

The Catholic University of America

Counseling Center



Doctoral Internship in Health Service Psychology

Accredited by the Commission on Accreditation of the American Psychological Association

Message from the Training Director

Thank you for taking the time to explore our internship training program. Please feel free to email me if you have any questions volkmann@cua.edu. Good luck with the internship process.

Sincerely,

Jeffrey Volkmann Internship Training Director



Background

The doctoral internship in health service psychology offered by the Counseling Center at The Catholic University of America (CUA) is designed to provide supervised experience in individual and group psychotherapy, supervision of graduate extern and practicum students, outreach, and consultation programs. Our senior staff is multidisciplinary and diverse in therapeutic orientation, and both our internship and externship programs are designed to expose trainees to a variety of clinical perspectives and to the advantages and challenges of theoretical integration. Interns at the Center have an opportunity to work with clients struggling with a wide range of problems, including those whose pathology is of a severity usually treated by senior staff in many counseling center settings.

Candidates must be enrolled in a doctoral program in either counseling or clinical psychology. All of the formal course work and comprehensive examinations for the doctorate should be completed, including supervised practicum courses in counseling and/or psychotherapy. Additional clinical training experiences and experience working within a university setting are highly desirable.

Currently there are three full-time psychology internship positions. **The doctoral internship program is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC) and has been accredited by the *Commission on Accreditation of the American Psychological Association* since 2009.** Interns are currently offered a \$25,250 stipend for the internship year.

The aim of the Catholic University internship is to provide psychology interns with a comprehensive, well-organized training experience, focusing on the continued development of the professional skills necessary for successful functioning as a professional psychologist. The program provides the clinical foundation that bridges graduate academic training and the practice of psychology. We provide the opportunity for interns to engage in a wide variety of university counseling center activities that can be applied to a host of career directions. Individual and group supervision (4-6 hours per week), weekly training seminars, group supervision of graduate student externs, and both formal and informal consultations are integral parts of the training experience. Our interns are regarded as an important part of the agency, are respected as full-time professional staff, and are expected to work closely as colleagues.

In addition to the focus on training in psychotherapy and supervision, the Catholic University Counseling Center Internship program offers a variety of training experiences. Interns are able to assist the in-house psychiatrist during medical evaluations, act as a liaison to Residence Life staff, assist the Dean of Students, and support student athletes.

About the Training Center



The University Counseling Center at CUA

The Counseling Center at Catholic University is **fully accredited by IACS**, the International Association of Counseling Services. All of the programs at the Center are designed to contribute to the personal, educational, social, and career development of Catholic University students. The Center offers a wide range of counseling and student development services and is the only mental health facility on the campus.

The senior staff are all licensed practicing mental health professionals. Currently, in addition to the three doctoral psychology interns, the staff includes five full-time psychologists, one full-time and one part-time social worker, one part-time psychiatrist, one part-time psychologist, 10 graduate student externs, and six practicum students from the clinical psychology doctoral program at CUA.

The staff at the Center spends roughly 40 percent of time in counseling, 25 percent in training and supervision, and 20 percent in consultation, staff development, and university programs. In addition, staff participate in a variety of activities including group psychotherapy, outreach activities, teaching, committee work, administration, and research. The clinical staff represents a number of theoretical approaches to psychotherapy. Senior staff are members of the American Psychological Association or National Association of Social Workers and have specialized training in a variety of clinical areas, including positive psychology, cognitive-behavioral therapy, psychodynamic therapy, treatment of eating disorders, sex therapy, and multicultural issues.

The Center also provides a practicum setting for CUA's doctoral program in clinical psychology and a clinical externship for doctoral candidates from throughout the Washington-Baltimore area. The center provides supervision, clients, and agency support to the practicum students at CUA and additional opportunities for externs. Staff are very proud of the reputation of the clinical externship housed in the Center, and they participate in the recruitment and selection of graduate students from clinical graduate programs. Interns have the opportunity to participate in these

training programs in a wide variety of ways. CUA's clinical psychology students may also participate in clinical research for their theses and dissertations within the center.

APPIC Membership

The internship has been an APPIC member site since 2003. It participates in the annual match and adheres to all APPIC policies and criteria.

