieve competence appropriate to their professional developmental level in the area of Communication and Interpersonal Skills.

Learning Elements related to this competency include the following:

- Develop and maintain effective relationships with a wide range of individuals, including colleagues, communities, organizations, supervisors, supervisees, and those receiving professional services.
- Produce and comprehend oral, nonverbal, and written communications that are informative and well-integrated; demonstrate a thorough grasp of professional language and concepts.
- Demonstrate effective interpersonal skills and the ability to manage difficult communication well.
- Demonstrate knowledge of and comfort with the technological systems necessary for professional engagement.
- Demonstrate understanding of appropriate social media activities that maintain professionalism and respect.

Competency 6: Interns will achieve competence appropriate to their professional developmental level in the area of Assessment.

Learning Elements related to this competency include the following:

- Select and apply assessment methods that draw from the best available empirical literature and that reflect the science of measurement and psychometrics; collect relevant data using multiple sources and methods appropriate to the identified goals and questions of the assessment as well as relevant diversity characteristics of the service recipient.
- Demonstrate the ability to apply the knowledge of functional and dysfunctional behaviors including context to the assessment and/or diagnostic process.
- Interpret assessment results, following current research and professional standards and guidelines, to inform case conceptualization, classification, and recommendations, while guarding against decision-making biases, distinguishing the aspects of assessment that are subjective from those that are objective.
- Communicate orally and in written documents the findings and implications of the assessment in an accurate and effective manner sensitive to a range of audiences.
- Articulate relevant developmental features, clinical symptoms, and cultural factors as applied to presenting questions and findings (e.g., intergenerational trauma).

Competency 7: Interns will achieve competence appropriate to their professional developmental level in the area of Intervention

Learning Elements related to this competency include the following:

- Establish and maintain effective relationships with the recipients of psychological services.

- Develop evidence-based intervention plans using best practice guidelines specific to the service delivery goals.
- Implement interventions informed by the current scientific literature, assessment findings, diversity characteristics, and contextual variables.
- Demonstrate the ability to apply the relevant research literature to clinical decision making.
- Modify and adapt evidence-based approaches effectively when a clear evidence-base is lacking.
- Evaluate intervention effectiveness and adapt intervention goals and methods consistent with ongoing evaluation.

Competency 8: Interns will achieve competence appropriate to their professional developmental level in the area of Supervision.

Learning Elements related to this competency include the following:

- Apply supervision knowledge in direct or simulated practice with psychology trainees, or other health professionals. Examples of direct or simulated practice examples of supervision include, but are not limited to, role-played supervision with others, and peer supervision with other trainees.
- Demonstrate understanding of roles and responsibilities of the supervisor and supervisee in the supervision process.
  - o Collaborate with supervisor and provides feedback regarding supervisory process.
  - o Seek supervision to improve performance, presenting work for feedback, and integrating feedback into performance.
- Provide feedback to peers regarding peers' clinical work in context of group supervision or case conference.

Competency 9: Interns will achieve competence appropriate to their professional developmental level in the area of Consultation and Interprofessional/Interdisciplinary Skills.

Learning Elements related to this competency include the following:

- Demonstrate knowledge and respect for the roles and perspectives of other professions.
- Apply this knowledge in direct or simulated consultation with individuals and their families, other health care professionals, interprofessional groups, or systems related to health and behavior. Examples include but are not limited to role-played consultation with others, peer consultation or provision of consultation to other trainees, and consultation within a direct care team or setting.

### Supervision

Interns receive a minimum of 2 hours of individual supervision each week from a licensed psychologist at their site. Supplemental weekly individual supervision may be provided by faculty at each site and/or by licensed providers at elective rotation sites. Licensed supervisors provide interns with experientially-based clinical training and direct observation is a component of the supervision and evaluation process.

Two hours of required weekly group supervision from a licensed psychologist is conducted with all interns across consortium sites via high quality, secure distance technology. Group supervision focuses on case presentation, professional development, and clinical topics. All interns receive a minimum of 4 hours per week of supervision.

### Research

Research opportunities vary by consortium site. Please inquire with Site Directors about current and future research opportunities.

### Stipend, Benefits, and Resources

The annual internship stipend across all consortium sites is \$35,000.

Health benefits will be provided to all interns. Annual vacation, professional, and sick leave will be provided to all interns.

