



**CASA PACIFICA**

**CENTERS FOR CHILDREN & FAMILIES**

*Providing Hope & Help*

**Centers for Children & Families**

**The Clinical  
Child and Adolescent  
Predoctoral Internship  
2012-2013**

**Casa Pacifica**

1722 S. Lewis Road  
Camarillo, CA 93012  
(805) 484-7168  
(805) 484-7157 (fax)

**Accredited by the American Psychological Association (APA)**

Commission on Accreditation

Office of Program Consultation and Accreditation  
750 First Street, NE • Washington, DC • 20002-4242  
Phone: 202-336-5979 • TDD/TTY: 202-336-6123

## INTRODUCTION

The Casa Pacifica Predoctoral Internship Program offers a comprehensive training experience in Clinical Child and Adolescent Psychology. Our training program is accredited by the American Psychological Association (APA) and a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC) and offers a total of six positions within our Residential Treatment Center (RTC) our Non-Public School (NPS), Crisis Care (Shelter) Center (CCC) and our Parent-Child Interaction Therapy (PCIT) program.

The yearlong, full-time Predoctoral Clinical Child and Adolescent Psychology Internship will begin on August 6, 2012 and end on August 2, 2013. **The application deadline for the 2012-2013 class is November 18, 2011.**

*\* This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant.*

*\*\* Commission on Accreditation  
C/O Office of Program Consultation and Accreditation  
Education Directorate American Psychological Association  
750 First Street NE, Washington DC 20002*

## OUR BACKGROUND

Casa Pacifica, located on a 23-acre campus in Camarillo, California, was established in 1988 and opened its doors in 1994 to meet Ventura County's need for: (a) *shelter care* for abused, neglected, and abandoned children and adolescents removed from their homes by Child Protective Services (CPS) under the provisions of the Welfare and Institutions code, Section 300, and (b) *residential treatment* for seriously emotionally disturbed children for whom appropriate placements in Ventura County did not exist. In addition to these core services, Casa Pacifica offers Non-public school to children who live on or off campus as well as assessments, educational programs, family support, medical services, psychiatric/psychological treatment, and a variety of community-based interventions to children and their families.

Unique to Casa Pacifica is the partnership between the private, non-profit entity and the County of Ventura as represented by our Partner County agencies: *Human Services Agency, Ventura County Behavioral Health, Juvenile Justice and our local school districts*. This partnership implements a "system of care" philosophy dedicated to the proposition

that children with multiple problems require multi-agency solutions. Consequently, the partnership seeks to integrate Casa Pacifica into the community's system of care including all of the existing local public and private service providers for children and families. Casa Pacifica does not operate in isolation, but with partners in the community as part of a network and continuum of services available to high-risk children and families.



**O**ur Crisis Care Shelter Program (CCSP) serves up to 45 children ages 0 to 18 who (a) are brought to the shelter in an emergency situation by child protective services or (b) are already in the foster care system and require temporary care due to a disrupted placement. The shelter care program works in tandem with various county departments to provide assessment and treatment planning for these youth.

**T**he Residential Treatment Center (RTC) provides an intensive, highly structured 24-hour out-of-home program for 28 youths, 9-17 years of age, and operates around clock. Certified as an RCL-14 facility, the RTC serves only those children who are assessed as being seriously emotionally disturbed and require this intensive level of services. A resident's typical length of stay ranges from 9-15 months.



**A** Nonpublic School, accredited by the Western Association of Schools & Colleges (WASC) and the State Department of Education, is designed to provide educational services to seriously emotionally disturbed children who cannot educationally benefit from public school programs and require a more intensive level of educational services. The Casa Pacifica School serves children from the RTC as well as day students from surrounding communities.

**R**ecently, we have added an internship position within our Parent-Child Interaction Therapy (PCIT) program. PCIT is an evidence based program designed to improve the quality of the parent-child relationship and to teach parents the necessary skills for managing their child's behavioral problems. Interns will learn how to provide behavioral interventions for parents of children ages 2-8, via 'bug in the ear' in the moment coaching experiences.