APA Accreditation

The doctoral internship in health service psychology has been accredited by the *Commission on Accreditation of the American Psychological Association* since 2009. Questions related to the program's accredited status should be directed to the *Commission on Accreditation*:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington, DC, 20002-4242;
Phone: 202-336-5979 / E-mail: apaaccred@apa.org
Web: <http://www.apa.org/ed/accreditation>

Client Population

Each year, approximately 10 percent of the undergraduate and graduate students at Catholic University request counseling services from the center. These students present with a wide variety of personal, social, educational, and vocational problems. As the internship year progresses, interns have opportunities to work with clients at a similar level of pathology as those seen by the senior staff. The Center has a reputation for providing, as interns become comfortable in the setting, more challenging cases than are typically expected at a counseling center internship. The clientele also provides interns with opportunities to work with nontraditional students and various minority groups.

Center Facilities

The Counseling Center is located on the first floor of O'Boyle Hall. This large building houses the Department of Education and the Department of Psychology. The first floor of the building is home to the Counseling Center. All senior staff and interns have private offices. Interns' offices and the group therapy room are equipped with cameras to record sessions for supervision. In addition to individual office space, there is a conference/seminar room. All professional staff and interns have individual desk-top computing capabilities with Internet access. The extern lounge also has computer access for externs. Parking outside the building is available for a reasonable fee. The university is also accessible by Washington, DC's subway system (Metro).

Internship Training Philosophy

The internship offered by the CUA Counseling Center is designed to provide a broad-based professional training experience in the range of activities carried out by psychologists in a service-oriented university counseling center. Our training philosophy emphasizes the following elements:

INTEGRATIONIST PERSPECTIVE

While on internship, interns are exposed to many different theoretical perspectives, such as psychodynamic, cognitive-behavioral, behavioral, systems, and client-centered. This enables interns to function not only within the college counseling center community, but also opens up possibilities in many other mental health settings.

PRACTITIONER-SCHOLAR MODEL

This training experience aims to bring theory and scientific knowledge to life through practice in accordance with the practitioner-scholar model (Rodolfa, Kaslow, Stewart, Keilin, & Baker, 2005). Throughout the training year, interns are assigned relevant literature to inform their practice not only of psychotherapy but also of supervision, group therapy, cultural competence, and the development of an identity as a psychotherapist. Supervisors serve as models for the practitioner-scholar approach, and interns are encouraged to bring to supervision questions that involve integrating theory and practice.

EXPERIENTIAL TRAINING ACTIVITIES

The areas of emphasis at the CUA Counseling Center include the clinical assessment of clients' presentations, individual and group psychotherapy, crisis intervention, and supervision, as well as outreach and consultation. Through supervision, staff meetings, outreach, and informal contact and consultation with other staff members, the staff aim to model the internship's training philosophy. The staff members aspire to lead by example, providing a flexible and open environment within which interns can explore different approaches. Case discussions in staff meetings as well as appropriate self-disclosure from supervisors during training activities help foster an environment wherein interns can learn from others and experiment with different ways of thinking about their clinical work. This exposure to a variety of therapeutic approaches and styles contributes to a rich and varied training experience.

DEVELOPMENTAL APPROACH

Where appropriate the internship experience is organized in a sequential, developmental manner, encompassing increasing degrees of complexity as the training year progresses. This developmental approach is followed in the didactic training as well as the experiential components. In the spirit of the developmental approach, interns undergo a systematic and thorough orientation to the Counseling Center and the campus over a period of three weeks. In addition, fundamental skills and knowledge, such as ethics and college student development, are emphasized first as a foundation for more complex skills and clinical issues. Interns are met where they are at the beginning of the training year; i.e., their existing skill levels are gauged by supervisors who then strive to provide developmentally appropriate goals for the training year. As interns progress through the year, these goals are modified according to the level of progress made by each individual intern. The aim of this approach is to sustain developmental momentum for interns while ensuring their continued development and growth within a safe learning environment.

MENTORSHIP

Mentorship at the Counseling Center is evidenced by true commitment to supervision and to professional development. An important component of the professional development aspect of the internship is self-care and the development of a professional identity. Interns have the opportunity to talk about developmental issues and challenges during all of their supervisory experiences and in particular during the once-weekly meeting with the training director. Interns are regarded as junior colleagues and function as an integral part of the senior staff at the center. The development of an identity as a supervisor is a further important element of the mentorship goal. Through the Supervision of Supervision seminar, as well as through modeling by individual and group supervisors, interns have the opportunity to work towards becoming competent mentors and supervisors.