UT-PIC interns have access to numerous resources. Funding for travel within the state of Utah is provided in order for interns to complete required training experiences. Assessment and other training materials are provided by each training site, and additional materials that may be needed may be purchased using Consortium funding with Training Committee approval. Each intern additionally has access to administrative and IT support through their primary training site.

## UT-PIC Training Sites

The consortium includes the following training sites:

- Utah Tech University Booth Wellness Center;
- Intermountain Healthcare
  - Sevier Valley Clinic;
  - Intermountain Psychiatry & Counseling-St. George;
- Valley Behavioral Health;
- Southwest Behavioral Health Center;
- Solstice Counseling and Wellness

A description of each site and the internship experience by site is below:

### Utah Tech University Booth Wellness Center (St. George, UT)

#### General Information

Utah Tech University is an open-enrollment institution committed to student access, affordability and success. Utah Tech has adopted an instructional approach of "active learning. active life" and Utah Tech is located in picturesque southwestern Utah with its red rocks, desert climate, over 300 days of sunshine annually, and featuring easy access to world class outdoor recreational opportunities. We offer 4 master's degree, 53 bachelor's degrees, 18 associate degrees, 45 minor degrees, 51 certificates and 70 endorsement, and/or emphases for a total of 241 programs. The Utah Tech University Booth Wellness Center provides acute health care, brief mental health services, health education, and referrals so that students are able to pursue their academic, career, and personal goals. The Utah Tech University Booth Wellness Center has a staff of licensed medical and mental health practitioners. We work to provide high quality, cost-effective care for Utah Tech students, staff and faculty. The Utah Tech University Booth Wellness Center offers wellness programming that delivers educational services and information to teach healthy approaches to life, coping skills, and encourages the development of healthy lifestyle behaviors.

#### The Internship Experience

The Utah Tech University Booth Wellness Center seeks to recruit Psychology Interns who will enthusiastically support the University's strong commitment to the academic success of all our students, including students of color, students with disabilities, students who are first generation to college, veterans, students with diverse socio-economic backgrounds, and students of diverse sexual orientation and gender expressions. Interns placed at the Utah Tech University Booth Wellness Center are engaged in many aspects of the services provided. Their primary clinical responsibilities at the site are conducting mental health screenings, providing brief individual therapy, and participating in Health Promotion. The intern placed at the Utah Tech University Booth Wellness Center may also have the opportunity to engage in other supervised opportunities including provision of awareness and prevention workshops, process group therapy and consultations with the medical staff, and assist in providing training, supervision or consultation to practicum students.



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Utah Tech University Booth Wellness Center

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## Intermountain Healthcare

### General Information:

Intermountain Healthcare is a Utah-based, not-for-profit system of 33 hospitals (includes “virtual” hospital), a Medical Group with more than 3,800 physicians and advanced practice clinicians at about 385 clinics, a health plans division called SelectHealth, and other health services. Intermountain is widely recognized as a leader in clinical quality improvement and in efficient healthcare delivery. National and local awards and rankings recognize Intermountain as a model health system that strives to provide extraordinary care and superior service at an affordable cost. Intermountain continues to lead the industry in integrating treatment of behavioral and mental health conditions with traditional approaches to care. Our experienced and caring team of psychologists, physicians, and behavioral and mental health specialists work closely with patients of every age group and socioeconomic background. Our mission at Intermountain is helping people live the healthiest life possible, which we achieve by treating both mind and body. Intermountain’s award winning mental health integration program embeds mental health screening and treatment within primary care and select specialty care clinics. In our inpatient and outpatient behavioral health programs, we partner with patients in understanding their unique needs and building an individual treatment plan utilizing innovative technology and our advanced facilities.

### Intermountain Sevier Valley Clinic

The Intermountain Sevier Valley Clinic is located in the Sevier Valley Hospital in Richfield, Utah – a community of 8000 in scenic South Central Utah. It serves a large geographic catchment area and lies at the midpoint between Denver and Los Angeles. Primary industries in the area range from agriculture and mining to outdoor recreation. There are many recreational opportunities at Capitol Reef National Park, Fish Lake National Forest, and Utah’s San Rafael Swell. It is largely an underserved area for mental health care.

