

AppState Psychology Clinic Undergraduate Internship Description

Each semester, 2-6 undergraduate student interns become members of our clinical team, which includes a staff clinician, graduate student trainees, and two clinical psychologists, Dr. Jacqueline Hersh (Director) and Dr. Hannah Holmes (Assistant Director). Our clinic is located off campus, in the University Hall building (400 University Hall Drive in Boone) with free easy parking and a nearby Appalcart stop. We primarily provide assessment and therapy services for individuals in the High Country, including student and non-student adult and child populations. Frequent referring agencies are AppState Office of Disability Resources and local medical and psychological practices. Undergraduate interns assist with various aspects of the general clinic administration. This can include office tasks (e.g., photocopying, scanning, labeling, making client folders), attending weekly group supervision meetings on Mondays or Wednesdays from 9-11am (where the team discusses clients and plans for the assessment or treatment as well as discusses didactic topics), scoring psychological measures, completing phone screenings with potential clients, completing literature reviews on evidence-based clinical practices, entering client data for research or other purposes, and a variety of other tasks. Undergrad interns occasionally are asked to assist with therapy sessions (admittedly a rare opportunity) and are given opportunities to observe videos of assessments and therapy sessions with clients, as available. It is impossible to predict if/when opportunities to assist with therapy sessions may be offered since it is based on our clients at the time and what the therapy entails. Thus, this cannot be a guaranteed or expected experience for an undergraduate intern.

Desired knowledge, skills, and abilities:

We're looking for our undergrad interns to be detail-oriented, have strong verbal communication skills, strong GPA, relevant coursework (such as Abnormal Psychology or Psychopathology), cooperative, able to work as part of a team as well as independently, strong interpersonal skills, flexibility, and professionalism.

Educational objectives:

To expose undergraduate interns to various aspects of evidence-based psychological assessment and therapy, means for evaluating disorders and learning disabilities, commonly-used measures, how evidence-based assessments and therapy are chosen and tailored to individual clients depending on presenting problems and individual factors (e.g., why the client is seeking services, sociocultural factors), and the experience of working in a clinical setting.

For the undergraduate fieldwork requirement, students are responsible for registering for internship hours (i.e., for formal class credit) by the Psychology Department deadline, which has often been the semester before the internship starts- please check about deadlines with the internship coordinator (Lauren Keroack: keroacklj@appstate.edu). Course credit will not be awarded if registration is not accomplished by the department deadline. Students completing the Clinic internship are expected to devote 8 hours per week (equivalent to 3 credit hours) to working at the Clinic. These 8 hours typically include attending team staff meeting (Monday or Wednesday 9am-11am) and the remaining 6 hours split across two days between 9am-5pm Monday-Thursday. Please note that to complete the internship, students must be enrolled in an internship course (PSY 4905) that also has a class meeting requirement. If interested in completing the internship, we suggest you attend one of the department information sessions and

complete the Internship Interest survey. Each year, applications to our internship for the Fall semester are due by February 15th, and applications for the Spring semester are due by September 21st. The reference form can be submitted up to a week after the application deadline by the reference emailing the form directly to Dr. Jacqueline Hersh. We do not currently offer summer internships.

How objectives will be accomplished:

Interns are expected to be at the Clinic for at least 8 hours a week. As noted above, interns will attend two-hour group supervision meetings weekly to learn first-hand about the assessment and therapy process across many different cases. Interns will spend six additional hours per week at the Clinic providing assistance to the graduate student clinicians, faculty, and staff. Specific readings to enhance the learning experience may be assigned.

Methods of evaluation:

Interns will be evaluated by Dr. Jacqueline Hersh (in consultation with other Clinic staff) on the following criteria:

1. Attendance, meetings and assigned hours
2. Follow-through, completion of assigned duties
3. Professionalism (e.g., phone, dress, empathy, ability to work well with others)
4. Participation and motivation to learn