DIVERSITY AND MULTICULTURAL AWARENESS

An integral part of the training mission involves theoretical knowledge and the experiential application of diversity and multicultural issues. The aim is to translate theory into practice in an ongoing manner throughout the year. Interns are expected not only to complete the assigned readings for the bi-monthly Culture in Practice Seminar but also to provide clinical material where relevant in an attempt to integrate these elements. Efforts are made to assign them clients who are diverse in terms of race, religion, gender identity, socioeconomic background, age, disability status, and clinical severity. Supervisors continuously monitor interns' caseloads to ensure that caseloads expose interns to as much diversity as possible. Interns are formally evaluated in terms of their multicultural acuity and sensitivity across therapeutic modalities. Self-awareness of individual biases and prejudices and consideration of how these might affect clinical and supervisory work are further important components of the training program's efforts to train culturally effective clinicians. Finally, outreach activities within the multicultural realm are encouraged and expected. For example, there are several opportunities for working with International Student and Scholar Services, the study abroad community, Disability Support Services, and non-traditional students.

Rodolfa, E. R., Kaslow, N. J., Stewart, A. E., Keilin, W. G., & Baker, J. (2005). Internship training: Do models really matter? *Professional Psychology: Research and Practice*, 36, 25-31.

TRAINING PROGRAM

The internship is designed to provide excellent training and supervision in the various activities and responsibilities practiced by a professional psychologist. The staff members at CUA's Counseling Center are highly committed to a graduate internship program that encourages interns to gain a broad exposure to a variety of professional activities and services which exist in a college or university counseling center setting. At the completion of the internship, interns will be prepared to assume positions of responsibility within the profession.

The aims of the internship training program are as follows:

- To prepare graduate students who have completed their doctoral studies for applied work in the field of psychology.
- To provide consistent, intensive, and professional supervision in training activities.
- To provide interns the opportunities for the refinement of their clinical skills necessary to practice as professional psychologists.

- To provide flexible training that allows each intern to develop according to his or her own personal and professional needs.
- To provide a social environment where interns are supported while developing their professional identity.

Internship Training Activities



Interns at the Counseling Center are employed on a full-time basis and participate in the following clinical and training activities:

INDIVIDUAL COUNSELING & PSYCHOTHERAPY

The major focus of the training program is on providing direct counseling services to the university population. While receiving intensive supervision, interns gain a broad range of experiences with diverse clients and clinical issues. Interns are able to gain experience using different therapeutic modalities, and length of treatment may vary from brief interventions to therapy throughout the internship year. Interns designate twelve hours per week for individual counseling.

GROUP COUNSELING & PSYCHOTHERAPY

Interns participate in all phases of establishing a psychotherapy group for either undergraduate or graduate students, including creative advertising, conducting pre-screenings, co-leading the group with a senior staff member, and (if applicable) providing feedback to a trainee process observer. The groups currently being co-facilitated by interns are a general process group, a graduate student support group and a flourishing group. Interns may also become involved in support groups or treatment groups for specific clinical issues. For example interns have the opportunity to take part in a sexual survivors group and a multicultural group. The year culminates in a presentation given to senior staff in which interns have the opportunity to consolidate theory and practice. For more information about the groups currently offered at the Center please see the group therapy webpage <http://counseling.cua.edu/services/groupc.cfm>.

INTAKE INTERVIEWS AND ASSESSMENT

Like other trainees and senior staff, the interns conduct weekly intake assessments. The intake consists of a 50-minute interview/assessment used to determine the best treatment for clients. The intake counselor is responsible for determining the presenting problem, assessing the severity of the problem, gathering relevant history, judging the need for timely interventions, and discussing the treatment options that are available. Intake counselors write an Intake Evaluation that becomes part of the client's

record. Staff are responsible for a specific number of intake appointments per week; each intern's schedule provides for two intakes per week. Interns are also expected to use a variety of assessment instruments during the internship. They are trained as needed in use of the Suicide Status Form-II-R and Counseling Center Assessment of Psychological Symptoms.