The Mental Health Integration program is embedded in a large family medicine practice, and also serves ObGyn and Internal Medicine providers. It also serves two small outlying family medicine clinics in nearby communities. The Intern would be working as part of a personalized primary care team that includes a lead physician, psychologist, clinical care manager and two care guides. Mental health integration integrates recognition, screening, treatment, and management of mental health into the routine medical encounter. The model allows the clinic to meet and maintain National Committee for Quality Assurance (NCQA) Medical Home accreditation, with integrated mental health services being a critical component of the medical home accreditation standards

### Intermountain Psychiatry and Counseling-St. George

Intermountain Psychiatry and Counseling is located in St. George, Utah. St. George is a growing city in southwestern Utah, with a population of 87,000. The clinic serves a large geographic area that includes not only southern Utah but also communities from Nevada and Arizona. Many patients come from rural communities in this area that is underserved for mental health needs. Primary industries in the area range from tourism to outdoor recreation. Nearby Snow Canyon State Park offers trails, dunes and red sandstone cliffs. Sand Hollow State Park features a large reservoir. Stately 19th-century buildings such as the Pioneer Courthouse and Brigham Young Winter Home dot downtown. The St. George Art Museum houses historical photos and work by regional artists. Zion National Park, with canyons and streams, lies

to the northeast. St. George is also known for golfing, rock climbing, biking, and other recreational activities. Las Vegas is the closest metropolitan area and is only 1.5 hours away.

Interns would be working as part of a multidisciplinary team that includes psychologists, psychiatrists, social workers, and psychiatric nurse practitioners. Interns can see a wide range of clinical presenting concerns including mood disorders, trauma, OCD, and several others. We serve patients ages 4 to 100. Assessments are available in our clinic and interns would be able to get some training and experience for ADHD and personality assessments. We also offer training experiences in group therapy. Interns have the option of co-leading a group or several groups at our center. Currently we are offering groups on the following topics: Dialectic Behavior Therapy, Obsessive Compulsive Disorder, Depression & Anxiety, Grief, Growing Grey Gracefully, Social Anxiety, Adult ADHD, and Emerging Adulthood Identity. Additional trainings available on internship would include a variety of topics including couples therapy, biofeedback, EMDR, ADHD, mood disorders, and several others.

#### The Internship Experience:

##### Intermountain Sevier Valley Clinic

The intern is engaged in many aspects of the clinic. The primary clinical responsibilities include providing consultation, diagnostic, and therapy services to patients referred by their Primary Care Provider in the clinic. The intern will provide consultation to the physicians and care managers on patients and clinical issues. Short term therapy approaches are primarily utilized, though some opportunity for longer term therapy is available. Training will include learning about clinical documentation and case presentation, and the intern will have the opportunity to develop relationships with community mental health partners and develop groups or classes for the community. In addition to clinical care, the intern will be involved in our monthly group meetings with other Intermountain mental health integration providers as well as be involved in Intermountain behavioral health trainings. There is the possibility of a mini-rotation in another clinic within Intermountain with a specialty focus located outside of the Richfield area dependent on intern interest and availability.

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Intermountain Sevier Valley Clinic

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#### Intermountain Psychiatry & Counseling – St. George

The intern is engaged in many aspects of the clinic. The primary clinical responsibilities include providing consultation, diagnostic, and therapy services. Interns can gain a variety of experience with regards to clinical presenting concerns including mood disorders, anxiety, trauma, OCD, autism spectrum, and ADHD. The intern may provide consultation to referring physicians and care managers on patients and clinical issues. Short term therapy approaches are primarily utilized, though some

opportunity for longer term therapy is available. Training will include learning about clinical documentation and case presentation, and the intern will have the opportunity to develop relationships with community mental health partners and develop groups or classes for the community. In addition to clinical care, the intern will be involved in our monthly group meetings with other Intermountain behavioral health providers as well as be involved in Intermountain behavioral health trainings. Interns will have the opportunity to engage in psychological assessments, including ADHD/LD evaluations and personality assessments.

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## Valley Behavioral Health

### General Information:

Valley Behavioral Health ([valleycares.com](http://valleycares.com)) is a nonprofit network of clinics with over sixty programs providing treatment for behavioral conditions, addictions, psychiatric conditions, autism, and other chronic health conditions with a continuum of care in Salt Lake and Tooele (pronounced “too-WILL-uh”) counties and additional clinics in Idaho and Arizona. Valley treats chronic lifelong conditions as well as temporary conditions triggered by traumatic life events. Programs are tailored to people of all ages and every social, cultural, and economic situation. When someone is suffering, whether it’s from depression, an addiction, a traumatic life event or a disorder like schizophrenia, it not only affects the health and happiness of the sufferer, it also affects the lives of everyone around them. Valley deals with all these conditions in a way that reduces the disruption, emotional toll, and financial cost that mental disorders and behavioral conditions often take on families, employers, and communities.

