

## **Park Center, Inc. Behavioral Health Institute Brief Program Overview**

The psychology Internship /Residency program at Park Center, Inc. was established in August of 1987 and has been continuous since that time. Initial accreditation was achieved in 1988 with full accreditation obtained shortly thereafter. At the last reaccreditation visit the program was awarded 10 years full accreditation with the next visit scheduled to occur in 2029.

This Internship/Residency program was developed within the context of a community mental health center, Park Center, serving a culturally and ethnically diverse community population. In 2020, Park Center formally merged with a regional health care entity, Parkview Health forming Park Center, Inc. Behavioral Health Institute. A broad continuum of clinical training opportunities, including assessment, evaluation, consultation, supervision, and direct treatment have been consistently available to the Intern/Resident. With this merger, additional opportunities are available to the Intern/Resident to provide psychological services within the expanded health care setting.

Interns/Residents provide services to a varied client population in different service settings, as well as receive training through weekly supervision and didactic seminars. The program emphasizes generalist preparation with children, adults, and families along with training in supervision and consultation. We serve seriously mentally ill adults and children as well as chemically dependent people at all levels of intensity

Current healthcare and political changes necessitate careful preparation in order to practice effectively in this changing milieu. Park Center, Inc. which falls under the umbrella of Parkview Behavioral Health Institute, an entity of Parkview Health is a forerunner in staying informed of changes and in assuring that interns understand the implications of these changes and are prepared to practice accordingly.

The theoretical orientation of the psychology Internship (Residency) reflects the diversity of the Internship (Residency) training staff. Cognitive-behavioral, psychodynamic, systemic, dialectical behavioral, feminist, and developmental orientations are represented among the supervisory staff. Short-term and brief psychotherapies are emphasized though not to the exclusion of appropriate long-term modalities. Understanding of, and being responsible for, effectively working within a multi-disciplinary setting is emphasized.

Using a practitioner-scholar paradigm, interns/residents develop a range of applied skills as they integrate their clinical experiences with theory and empirical research. Understanding and demonstrating the ethical practice of psychology is paramount.

**Mission:** The mission of Park Center, Inc. Behavioral Health Institute's Doctoral Clinical and Counseling Psychology Internship (Residency) program is to prepare interning psychologists for ethical, competent, and culturally sensitive practice in a multidisciplinary community mental health setting. It is our goal for interns to complete our program with competence in assessment, evaluation, and treatment of a community population of children through adults, and to be excellent models of professional psychologists. Further, it is our goal for interns to be capable of planning, implementing, and evaluating treatment as direct providers, supervisors, and consultants. It is our intent that interning psychologists graduate from our program with a clear sense of self as a professional psychologist in a changing political healthcare environment.

**Goals:** Each goal listed below is developed throughout the Internship (Residency) year with specific objectives, requirements, and methods of evaluation to ensure that the Intern (Resident)

demonstrates accomplishment in each area upon completion of the program. Interns in our program will leave with the following:

**1. Professional competence in research**

Requirements: Demonstrates the independent ability to critically evaluate and disseminate research. Uses the scholarly research to inform treatment and presentations. Demonstrates this skill through case conferences, dissertation progress and public presentations.

**2. Professional competence in ethical compartment and knowledge of legal standards**

Requirements: Act in accord with the APA Ethical Principles of Psychologists and Code of Conduct. Have knowledge of the relevant local, state, regional and federal regulations. Demonstrate this knowledge through recognition of ethical dilemmas as they arrive and through discussions with supervisors and colleagues.

**3. Professional competence in Individual and Cultural Diversity**

Requirements: Demonstrate through all actions and interactions how their own personal/cultural history, attitudes, and biases affect how they interact with those differing from them. Demonstrate personal ability to self-reflect and to integrate this awareness and knowledge into professional roles. Demonstrate knowledge of the current theoretical and empirical knowledge base as it relates to addressing diversity.

**4. Professional competency in adherence to the professional values, attitudes and behaviors of the profession**

Requirements: Demonstrate the ability to engage in self-reflection regarding one's personal and professional functioning including behavior that reflects the values and attitudes of the profession inclusive of integrity, accountability, lifelong learning and concern for the welfare of others. Demonstrate openness to feedback and responsiveness to supervision.

**5. Professional competence in communications and interpersonal skills**

Requirements: Demonstrates the ability to develop and maintain effective relationships with colleagues, communities, supervisors, organizations and those receiving professional services. Produce and comprehend oral, nonverbal, and written communications that are informative and well-integrated demonstrating a thorough understanding of professional language and concepts.

**6. Professional competence in assessment**

Requirements: Demonstration of familiarity and accuracy using the DSM 5. Demonstrate understanding of human behavior within its context including the ability to apply the knowledge of functional and dysfunctional behavior. Select and apply assessment methods that draw from the best available empirical literature. Interpret results following current research and professional standards to inform case conceptualization, classification, and recommendations while guarding against decision making biases. Communicate results of evaluation professionally and effectively.

**7. Professional competence in intervention**

Requirements: Demonstrate the ability to maintain effective relationships with the recipients of psychological services. Demonstrate the ability to apply relevant research literature to clinical decision making and development of contextually relevant treatment plans based on the individual needs of the client. Evaluate the effectiveness of interventions and adapt as needed.

**8. Professional competence in provision of supervision to others**

Requirements: Demonstrates the ability to apply supervision knowledge in direct or simulated peer supervision.

**9. Professional competency consultation and interprofessional/interdisciplinary skills**

Requirements: Demonstrate knowledge and respect for the roles and perspectives of other professions. Apply this knowledge in direct consultation with other health care professionals, interprofessional groups or systems related to health and behavior.

**Training Model:** Our training model is best described as Practitioner-Scholar, utilizing a developmental and mentoring approach in supervision.