CRISIS INTERVENTION

Interns are expected to respond to crises experienced by their own clients. Assistance is always available to the intern in those instances where an emergency situation requires hospitalization or other atypical measures. Interns are also responsible for carrying the Counseling Center cell phone during off-hours for two weeks each semester (in rotation with the rest of the senior staff) and are trained in responding to off-hours emergencies.

SUPERVISION OF EXTERNS

The staff is very committed to training and believes that learning to supervise others is an integral part of professional development. During the fall and spring semesters, each intern (along with a senior staff member) co-leads either a weekly supervision group for externs or a weekly case conference for externs. In this role each intern is supervised by his or her senior staff co-leader. Interns meet regularly with their co-leaders as part of training in supervision. Interns participate in a group supervision of supervision seminar led by a senior staff member every other week.

SUPERVISION OF PRACTICUM STUDENTS

Interns will also have the opportunity to supervise two second year practicum students during the fall and spring semesters. The practicum students are second year clinical psychology doctoral students. Interns will serve as the secondary supervisor for the practicum students and will meet with them for one hour on an alternating every other week basis.

SUPERVISION

Interns receive a variety of supervision experiences. Interns each select a primary supervisor with whom they meet for two hours per week. Interns also select a secondary supervisor with whom they meet for one hour per week. Interns meet weekly with a third supervisor for an hour of group supervision and, during the fall and spring semesters, with a fourth supervisor for supervision of interns' supervision of externs (see "Supervision of Externs" and "Supervision of Practicum Students" below). Interns receive supervision in group therapy and in group supervision by their group co-leader and group supervision co-leader, respectively. Interns also meet weekly with the director of internship training to receive an ongoing orientation and to address professional development needs.

INTERNSHIP TRAINING SEMINAR

Every week a two-hour seminar is conducted by a senior staff member or other skilled clinician from the DC/VA/MD area. Seminar topics have included grief and loss, eating disorders, CBT for panic disorder,

private practice, outreach, crisis intervention, and many other topics. Interns are invited to request topics to be covered in these seminars.

CULTURE IN PRACTICE SEMINAR

It is widely accepted that culture is inextricably intertwined with psychotherapy. This every other week applied seminar approaches culture as a broad construct with many dimensions, and endeavors to integrate cultural theories and self-exploration with current clinical practice.

EVIDENCE-BASED PRACTICE SEMINAR

This every other week seminar provides interns with best practice models for the treatment of various symptomatology and disorders through current literature and research. Interns also gain the opportunity to integrate some of these treatment models into their clinical work.

GROUP THERAPY SEMINAR

This every other week seminar is designed to help interns develop in their roles as group leader, process observer, and group supervisor. It is also aimed at developing core group counseling skills, increasing interns' knowledge base around group therapy dynamics, and providing the tools and skill set to independently start a psychotherapy group.

SUPERVISION OF SUPERVISION SEMINAR

In this every other week seminar, interns will examine the major theoretical and research developments in supervision, and facilitate the development of basic supervisory skills and techniques in their own supervisory work.

OUTREACH AND CONSULTATION SEMINAR

This monthly didactic seminar on outreach and consultation is provided to interns with an emphasis on increasing knowledge and understanding of relevant theories and philosophies that then inform programming efforts and design to better respond to and meet the needs of the campus community.

CONSULTATION WITH THE STAFF PSYCHIATRIST

Each intern sits in monthly with the staff psychiatrist. During this consultation the intern observes and assists the psychiatrist in medical evaluations and follow-up appointments and in the preparation of case notes and reports. Interns learn about the integration of therapy and psychopharmacology and how to collaborate with psychiatrists.

RESIDENCE HALL LIAISON / OUTREACH & CONSULTATION

Interns engage with different residence halls on multiple levels. If there is a crisis on campus that involves a residence hall, the intern, with the assistance of a senior staff member, responds to that

emergency. Each intern is also required to create and present one workshop per semester during the academic year on campus (usually, but not always, within normal working hours) that is tailored to the needs of students, faculty, or the Counseling Center staff. Presentations have included a variety of topics such as healthy relationships, eating disorders, and depression/anxiety. If an intern has a desire to concentrate in this area, he/she is able to shadow the director of outreach and to assist externs in providing outreach services to the university community.