Valley Behavioral Health provides services in outpatient clinics, day treatment programs, residential treatment programs, and supported living programs with a strong focus on the services provided in rural Tooele County. Our clinic teams include varying combinations of Psychologists, LCSWs, CMHCs, APRNs, RNs, Medical Assistants, case managers, SSWs, and peer specialists. We have outreach teams that provide wrap-around services to children and adults who are stepping down from inpatient hospitalization or jail. Children’s services range from general outpatient mental health to intensive behavioral and Dialectical Behavior Treatment therapy for children and adolescents. Adult programs include outpatient mental health and substance use disorders that will provide an opportunity in outpatient, residential, and day treatment settings. We have residential programs for men, women, and women with children. Autism-specific services are provided for children and adults with severe autism traits.

Valley Behavioral Health places an emphasis on being an employer of choice, embracing efforts to increase diversity, equity, and inclusion with company- wide efforts to educate, embrace, and welcome employees of diverse backgrounds including race, religion, national origin, color, sex, age, disability, pregnancy, sexual orientation, and gender identity.

Utah offers opportunities to serve individuals of diverse backgrounds, with a large presence of Latinx Americans, Asian American and Pacific Islander Americans, and Native Americans. Many Utahns are of European descent. Utah has a large representation of members of the Church of Jesus Christ of Latter-Day Saints. There is an active lesbian, gay, bisexual, and transgender community which thrives in the Salt Lake metropolitan area and members of this community and advocates for this community enjoy a colorful Pride Festival and Parade the first week of June each year, which is the second largest parade in the state. Utah has a high birth rate, which results in its population having the youngest average age of any state, resulting in many children needing access to mental health services.

Activities nearby to the Salt Lake and Tooele County areas include skiing and other snow activities, hiking, biking and activities that make use of the surrounding mountains, and festivals and conventions including Craft Lake City, cowboy poetry and music festivals, Swiss Days, Oktoberfest, farmers markets, sheepherding competition, Sundance Film Festival, Arts Festival, Festival Opera, Shakespeare Festival, fruit harvest festivals, Scottish Festival and Highland Games, Pride Parade and Festival, Days of ’47 Parade, Blues Festival, Fairy Tale Festival, Salt Lake Gaming Con, FanX Salt Lake Comic Convention, tattoo convention, Loveloud Festival, and Bike Prom.

### The Internship Experience:

Interns placed at Valley Behavioral Health have the opportunity for a broad training experience, including diagnostic assessments and multiple treatment settings and modalities. Interns spend about half their time each week in rural Tooele county, while the other half of the week is spent at one of three specialty rotations in Salt Lake County throughout the year.

The Tooele clinic offers outpatient treatment services for clients of all ages with mental health or substance use needs, in addition to a clubhouse program. Interns provide psychotherapy in individual and group settings as well as outpatient intake evaluations. Interns may select from one of the following tracks at Tooele:

1. Child and youth track: Opportunity to serve children from toddler age through high school with individual, family, and group services as well as assessments and care planning. Group opportunities include skills groups and intensive outpatient after school services. Training and collaboration occur with the Children's Justice Center allowing treatment providers specialized training and practice in TF-CBT. A child and youth treatment team clinical meeting occurs once per week.
2. Adult track: Opportunity to work with adults addressing mental health and substance use disorders, providing individual and group services, as well as assessments and care planning. An intern will be expected to participate in multiple treatment groups, usually with a schedule of two evenings per week. Adult clients represent a variety of referral sources including self, DCFS, and court/probation. An adult treatment team clinical meeting occurs once per week.
3. Generalist/mixed track: An intern with the generalist/mixed track may work with cases connected to either the child and youth treatment team or the adult treatment team.

All interns participate in the specialty rotation at Psychological Services with a focus on psychological evaluation in Salt Lake County. At Psychological Services, clients receive either broad or focused psychological evaluations, regarding autism, disability, mental health severity, and diagnostic clarification with children and adults. Interns will have a half-time rotation of several months at Psychological Services.

