Internship Application Brochure

APA Accredited Health Service Psychology Internship

Training Year August 1, 2023 - July 31, 2024

For questions or information regarding accreditation, please contact:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street NE, Washington, DC 20002-4242
Phone: 202-336-5979, Fax: 202-336-5978
Email: apaaccred@apa.org
Web: www.apa.org/accreditation

Application Deadline is December 18, 2023

APPIC Internship Matching Program Code Number: 129711

Program Contact:
Brenda K. K. orns, Ph.D. HSPP
Associate Director for Training & Psychologist
765-285-1736 bmkarns@bsu.edu
Information for Prospective Applicants

We appreciate your interest in our APA accredited Internship Program in the University Counseling Center at Ball State University. The Counseling Center doctoral internship has been continuously accredited by the American Psychological Association (APA) since 1983. Our next re-accreditation Site Visit will be in 2025. As stated in APA's definition of training in Health Service Psychology: We provide training experiences in the "delivery of preventive, assessment, diagnostic, and therapeutic intervention services relative to psychological and physical health" in preparation for our interns to become "licensed as psychologists at the independent practice level"(APA, 1996; APA, 2011).

The Counseling Center is committed to providing training that facilitates both the continued development of competence and professional growth. Core values of diversity and social justice are embedded in each aspect of the training program. The staff is dedicated to supporting and mentoring interns into the profession and responding to their transitional and developmental issues. The multidisciplinary training and varied theoretical orientations of professional staff provide a rich environment for intern development.

As a part of the larger Counseling & Health Services, the Counseling Center provides a full range of individual and group therapy as well as outreach, consultation, and prevention services to a student population of approximately 22,000. Opportunities are available to work with a variety of student populations, including students from a variety of racial and ethnic backgrounds, gender diversities, and sexual minority populations. Additionally, a variety of training opportunities and experiences are available throughout the year, including training in the areas of diversity issues, crisis intervention, suicide assessment and treatment, group therapy, outreach and consultation, diagnosis, and treatment of trauma. Interns are also provided the opportunity for training in specific areas of interest or focus.

Setting and Facilities

Ball State University is an attractive and spacious campus. It is home to seven academic colleges, some that feature the most advanced educational facilities in the state of Indiana. There are numerous opportunities on campus to engage in varying and diverse interests, including access to several campus recreational facilities that offer fitness classes as well as indoor swimming and jogging year-round. For those who are interested in participating in outdoor activities, Ball State has an Outdoor Pursuits program that allows students and staff to rent items such as camping/hiking equipment, water sports equipment, bikes, outdoor games, fishing equipment, and more. In addition, Outdoor Pursuits hosts several excursions throughout the year, both inside and outside the state of Indiana, that are available for staff participation. Other campus activities include opportunities to attend various entertainment events, including musical performances in a variety of genres, Broadway and other theatrical performances, comedy shows, and more.

The Counseling Center is located in Lucina Hall, one of Ball State’s oldest buildings, and is located on a quadrangle where there is ample green space and walking paths to easily navigate the surrounding campus. Within close proximity to Lucina, there is easy access to various food courts as well as the Ball State “Village,” which is location to local businesses and restaurants. There are opportunities for both on and off campus housing, as well as pet-friendly living options in town.
Downtown Muncie is both historic, revitalized, and thriving. There are opportunities for shopping in local businesses, dining in local restaurants, visiting local sports bars and breweries, exploring the arts community, attending local theater productions, and experiencing several family friendly events that are hosted throughout the year. Additionally, there are options for both local and chain restaurant dining and shopping. And finally, the Cardinal Greenway runs through the center of Muncie and is considered the longest rail to trail conversion in the state of Indiana. It extends for 62 miles with opportunities to explore north towards Marion, Indiana or east towards Richmond, Indiana.

Training Philosophy
The doctoral internship program in psychology offers broad education and training with a focus on the specializations of Counseling Psychology and Clinical Psychology. As mentioned, the internship is consistent with APA's definition of training in Health Service Psychology in that we provide experiences in the delivery of preventive and therapeutic intervention services to address psychological and physical health (APA, 1996; APA, 2011). We prepare our interns to become licensed as psychologists at the independent practice level.

The Counseling Center staff is diverse in professional training and theoretical orientations, though we share values related to anti-racism, social justice, and inclusion. Core values of diversity and social justice are also embedded in each aspect of the Counseling Center. We view each intern as a cultural being whose background and social locations closely influence their clinical development as well as their personal and professional identities. As a part of interns’ professional development, supervisors assist interns in increasing their sensitivity to, knowledge of, and competency in dealing with diversity issues, both their own and others, in the counseling process. Self-reflection and self-examination of their own cultural and diverse backgrounds, their worldviews, and their interactions and relationships with clients and supervisees is emphasized. Integrating diversity, multiculturalism, and social justice into supervision is a significant part of our program.

The Center is committed to providing generalist training that facilitates growth and competence and integrates the application of current scientific and cultural knowledge, principles, and theories in the provision of professional services, including services that are preventive, developmental, and therapeutic, and that range from crisis intervention to more routine individual and group therapy settings. Interns learn to apply their skills within an environment that emphasizes cultural competence and humility. Training related to ethical, legal, and multicultural/diversity issues is infused throughout the program. Additionally, Interns are an integral part of our outreach and consultation program which provides information and training to our campus community. As a training program, we aim to support Interns throughout both their internship placement and as they move into the profession of psychology.
A sample schedule of intern activities and responsibilities is included below.