ADDITIONAL LIAISON RELATIONSHIPS

In order to increase the richness of the training experience and better serve the campus community we have developed relationships with three separate offices where interns serve as the primary liaison. The offices are as follows, International Students and Scholar Services, Campus Ministry and Residence Life. Throughout the year interns coordinate with these three offices on different outreach activities. In addition, interns are able to provide support and guidance to staff members from these offices when or if a psychological crisis arises.

SOCIAL MEDIA MANAGEMENT

Each intern will manage a social media platform (Facebook, Twitter, Instagram) and be responsible for maintaining an online presence for the Counseling Center. This can include providing information on relevant campus mental health topics, advertising outreach events, and offering psychoeducation to vulnerable populations.

PERSONAL AND PROFESSIONAL DEVELOPMENT

Interns participate in senior staff meetings and case presentations. Outside experts are occasionally brought into the agency to provide consultation and advanced training, and interns join senior staff in these presentations. Interns are encouraged to attend other training opportunities and are allotted five days for professional development during their internship year. Interns meet with the internship training director weekly for ongoing orientation and professional development review.

Evaluation Procedures

In the beginning of the spring semester and again near the end of the internship year, interns are given formal feedback about their professional skills and performances. Evaluations are written by all staff members who supervise interns, and interns write evaluations for each of their clinical supervisors. The evaluations are communicated to the intern both verbally and in writing by the primary supervisor before they are forwarded to the Training Director. As a part of this process, group and individual supervisors may exchange information and/or perceptions about the progress of interns. In addition to evaluation of the interns, we ask interns to evaluate the program and their experiences at the Center. Evaluations are viewed as critical aspects of training and allow individuals to maximize their strengths and develop new competencies.

Sample Weekly Schedule for 2015-2016

| Activity | Hours/Week |
|---|--------------------|
| DIRECT FACE-TO-FACE CLINICAL SERVICE ACTIVITIES | |
| Individual, assessment client hours | 12.0 |
| Intake interviews | 2.0 |
| Group therapy Group therapy session (2.0) | 2.0 |
| Weekly emergency response hours | 2.0 |
| <i>Total Direct Clinical Hours</i> | <i>18</i> |
| SUPERVISION RECEIVED | |
| Primary supervision of individual therapy, intakes, assessment, crisis intervention | 2.0 |
| Supervision w/ secondary supervisor | 1.0 |
| Intern supervision group | 1.0 |
| Supervision of group therapy | 1.0 |
| Supervision meeting following extern group (with group co-leader) | 1.0 |
| TRAINING SEMINARS | |
| Meeting w/ Training Director: Professional Development Seminar | 1.0 |
| Intern seminar (+ 30 minutes travel time) | 2.5 |
| Supervision Seminar/biweekly | .5 |
| Culture in Practice Seminar/biweekly | .5 |
| Group Therapy Seminar/biweekly | .5 |
| Evidence Based Practice Seminar/biweekly | .5 |
| <i>Total Training (Supervision and Seminars)</i> | <i>11.5</i> |
| PROVIDING TRAINING TO STUDENTS | |
| Provide supervision to externs in group format | 2.0 |
| Provide supervision to practicum students | 1.0 |

| | |
|--|-------------|
| <i>Total Provision of Training</i> | 3.0 |
| OUTREACH AND CONSULTATION | |
| Consultation/Outreach (avg. weekly) | 1.0 |
| Outreach/Consult. Supervision and Administration | 1.0 |
| <i>Total Outreach, Consult, Admin</i> | 2.0 |
| OTHER | |
| Administrative time | 3.5 |
| Staff meeting | 2.0 |
| Psychiatry Rotation and Periodic Consultation | 1.0 |
| <i>Total Other</i> | 6.5 |
| GRAND TOTAL | 40.0 |

Qualifications, Application Procedures and Selection Procedures

Qualifications of Candidates

Candidates must be enrolled in an **APA Accredited** doctoral program in counseling or clinical psychology. All formal course work and comprehensive exams for the doctorate should be completed, including supervised practicum courses in counseling/psychotherapy by the internship start date. In addition, all candidates must complete a minimum of **400** intervention hours prior to the submission of their applications. Please see the information posted about our site on [appic.org](http://www.appic.org) for more information.