## PRE DOCTORAL INTERNSHIP PROGRAM PHILOSOPHY

### PRE DOCTORAL INTERNSHIP PROGRAM MISSION STATEMENT

*To develop ethical, competent child and adolescent psychologists trained in the Local Clinical Scientist Model, who respect diversity and contribute to their communities and the field of clinical psychology.*



## THEORETICAL ORIENTATION

Casa Pacifica's approach to treatment is cognitive behavioral in theory. As such, all clinicians are well versed in cognitive behavioral theory and treatment interventions as well as other orientations they have personally integrated into their practice. With any given case, we may conceptualize or integrate into treatment plans aspects of other theories (e.g., psychodynamic, humanistic, family systems therapy, etc.). We are committed to assessing the needs of every child on an individual basis and then establishing a treatment plan with specific goals. These goals will change as the child grows and achieves. As part of the assessment process, we have an appreciation for the child's developmental stage (both psychologically and chronologically), cultural differences, and the complex history most of our youth bring with them. In addition, we believe it is often essential to act as a child's advocate in terms of working with parents, teachers, social workers, probation officers, attorneys, etc.

## TRAINING MODEL AND UNDERLYING VALUES

Our staff and agency value our training program and make training activities a high priority. Our intrinsic goal is the development of ethical, competent child and adolescent psychologists trained in the Local Clinical Scientist model (a variant of the Scientist-Practitioner model), who respect human diversity and contribute to their communities and the field of psychology. Our educational focus is preparation in the applied practice of clinical psychology based on the body of scientific knowledge and scientific principles of our profession. Our primary mode of training is “learning by doing.” Consequently, we provide an array of training seminars, training supervisors, and training experiences with a practical, experiential approach. To the extent possible, we use the naturally occurring events within our program as opportunities for training. We are also committed to assisting interns in identifying, testing, and refining “best practices” in psychology with respect to empirically supported approaches. Weighing the interpersonal, familial, cultural, regional, economic and social influences that impact a person’s life helps us promote a “localized perspective.” This process facilitates a match between “best practices” and the specific needs of the individual. Through this process, our Internship Program transitions the intern from student to professional.

### OUR INTERNSHIP TRAINING COMMITTEE HAS DEVELOPED THE FOLLOWING GOALS AND OBJECTIVES FOR THE INTERNS WHO ENTER OUR PROGRAM.

#### GOALS

##### **Goal 1:**

Interns will develop and demonstrate the necessary skills including theory, research, practice and knowledge to enter the field of professional clinical psychology as local clinical scientists.

- **Objective A:** Independently integrate science and clinical judgment with practice and evaluate the effectiveness of interventions..
- **Objective B:** Interns will demonstrate effective intervention planning, including case conceptualization specific to youth and context.
- **Objective C:** Treat children, adolescents, and their families presenting with a wide variety of psychological problems..
- **Objective D:** Independently select and implement multiple methods to evaluate and assess children and adolescents.
- **Objective E:** Provide ethically sound, culturally sensitive, and evidenced based interventions with fidelity to adapt where appropriate

## **Goal 2:**

Interns will develop an integrated and ethical professional identity as a psychologist.

- **Objective A:** Demonstrate honesty, personal responsibility, and adherence to professional goals. (**Integrity**)
- **Objective B:** Foster reflectivity, self-awareness, self assessment and the impact of self on others to inform practice and interactions.
- **Objective C:** Acquire a sense of competency and appreciation of continued sequential and developmental knowledge and growth as a professional psychologist..
- **Objective D:** Appreciate and develop knowledge and understanding of the supervision process as a supervisee.
- **Objective E:** Appreciate and develop knowledge and understanding of the supervision process as a supervisor.

## **Goal 3:**

Interns will value the role of the psychologist in society as a culturally competent agent of change for community based needs, including: advocacy, prevention, and intervention.