**Components include:**

**A. Supervision:** This is a core element of the internship. Each Intern (Resident) receives a minimum of 4 hours of supervision per week, of which three hours will be individual supervision and one-hour will be group supervision. Psychologist supervisors actively supervise within the context of the Scholar-Practitioner model, utilizing research supported interventions and theoretical source information. Through a close supervisory relationship, the Intern (Resident) develops both professional self-confidence and meaningful integration of theory with practice.

**B. Professional Development Supervision:** Internship (Residency) committee members lead this one-hour weekly forum which includes didactic, interactive, and experiential topics focused on Supervision of Supervision, Consultation, Personal Theory of Change as well as other professional topics pertinent to the development of expertise as a psychologist.

**C. Broad Based Training:** Broad based training takes place in a multidisciplinary milieu with a wide range of clients of a community mental health facility. This population includes seriously and emotionally disturbed children and adolescents and their families, seriously and persistently mentally ill adults from early adulthood to geriatric and individuals and families with less serious problems. Treatment settings include outpatient, inpatient, 24-hour crisis clinic, group home, home-based and day treatment programs. Treatment modalities include group, individual, couples, and family therapy. Psychological testing, consultation with medical services and case management services are important modalities of assessment and connection with multiple disciplines as well

**D. Varied Program Placements:** Each intern will have the opportunity to work in several different settings within the community mental health center.

**Intern (Resident) Placement Opportunities within Park Center, Inc. Behavioral Health Institute**

<b>Primary Placement for all Interns/Residents</b>	
<b>Fort Wayne Outpatient</b> <ul style="list-style-type: none"> <li>• 909 E. State Blvd. Fort Wayne, IN 46805</li> </ul>	Provide individual and group therapy
<b>Substance Use Outpatient</b> <ul style="list-style-type: none"> <li>• 1909 Carew St. Fort Wayne, IN 46805</li> </ul>	Co-facilitate one group per week for six months
<b>PBH-Inpatient</b> <ul style="list-style-type: none"> <li>• 1720 Beacon St, Fort Wayne, IN 46805</li> </ul>	Facilitate group therapy and provide individual therapy. Provide support to inpatient technicians and participate in the general milieu. Consult and collaborate with the inpatient treatment team. Assist in program and curriculum development.

<b>Major Rotation Opportunities- 1-2 full days per week</b>	
<b>Decatur Mental Health Center</b> <ul style="list-style-type: none"> <li>• 809 High Street, Decatur IN 46733</li> </ul>	Provide individual, group and family therapy to clients, as well as complete new client intakes.
<b>Intensive Outpatient Focus</b> <ul style="list-style-type: none"> <li>• 2710 Lake Ave, Fort Wayne, IN 46805</li> </ul>	Provide individual and group therapy, complete intake assessment and participate in team meetings.
<b>Pediatric Integrated Care</b> <ul style="list-style-type: none"> <li>• <b>Tu/We:</b> 2003 Stults Road, Suite 105, Huntington, IN 46750</li> <li>• <b>Th/Fr:</b> 1818 Carew Street, Suite 320, Fort Wayne, IN 46805</li> </ul>	Consult and collaborate with primary care providers. Provide short-term treatment for behavioral health presenting concerns in primary care setting. Conduct same-day crisis evaluations, warm handoffs, and diagnostic evaluations.
<b>Three Wishes</b> <ul style="list-style-type: none"> <li>• 2700 Lafayette Street, Fort Wayne, IN 46806</li> </ul>	Provide individual, family, group therapy and a parenting group for children ages two and a half to seven years old.

**E. Psychology Seminars:** Park Center, Inc. Behavioral Health Institute provides a seminar series for psychology interns consisting of a two-hour weekly seminar meeting from August to July. Topic areas include professional ethics, diagnosis and treatment planning, diversity and cultural issues, case presentations, play therapy, and theories of treatment to name several. Psychologists from Park Center, Inc. Behavioral Health Institute present the majority of seminars with other professionals participating occasionally. Presentations are didactic, research-based and interactive in nature. Each Seminar is evaluated at the conclusion and feedback is given to the presenter.

**F. Consultation:** Each Intern (Resident) engages in a consultation experience in which they will provide consultation to a department within Park Center, Inc. Behavioral Health Institute or to a community agency, by utilizing research and programming skills. Her/his contribution should reflect researching and planning skills and should contribute positively to the growth and improvement of Park Center, Inc. Behavioral Health Institute.

**G. Supervision of Supervision:** Each Intern (Resident) has the opportunity to provide supervision to a staff peer for a portion of the Internship (Residency) year. This is supported by the professional development seminar on supervision, teaching theories and models of supervision.

**H. Evaluation:** Each Intern (Resident) is formally evaluated twice yearly with written evaluations provided to the intern's school. Interns are required to obtain a minimum level of 3 for all aspects of the evaluation by the final evaluation. All scores falling below a 3 at the mid-year evaluation are supported by a plan of action developed with the Intern (Resident) to assure that any required remediation is clear and doable in order to assure successful completion of the program. Interns also evaluate her/his supervisors at the end of the training year. In addition, interns receive written feedback on their monthly case presentations. Participation in seminars,

case and other material presentations, interaction in supervision and interaction with peers and other staff on the multidisciplinary team all contribute to the evaluation process. Intern's feedback about the quality of supervision and seminars is valued and actively utilized in making changes to the Internship (Residency) to enrich the learning experience.

**I. Diversity Group:** Once monthly immersive and experiential group with residents and committee members. Residents select a group topic each month, participants then seek out scholarly materials for the dialogue. Group begins with members orienting themselves to the topic, explaining any personal bias and sharing scholarly info about how to manage this clinically.