Application Procedures

Please use APPIC's online application process (<http://www.appic.org>) and include the following:

- A current curriculum vitae
- Official transcripts of all graduate work
- Three (3) letters of reference

Our site participates in the APPIC Match process and abides by the Match policies: <http://www.natmatch.com/psychint/>.

APPIC Number: 1910

Fall 2016 Deadline: Friday, November 11, 2016

Selection Procedures

Competitive candidates will be asked to come to the campus to be interviewed. These interviews provide the candidates an opportunity to meet our staff, view our facility, and learn more about the theoretical orientations of the clinicians, styles of supervision, professional activities offered, and overall feel of the agency. APPIC matches are contingent upon successful completion of standard criminal background checks. Minority students are encouraged to apply.

For additional information, please contact:

Jeffrey R. Volkmann, Ph.D.
Director of Internship Training
Counseling Center
105 O'Boyle Hall
Catholic University of America
Washington, DC 20064

Email: Dr. Jeffrey Volkmann

(202) 319-5765

Internship Benefits and Stipend

Stipend

The internship is for a one-year period from August 1, 2016, to July 31, 2017. There is a \$25,250/year stipend.

Benefits

Basic employee benefits include use of Dufour Athletic Center and use of the Metro Library Consortium. Health insurance is available. Interns receive 12 paid vacation days and 12 paid sick days during their time at CUA. Interns are encouraged to take the majority of their vacation time during the summer months, when it is least disruptive to the functioning of the Counseling Center and to the care of our clients. In addition, interns receive a 250 dollar professional development stipend.

Liability

We ask that interns carry their own professional liability insurance coverage. Malpractice insurance is available for student members of the American Psychological Association at a relatively low cost; the Counseling Center will pay the cost of this insurance.

Senior Staff 2016-2017

Full-Time Staff

Monroe Rayburn, Ph.D.

Director, Counseling Center

Jeff Volkmann, Ph.D.

Staff Psychologist and Director of Internship Training

Dorothy Daly Van Dam, Ph.D., L.I.C.S.W.

Staff Social Worker and Director of Externship Training

Mark LaSota, Ph.D.

Staff Psychologist and Director of Outreach

Katie Campana-Scherer, Ph.D.

Staff Psychologist and Group Therapy Coordinator

Sarah Godoy, Ph.D.

Staff Psychologist

Part-Time Staff

Kristin Zael, Ph.D.

Staff Psychologist

Karen Miller, L.I.C.S.W.

Staff Social Worker

Specialty Staff

Angiolina Melchiorre, M.D.

Staff Psychiatrist

Morgan McDonald, M.A.

Psychometrist

Margarete Smith, B.A.

Administrative Assistant

For more information on the staff please see the following webpage
<http://counseling.cua.edu/about/staff.cfm>

Other Important Information

A Brief History of the Training Program

The doctoral internship program was first launched in 2003. The internship was established in order to provide intern level clinicians with a training experience that would help them grow both as clinicians and as professionals. The training staff at that time valued an integrative approach to treatment. This valued has persisted throughout the evolution of the internship program. The program first became a member of APPIC in 2005. In 2010 the internship was accredited by the APA's CoA. After receiving accreditation the internship expanded from two interns to three interns in 2010. In 2013 the internship was reaccredited by the APA and will be reviewed again in 2020. It is the Center's hope the internship program will continue the tradition of providing high quality training for emerging professionals that was originally established in the 2003.

Commitment to Training

For over 40 years the Center has provided training opportunities for graduate level clinicians. In addition to the intern program, the Center provides training opportunities for both psychology doctoral students and graduate level social work students. Currently, the Center has a highly competitive *externship* training program which is comprised of graduate students from regional universities. The 2015-16 externship class includes 6 advanced psychology doctoral students and 4 second year social work graduate students. Additionally, the Center maintains a positive and mutually beneficial relationship with the Clinical Psychology Doctoral program at CUA. Currently, six second year *practicum* students associated with the CUA clinical psychology doctoral program see clients at the center.

The Internship program plays an important role in the training of the graduate trainees at CUA serving as both mentors and co-supervisors. For more information on the supervision opportunities interns have please see training activities section of our website.

