



Brattleboro Retreat

**Clinical Psychology Doctoral  
Internship  
Trainee Admissions, Support and  
Outcome Data\***  
**2020-2021**

\* Per APA Commission on Accreditation C-27 I: Trainee Admissions, Support, and Outcome Data

## INTERNSHIP PROGRAM TABLES

*Program Tables Updated: August 2020*

### **I. Internship Program Admissions**

The Brattleboro Retreat's Clinical Psychology Doctoral Internship program is designed to provide an immersive experience in providing psychological services in inpatient and outpatient psychiatric settings. In both settings, interns work as part of an integrated team that includes psychiatrists, nurses, psychologists, social workers, substance abuse counselors, and mental health workers. Many of our patients present with co-occurring disorders (i.e., mental health and substance use). Interns provide assessments, brief, short-term and long-term therapy, group facilitation and psychological assessments. Much of the work is team-based. Following APA internship requirements, interns spend a minimum of 25% of their time in direct client contact.

Interns may select either an inpatient (IP) or outpatient health care setting (PHP) as their primary rotation in which a majority of their time (at least 50%) is spent working. However, following the APPIC protocol, applicants may choose to apply to both tracks (PHP and IP) and rank order their preference.

Outpatient work consists mostly of providing psychological services in the Retreat's partial hospitalization program(s) where they gain experience in group facilitation, case management, and individual assessment and treatment. Also, interns have the option of facilitating groups in the various inpatient programs at the Retreat. The PHP track is based on a 40-hour week, Monday through Friday (typically 8am to 4pm). **NOTE:** *at this time Virtual IOP / PHP is the only Partial Hospital Track program operating due to changes necessitated by COVID-19 infection control procedures. Services provided in this program may change, and other programming may be added, to supplement or complement this program over the course of the internship year. It is anticipated that if this occurs the Psychology Interns will provide services in the new /expanded programming.*

When COVID-19 physical distancing guidelines are no longer required we anticipate reinstating operations of our long-standing Uniformed Service Program and the Birches Program. When this occurs Interns will spend half of their internship (typically six (6) months) in each program.

Interns selecting the inpatient health care setting as their primary rotation also gain experience in group facilitation, case management, and individual assessment and treatment. The Retreat has two adult inpatient units where interns provide psychological services. Patients in these programs are dealing with a wide range of issues including alcohol and substance use, co-occurring disorders, episodes of acute psychological distress, and long-term psychiatric conditions. The primary treatment modalities are Acceptance and Commitment Therapy (ACT), DBT, and skills based activities delivered, in a group format. The Inpatient track is based on a 40-hour work week (typically 8am to 4pm). At this time, the days of work are Monday through Friday. However, in previous years we have required Interns on this rotation to work four weekdays and one weekend day in order to provide consistent clinical programming on weekends. This schedule is currently under review; applicants should be aware that a decision may be made to revert to this schedule in the future. If this occurs, we will provide prior notification.

Besides primary work in the Retreat’s inpatient or partial hospitalization programs, interns carry for the duration of their internship a small, individual outpatient therapy caseload, which is typically three to four patients with psychological and sometimes medical (i.e., behavioral medicine) conditions. Interns are expected to have prior experience conducting intake assessments (e.g., biopsychosocial history, suicide risk assessment, substance use assessment) and will conduct regular intake assessments throughout the year. In addition, conducting psychological and neuropsychological assessments is required; the depth and scope of these assessments will depend on the intern’s prior experience and current interest. *Note: at this time the majority of outpatient therapeutic services are provided via HIPAA compliant televideo.*

Preference is given to applicants with demonstrated interest and experience in the following areas:

- Third wave cognitive behavioral therapies (e.g., Acceptance and Commitment Therapy, Dialectical Behavior Therapy, Functional Analytical Psychotherapy, Mindfulness-Based Cognitive Therapy)
- Behavioral medicine
- Hospital outpatient and/or community mental health services
- Treatment of specialized populations including LGBTQ, military, first responders (e.g., fire, EMS), enforcement (e.g., police, corrections, agents of state and federal agencies), and co-occurring disorders (i.e., mental health and substance use)
- Psychological and neuropsychological assessment