<table>
<thead>
<tr>
<th>Schedule Activity</th>
<th>Fall Hours/Week</th>
<th>Spring Hours/Week</th>
<th>Summer Hours/Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intakes</td>
<td>3-4 hours</td>
<td>3-4 hours</td>
<td>3-4 hours</td>
</tr>
<tr>
<td>Individual Sessions</td>
<td>16-17 hours</td>
<td>16-17 hours</td>
<td>16-17 hours</td>
</tr>
<tr>
<td>Crisis/On-Call</td>
<td>*</td>
<td>*</td>
<td>*</td>
</tr>
<tr>
<td>Individual Supervision</td>
<td>2 hours</td>
<td>2 hours</td>
<td>2 hours</td>
</tr>
<tr>
<td>Area of Focus Supervision</td>
<td>1 hour</td>
<td>1 hour</td>
<td>n/a</td>
</tr>
<tr>
<td>Group Supervision</td>
<td>1 hour</td>
<td>1 hour</td>
<td>1 hour</td>
</tr>
<tr>
<td>Group Supervision of Supervision</td>
<td>2 hours</td>
<td>2 hours</td>
<td>2 hours</td>
</tr>
<tr>
<td>Process Group Supervision</td>
<td>.5 hour</td>
<td>.5 hour</td>
<td>n/a</td>
</tr>
<tr>
<td>Peer Supervision</td>
<td>1 hour</td>
<td>1 hour</td>
<td>1 hour</td>
</tr>
<tr>
<td>Supervision of Trainee</td>
<td>1 hour</td>
<td>2 hours</td>
<td>1 hour</td>
</tr>
<tr>
<td>Seminars and Didactics</td>
<td>3 hours</td>
<td>3 hours</td>
<td>2 hours</td>
</tr>
<tr>
<td>Staff Meeting/Case Conference/Supervision Seminar</td>
<td>1.5 hours</td>
<td>1.5 hours</td>
<td>1.5 hours</td>
</tr>
<tr>
<td>Training Director Meeting</td>
<td>1 hour</td>
<td>as needed</td>
<td>as needed</td>
</tr>
<tr>
<td>Outreach/Consultation</td>
<td>varies**</td>
<td>varies**</td>
<td>varies**</td>
</tr>
<tr>
<td>Research</td>
<td>varies***</td>
<td>varies***</td>
<td>varies***</td>
</tr>
<tr>
<td>Administration</td>
<td>7 hours</td>
<td>6 hours</td>
<td>9 hours</td>
</tr>
<tr>
<td>**Totals</td>
<td>40-42 hours</td>
<td>40-42 hours</td>
<td>40-42 hours</td>
</tr>
</tbody>
</table>

*Crisis/On-Call is coverage for either a 24-hour period of time or a weekend (with backup from senior staff) and entails managing urgent walk-in appointments during office hours or after-hours phone calls. **Outreach/Consultation scheduling and development are scheduled on an as needed basis.

**Application Information:**

The Counseling Center requires 3 letters of reference included in the APPIC application process. Letters should be from individuals familiar with the applicants academic and clinical skills.

Minimum requirements for application for internship include the pursuit of a degree in Clinical or Counseling Psychology from a program accredited by the American Psychological Association, completion of comprehensive exams prior to application, and completion of dissertation proposal defense prior to start of internship. Applications must also document a minimum of 450 intervention hours and 10 assessment hours.

Applicants should demonstrate a strong and genuine interest in generalist training and be prepared to assist clients with a wide range of clinical issues and severity of concerns. Applicants are expected to engage in efforts to deepen their awareness of social justice concerns, multicultural consciousness and
cultural humility, sensitivity to identity development and intersections, and competence related to diversity in every form. Applicants are expected to have an affirming stance toward all sexual and gender identities. Applicants must also have strong interpersonal skills and demonstrate an openness to growth and a dedication to life-long learning.

Our application deadline: The AAPI Online must be submitted by December 18, 2023.

The intern selection committee meets the second week of December to begin review of applications based on minimum qualifications. The review process continues through the application deadline. All applicants are notified of their interview status by December 31. All interviews are conducted through video-conferencing. Internship interviews are conducted during the first two weeks of January. Interview candidates meet with a clinical interview team approximately 1 to 1 ½ hours and are asked to respond to a standard set of questions. Candidates are also asked to present a brief case presentation of their clinical work. Interview teams consist of clinical staff members and at least one member of the current internship cohort. Time is provided at the end of the session for candidates to ask questions about the training program or the Counseling Center, and to interact with staff and current interns. Each candidate then meets individually with the Training Director and the Director of the Counseling Center in separate sessions. Interviews typically last between 2 to 2 ½ hours. A separate video session is scheduled for candidates to meet with the current internship cohort.

The training program in the Counseling Center at Ball State University fully endorses 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.”

Additional questions following the completion of interviews are always welcome. However, continued contact with applicants is not considered in the final ranking.

Please see the Internship Admissions, Support, and Initial Placement Data Document on our website for additional information regarding placement information and requirements. If you have questions, please contact the training director 765-285-1736 or bmkarns@bsu.edu.

The University Counseling Center is a department within the Division of Student Affairs at Ball State University.
Accreditation Status of the Internship Program

The Doctoral Internship in Health Service Psychology program at the Ball State University Counseling Center is accredited by the American Psychological Association (APA). Our program was originally accredited in 1984 and is currently accredited through 2025.

Questions related to the program’s accredited status should be directed to the Commission on Accreditation:

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