Location

The Catholic University of America is located in Northeast Washington DC. The University has a metro station (CUA/Brookland) located adjacent to the Southwest corner of the University. It metro stop is conveniently located on the Redline and is just a few short stops away from landmarks such as Union Station and The White House. The Counseling Center itself is located on the first floor in O'Boyle Hall. O'Boyle Hall was built in 1905 on top of a hill overlooking the campus. Despite the fact that the building is over 100 years old it has received several upgrades over the years and is now furnished with many modern amenities such as Wi-Fi and smart classrooms. It is also important to note that each intern is given their own personal office for the year at the beginning of their internship.

Interesting Fact

The largest solar panel structure in Washington DC featuring more than 2600 solar panels is located at CUA directly above the parking lot behind the Counseling Center.

Frequently Asked Questions

What types of clients will I see at during my internship year?

At the Counseling Center we typically see the majority of clients who seek our services. Only a small percentage of clients are deemed not to be a good fit for our services and referred out. Typically, interns will have the opportunity to provide both time-limited and long-term treatment to clients for a broad range of issues. Some of the Axis I disorders include: Major Depressive Disorder, Autism Spectrum Disorders, Panic Disorder Without Agoraphobia, Generalized Anxiety Disorder, Dysthymic Disorder, Substance Abuse, Adjustment Disorder, Attention-Deficit/Hyperactivity Disorder, Combined Type, PTSD, Eating Disorders, Obsessive Compulsive Disorder, Partner Relational Problem, Bereavement and Religious or Spiritual Problem. In addition, interns worked with clients who were diagnosed with the following Axis II disorders: Histrionic Personality Disorder, Narcissistic Personality Disorder, and Borderline Personality Disorder.

Will I have a diverse caseload?

At the Counseling Center we have worked hard to reach underserved populations at CUA. Interns tend to have a diverse caseload throughout their internship year. Statistically speaking over the past three years the percentage of ethnic minorities seen by interns who have a full caseload has ranged from 25% to 44%. In addition, interns frequently work with clients who have less visible minority statuses such as first generation college students, students struggling with LGBTQIAA issues, as well as students from less economically privileged backgrounds.

How long can I work with clients?

As stated earlier interns have the opportunity to work with clients on both a long-term and short-term basis. All full-time students receive up to 45 free sessions at the Center. The average length of treatment for clients during the 2015-2016 year was about 9 sessions.

What do interns do after they complete the internship program?

The internship program is committed to helping interns take the next step in their careers. During these difficult economic times the Center is proud to report that in the past three years all of our trainees have acquired positions after completing the internship. These positions include: postdoctoral positions at counseling centers, a postdoctoral position at a VA, a full-time staff psychologist position at a counseling center, and a full-time position for the government completing assessments. In addition, one person joined a group private practice and two people started their own private practices.

Does CUA require criminal background checks?

YES: CUA requires a background check that verifies that candidates have no criminal or other record that would preclude employment in the University's judgment. These background checks will be conducted

following the APPIC Match, and offers will be contingent upon successfully completing the background check. A full explanation of this policy is available at <http://policies.cua.edu/employment/backgroundinvestigation.cfm>

How difficult is it to relocate to Washington DC?

Although Washington DC is an expensive city there are affordable living options in the vicinity of CUA. As stated earlier, CUA is located on the Metro's Red Line. This line provides interns with access to affordable housing in both DC and Maryland. For more information please take a look at CUA's off campus website <http://housing.cua.edu/offcampus.cfm>

What are the staff dynamics like at the Center?

The staff at our Center is comprised of five full-time psychologists, one full time licensed social worker, one part-time psychologist, one part time psychiatrist, and one part-time social worker. The staff is collegial and maintains an open door policy. Interns are encouraged to work with staff from different disciplines in order to broaden their training experience.

When will interviews take place?

Interviews will take place from TBT. The applicants are interviewed by the entire staff and one of the interns. Staff members interview the interns in teams of three. Each interview lasts approximately 50 minutes. The entire interview process lasts approximately three hours. The applicants also have a chance to meet with the current interns over coffee and ask more informal questions.

Who should I contact if my question is not answered above?

Please contact [Dr. Jeffrey Volkmann](#) if you have further questions and he will respond to your inquiries.