Interns select from other specialty placements options in Salt Lake County, including:

Autism services: The Carmen B. Pingree Autism Center of Learning is a nationally renowned autism program that provides Applied Behavior Analysis (ABA) treatment to children diagnosed with Autism Spectrum Disorder (ASD). Adults with severe autism traits can receive services from the recently opened partner program, the Adult Autism Center. Interns involved in either autism program will learn and provide ABA services.

Children's intensive services: The KIDS and ACES programs children's services offer day treatment and partial-day treatment programs focused on behavioral interventions for elementary school age children with severe conditions, who are either stepping down from psychiatric hospitalization or whose treatment teams are actively working to reduce risk for psychiatric hospitalization. Interns provide psychotherapy via individual, group, and family modalities.

Adult residential treatment: Co-occurring Re-entry and Empowerment (CORE and CORE2) and Evidence-based Programs and Interventions Campus (EPIC) are residential substance use treatment programs for adult male and female clients with needs related to co-occurring mental health conditions, criminal

justice court system referrals, and experience of homelessness. Interns provide psychotherapy via individual, group, and family modalities.

Adult outpatient treatment: The Jail Diversion Outreach Team functions as an outpatient clinic within the Alternatives to Incarceration line of services, providing services for adults with severe mental health conditions, substance use disorders, homelessness, and involvement with the criminal justice court system. Interns provide intake assessments and care planning and individual and group psychotherapies.

Housing and homeless services: Storefront and Safe Haven serve individuals through a combination of outreach, drop-in services, and outpatient services.

In addition to the above specialty rotations, Valley Behavioral Health hosts the Utah Psychology Internship Consortium interns for a mini-rotation with homeless and housing programs that allows interns to receive an overview of services in Salt Lake County for unsheltered persons with a focus on service of individuals with severe and persistent mental illness and/or substance use disorders.

Official supervision is provided by the supervising psychologists with additional on-site clinical guidance provided by clinical leadership at specialty sites.

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Valley Behavioral Health

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## Southwest Behavioral Health Center

### General Information:

Due to unforeseen circumstances, Southwest Behavioral Health Center will not be accepting applications for this Match cycle.

Southwest Behavioral Health Center (SBHC) is a political subdivision of the State of Utah, created through an Inter-Local Agreement between the counties of Beaver, Garfield, Iron, Kane and Washington. As such, SBHC is supported, in part, by County, State, and Federal Funds. Client co-payments are set according to a sliding scale fee based on family size and income. No one will be denied services because of inability to pay. SBHC is a Medicaid provider for the five counties. SBHC provides an array of services including individual, family, and group therapies. There are mental health and substance abuse day treatment programs for youth. Both youth and adult treatment services are available. Additionally, therapy services are located in the school provided by staff of SBHC. Psychiatric evaluation, medication management and psychological evaluations are provided. Southwest Behavioral Health Center treatment teams provide services to individuals and families in a culturally competent manner. We have clinicians who speak the Spanish language that break down language barriers in providing services.

### The Internship Experience:

St. George, Utah in Washington County is one of the fastest growing communities in the nation. There are multiple national and state parks within a short distance and the weather is beautiful. Interns placed at Southwest Behavioral Health Center (SBHC) will have an opportunity to be a part of this growing community being involved in many of the treatment services that SBHC provides. Their primary clinical responsibilities include conducting mental health assessments, providing individual, family and group therapies and receiving training in conducting psychological evaluations. Interns will also have experiences in learning Dialectical Behavior therapy (DBT), Cognitive Behavior Therapy (CBT), Trauma Focused –Cognitive Behavior Therapy, (TF-CBT), Attachment, Regulation, and Self-Control Therapy (ARC), EMDR, Moral Reconciliation Therapy (MRT), Seeking Safety, exposure to working with Intensive Outpatient groups and being involved in therapy services provided in the school setting. Interns will experience a diverse culture and have opportunity to travel to outlying areas that SBHC covers to help administer psychological evaluations. In addition, interns will learn to develop clinical formulations and effective and measurable treatment objectives.

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## Solstice Counseling and Wellness

### General Information

"Building and supporting a community of psychology professionals to strengthen the community;" is one of the core values of Solstice. This is advanced by the importance placed upon supporting all employees in the organization. By doing all we can to create a flexible and supportive environment, staff are better equipped to effectively respond to the unique needs of the rural community in which it operates. Our office philosophy strongly encourages providers and staff to set schedules that meet the needs of the practice as well as their individual needs for work/life balance.