**Eligibility requirements for the program are as follows:**

- Applicant must be a candidate for the Ph.D., Psy.D., or Ed.D. in an APA or CPA accredited doctoral training program. Acceptable program types are:
  - Clinical Psychology
  - Counseling Psychology
- All coursework toward the doctoral degree must be completed by the end of the academic year prior to the start of internship
- Certification of internship readiness by the applicant's academic program
- Completion of a minimum of 4 years of graduate training prior to start of the Internship

The program requires that applicants have completed a minimum number of intervention and assessment hours at the time of application:

Total Direct Contact Intervention Hours: 500

Total Direct Contact Assessment Hours: 100

*Note: Due to the impact of the COVID-19 global pandemic on applicants’ ability to accrue clinical hours, these requirements are flexible for applicants to the 2021-2022 internship program, and will be considered within the context of each applicant’s experience and qualifications.*

**II. Financial and Other Benefit Support for Upcoming Training Year**

|                                               |          |
|-----------------------------------------------|----------|
| Annual Stipend / Salary for Full-time Interns | \$24,000 |
| Annual Stipend / Salary for Half-time Interns | N/A      |

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Program provides interns with access to medical insurance as follows:

Trainee contribution is required (Retreat pays majority of costs)

Coverage of family members is available

Coverage of legally married partner is available

Interns are provided with 22 days of Paid Time Off that includes vacation days, holidays falling on a normal workday (i.e., New Year's Day, President's Day, Memorial Day, July 4<sup>th</sup>, Labor Day, Thanksgiving Day, and Christmas Day), medical and personal time.

In the event of medical conditions and/or family needs that require extended leave the program allows reasonable unpaid leave to interns in excess of paid time off. Interns will be required to complete at least 2000 hours of onsite work prior to being certified as having satisfactorily completed the internship.

Other Benefits:

- EAP services
- Optional life insurance
- Optional dental insurance
- On-site full-day CE courses (APA accredited) – up to six per year at no charge. *Note: at this time this service is temporarily suspended due to COVID-19 physical distancing requirements*
- On-site exercise facilities
- Employee discount program

**III. Initial Post Internship Positions  
Past Three Years**

**2017-2020**

|                                                                                                                                      |           |           |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|
| Total number of interns in the 3 cohorts                                                                                             | 7         |           |
| Total number of interns who did not seek employment because they returned to their doctoral programs/are completing doctoral degrees | 1*        |           |
|                                                                                                                                      | <b>PD</b> | <b>EP</b> |
| Community Mental Health Center                                                                                                       | 1         | 1         |
| Federally qualified health center                                                                                                    |           |           |
| Independent primary care facility/clinic                                                                                             |           |           |
| University Counseling Center                                                                                                         |           |           |
| Veterans Affairs Medical Center                                                                                                      |           |           |
| Military health center                                                                                                               |           |           |
| Academic health center                                                                                                               |           |           |
| Other medical center or hospital                                                                                                     | 1         |           |
| Psychiatric hospital                                                                                                                 | 2         |           |
| Academic university / department                                                                                                     |           | 1         |
| Community college or other teaching setting                                                                                          |           |           |
| Independent Research Institution                                                                                                     | 1         |           |
| Correctional facility                                                                                                                |           |           |
| School district / system                                                                                                             |           |           |
| Independent practice setting                                                                                                         |           |           |
| Not currently employed                                                                                                               |           |           |
| Changed to another field                                                                                                             |           |           |
| Other                                                                                                                                |           |           |
| Unknown                                                                                                                              |           | 1*        |

Note: "PD" = Post-doctoral residency position; "EP" = Employed Position.

\* Resigned from internship, returned to doctoral program