

Rowan University Counseling and Psychological Services

Predoctoral Psychology Internship

Rowan University Counseling and Psychological Services offers two year-long, full-time internship placements for advanced psychology doctoral students. We participate in the APPIC Match process and adhere to all of their policies and procedures. We belong to the Immaculata University Psychology Internship Consortium, which is APA-accredited. As such, we only accept applications from Immaculata University students in the first round of the Match. During the second round of the Match, all eligible students are permitted to apply.

Description and Services: Rowan University Counseling and Psychological Services (CPS) is located on Rowan's Glassboro main campus at the Wellness Center in Winans Hall. CPS provides services to undergraduate and graduate Rowan University students. Our student population is diverse in race, ethnicity, socioeconomic status, religion, disability status, gender identity, and sexual orientation. Services provided to students include individual and group, with occasional inclusion of partners or family members as clinically indicated. We offer a comprehensive Dialectical Behavior Therapy (DBT) program. Other services offered by CPS include on-call crisis response, comprehensive psychological testing, psychiatric evaluations and medication monitoring, outreach to the campus community, and consultation to staff, faculty, and parents. Interns are very active and important members of our treatment staff and we support both their clinical and professional growth as colleagues and psychologists. We value their contributions and encourage them to pursue their particular areas of interest with the same passion and commitment that all of the staff bring to CPS.

Psychotherapy/Interventions: Interns typically have a caseload of 10-14 individual clients with varying diagnoses and levels of functioning. Common concerns include depression, anxiety, post-traumatic stress, Autism Spectrum Disorder, alcohol and drug abuse, suicidality, self-injurious behaviors, eating disorders, relationship issues, alcohol and drug abuse, and personality disorders. While we have implemented a general 12-session limit on treatment, there is flexibility for longer-term interventions when dictated by client need. There is an emphasis on evidence-based interventions.

Interns also typically co-facilitate one or two therapy groups each semester in conjunction with a licensed staff member. CPS has a very well-developed group therapy program that offers approximately 15 groups each semester. Examples of typical groups include DBT skills, Radically Open DBT, Interpersonal Skill Building, Body Image, Anxiety Skills, Mindfulness, LGBTQ+ support, and general therapy.

Interns also may have an opportunity to participate in our "Let's Talk" program, which provides students with brief and informal consultations with mental health professionals at different locations around campus.

Training Concentrations: Each intern participates in one training concentration per semester, which is an opportunity to focus on a particular interest or specialization. Past concentrations have included Eating Disorders, Alcohol & Other Drugs, and LGBTQ+ services. The interns spend a minimum of 5 hours per week involved in activities related to the concentration, including additional supervision from the respective program coordinator, co-facilitating a related group, working with a minimum of 3 clients with that presenting concern, and participating in the team meetings for that concentration.

Supervision: CPS strongly emphasizes the importance of supervision for interns, as well as continued professional development for all staff. Interns receive two hours per week of individual, face-to-face supervision with two different licensed psychologists, a half hour of supervision with their group co-leader, and supervision from the training concentration program coordinator. Audio and video recording of therapy sessions are a vital part of supervision.

In addition, there are numerous additional opportunities for case consultation and clinical discussion. These include a weekly case conference presentation/discussion and meetings for clients presenting with high risk behaviors, eating disorders, or alcohol and drug issues. There are also biweekly meetings for interpersonal psychotherapy consultation and our group therapy program. As part of our comprehensive DBT program, all staff and interns are important members of our weekly 2 hour DBT consultation team. This meeting provides an opportunity to discuss clients, as well as to develop our own professional limits, process feelings of burnout, and address any issues within the team.

In order to develop their own supervisory skills, interns may also have the opportunity to co-facilitate group supervision for graduate-level practicum students.

The staff at CPS has a wide range of expertise, theoretical orientations, and specializations. Staff includes licensed psychologists, clinical social workers, professional counselors, addictions counselor, and psychiatrists. All of our staff have extensive training in DBT. Other theoretical orientations/approaches include cognitive-behavioral, psychodynamic, systems focused, interpersonal psychotherapy, motivational interviewing, acceptance and commitment therapy, brief solution-focused, prolonged exposure, trauma-focused, and EMDR.

Assessments/Diagnostics: Interns conduct mental health triage evaluations for 3-4 hours per week. During this time, students who are in crisis or seeking services are briefly evaluated and provided with recommendations for treatment. Interns also complete biopsychosocial intake evaluations for new clients and provide drug and alcohol screenings as part of the Alcohol & Other Drugs concentration. All interns are expected to complete a minimum of 3 comprehensive testing batteries and reports, with additional testing experience available if further training is desired by the intern. Testing batteries are tailored to the referral question, which is often differential diagnosis. CPS has an extensive testing library, including measures of cognitive functioning, objective and projective personality measures, and other instruments for specific psychopathology.

Community/University Involvement: Interns provide information and consultation to staff, faculty, and families as requested. Interns routinely consult and collaborate with other university departments, including Residential Life, Student Health Services, Department of Public Safety, and the Academic Success Center. Interns also participate in the numerous outreach activities provided by CPS Services in the form of workshops and trainings for students, faculty, and staff. These primary and secondary prevention events offer a wide variety of opportunities to provide psycho-education, orientation information, and mental health screenings. Examples of such events include suicide prevention, sexual assault prevention, transgender awareness, stress management workshops, therapy dogs, substance abuse prevention, depression screenings, trainings for residential assistants, new student orientation, and presentations about CPS services.

Interns are also trained in Psychological First Aid and crisis intervention, and serve as a member of the Stress Management and Response Team (SMART). SMART is the CPS

coordinated campus-wide trauma response service for critical incidents impacting large segments of the Rowan community. Such events may include the death of a student or faculty member, a natural disaster affecting campus, or a tragedy that affects members of our campus community.

Didactic Training Activities: Interns, along with practicum trainees, participate in didactic trainings led by CPS staff. These are designed to focus on the types of issues and concerns seen at an active university counseling center. Examples of didactics include: developing the therapeutic alliance, diversity issues, collaborating with psychiatry, assessing suicidality, eating disorders, alcohol & drug use on campus, managing high-risk behaviors, acceptance and commitment therapy, EMDR, group dynamics, motivational interviewing, students with Autism Spectrum Disorder, case conceptualization, and managing transference & countertransference.

Interns also participate in the weekly DBT homework group, which allows them to gain a better understanding of DBT skills. In addition, interns participate in trainings throughout the year, including presentations and workshops by CPS staff, outside speakers, and streamed webinars. The vibrant Rowan campus offers numerous opportunities to attend lectures, discussions, and conferences in related disciplines. All interns attend the Immaculata Consortium monthly seminar, which provides seven hours of additional didactic training.

About CPS: Rowan University is the 2nd ranked public comprehensive research university in New Jersey. Its main campus is located in Glassboro, 20 minutes southeast of Philadelphia. The Wellness Center at Winans Hall opened in September 2013 after a \$4.4 million renovation. The facility houses a wide array of health and wellness services in one location – Student Health Services, Counseling and Psychological Services, Alcohol and Other Drug Services, Healthy Campus Initiatives, and Emergency Medical Services – in a comfortable, centrally located facility. It has private computerized sign-in stations, two waiting rooms, a warm welcoming central lobby area, and a flowing single-floor layout. Interns have their own comfortably appointed office.