Heber City is located in a picturesque mountain valley about 50 minutes southeast of Salt Lake City. Being a small valley, it's not uncommon for the providers to ride their bikes into the office or walk to lunch. The town is minutes away from world-class recreational opportunities including alpine and Nordic skiing, fly fishing, golfing, mountain biking, horseback riding and hiking. Heber City is also a family-oriented town with excellent schools and growth opportunities. The practice serves residents of Wasatch County and Summit County as well as other rural surrounding areas.

### The Intern Experience

Psychology interns placed at Solstice will be strongly encouraged and well supported in integrating into the local community. Interns will receive ongoing in-depth training and acquire the foundational elements required to successfully run a private practice. Solstice adheres to the nine APA competencies and training elements which are incorporated into all supervision and day to day interactions. The selected intern's primary responsibilities will include conducting intake assessments, providing individual, couple, and group psychotherapy as well as opportunities for psychological assessment and testing. Due to being in a rural community with limited resources and services, client problem areas can be considered broad in scope. Solstice aligns with the ever growing needs and demands of the community and serves Medicare, Medicaid and uninsured populations. The selected intern will also attend monthly meetings at the local Children's Justice Center, conduct at least one psychotherapy group, facilitate four free community-based workshops on relevant topics, attend local provider roundtable discussions and assist with/facilitate programming for "May Mental Health Awareness Month" with Connect Summit County, a local non-profit. Secondary responsibilities include administrative tasks, networking with other clinicians, collaborating with practitioners across disciplines and professional development.

Solstice Counseling & Wellness adheres to the application of a developmental training model. During the initial phase of the internship, the intern will be assessed by the other clinical psychologists and will engage in self-assessment to design a training curriculum that suits their needs, abilities, talents, growth areas, and interests. Supervisors have specific advanced training in EMDR, TF-CBT, and The Gottman Method of Couples Therapy. Based upon the intern's interest they would have the ability to receive more specialized assessment training with a licensed psychologist.

More information on this training site can be found at:

<https://solsticecounselingandwellness.com/internship/>

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# Application Process and Selection Criteria

The Consortium currently offers four full-time positions.

Students interested in applying for the internship program should submit an online application through the APPIC website ([www.appic.org](http://www.appic.org)).

A complete application consists of the following materials:

1. A completed Online AAPI (APPIC's standard application)
2. Cover letter (part of online AAPI) stating your preferred training site(s) and why you are interested in those sites specifically
3. A current Curriculum Vitae (as part of the online AAPI)
4. Three letters of recommendation, two of which must be from persons who have directly supervised your clinical work (as part of the online AAPI). Please submit no more than three letters.
5. Official transcripts of all graduate coursework

All application materials must be received by November 15, 2023 to be considered. If applicants are invited to interview, they will be notified by email on or before December 6. Interviews will be scheduled in mid January via videoconference. Following the interview, follow-up discussion may be requested by contacting the site director for the training site(s) of interest.

UT-PIC will base its selection process on the entire application package noted above; however, applicants who have met the following qualifications prior to beginning internship will be considered preferred:

1. A minimum of 300 intervention hours;
2. A minimum of 50 assessment hours;
3. Experience or special interest in working with diverse populations
4. Current enrollment and good standing in an APA-accredited doctoral program.

In addition to the preferences noted above, UT-PIC takes into consideration the potential commitment or interest of any prospective intern to remain in Utah following internship. Developing a strong behavioral health workforce is an important consideration for the state, and an interest in remaining in Utah to join the workforce will be considered a benefit in a potential intern.

In addition to education and training requirements and preferences specified above, UT-PIC requires that matched interns meet additional site-level criteria to begin their training year. If a matched intern does not meet certain site-level criteria the match agreement will be terminated, and the intern will not be allowed to complete his or her internship within UT-PIC. Additional information about site level credentialing requirements can be found at [www.ut-pic.org](http://www.ut-pic.org).

Questions regarding the application or interview process may be directed to Program Director, Dr. Cathie Fox ([cathie.fox@imail.org](mailto:cathie.fox@imail.org)) or the UT-PIC program coordinator, Valerie Orlemann ([valerieorlemann@suu.edu](mailto:valerieorlemann@suu.edu)).

## Consortium Contact Information

For more information about UT-PIC, feel free to contact:

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or go to [www.UT-PIC.org](http://www.UT-PIC.org)