- **Objective A:** Embrace the role of the individual and cultural/ diversity in treatment planning, intervention and consultation.
- **Objective B:** Serve in a Leadership role on multi-disciplinary interagency teams.
- **Objective C:** Identifies when to initiate, collaborate, consult, and seek supervision.
- **Objective D:** Understand and appreciate the role of the psychologist in impacting larger systems as a leader and manager.
- **Objective E:** Independently acts to safeguard the welfare and safety of others

# TRAINING

## PREDOCTORAL

The Casa Pacifica Predoctoral program offers sequential and graded clinical training in cognitive-behavioral interventions, crisis management, brief and long-term psychotherapy, group therapy, assessment and consultation, as well as several evidenced based practices.

## SUPERVISION

Minimum supervision includes:

- Individual Supervision with Primary Supervisor, *1 hour a week*
- Individual Supervision with Secondary Supervisor, *1 hour a week*

- Group Supervision with Delegated Supervisor, *2 hours a week*
- Individual Supervision with Post-Doctoral Intern, *1/2 hour a week*
- Assessment Supervision, *1 hour a week or as needed*

## WEEKLY SPECIAL TOPICS SEMINAR

Seminars represent training in areas of theory, diagnosis, evaluation and intervention.

- |   |   |
|---|---|
| ■ Intake Interviewing and Preliminary Diagnostic Assessment | ■ Sand Tray and Play Therapy                  |
| ■ Crisis Management   | ■ Licensure Preparation                       |
| ■ Child and Adolescent Psychotherapy                        | ■ Professional Development                    |
| ■ Family Therapy  | ■ Diversity Training                          |
| ■ Law and Ethics  | ■ Aggression Replacement Training (A.R.T.)    |
| ■ Consultation  | ■ Life Space Crisis Intervention (L.S.C.I.)   |
| ■ Psychopharmacology  | ■ Termination of the Therapeutic Relationship |
| ■ Trauma  | ■ Substance Abuse                             |
| ■ Mood and Anxiety Disorders                                |   |
| ■ ADHD, ODD, and Conduct Disorder                           |   |

## ASSESSMENT OPPORTUNITIES

One component of pre and post-doctoral training involves integrative psychological assessment of children ages 5-17 with a wide range of presenting problems. Students develop their assessment skills through a yearlong assessment seminar and by completing ongoing psychosocial and psychological assessments at Casa Pacifica.

# Program Organization

## TRACKS

Clinical services for our four training tracks include assessment, evaluation, plan development, individual, group and family therapy, collateral services, and psychiatric services including medication assessment and monitoring.

- 1. Residential Treatment Center (RTC):** Interns in this track are assigned to either of our two adolescent residential cottages. The RTC track offers long-term therapy experience with adolescent boys or girls depending on the cottage assigned. RTC experiences typically involve opportunity for family therapy and psycho-educational group experience. Of the three tracks offered in our internship training program, this track offers experiences working with our most clinically acute population. Depending on client availability, successfully progressing interns in this track may be offered the opportunity to experience a minor rotation in one of the other two training tracks.
- 2. Non-Public School (NPS):** The intern in this track will work with children and/or adolescents who attend the non-public school at Casa Pacifica and then return to their families or care providers in the evening. These students typically attend a minimum of 1 year at our non-public school providing the intern with long-term treatment experiences. Depending on client availability, successfully progressing interns in this track may be offered the opportunity to experience a minor rotation in one of the other two training tracks.
- 3. Crisis Care Center (CCC) Shelter Program:** The interns who select this track will be provided brief/short-term therapy experiences (typically 30-90 days) with adolescents and/or children who have entered the Crisis Care Shelter at Casa Pacifica. Caseloads are typically mixed in terms of gender and the age range of clients served is larger than the other two tracks. Depending on client availability, successfully progressing interns in this track may be offered the opportunity to experience a minor rotation in one of the other two training tracks.
- 4. Parent-Child Interaction Therapy (PCIT) Program:** This is a half time track. The intern who selects this track will work with parents and their children (ages 2-8) on behavioral skills designed to improve the parent-child relationship. Interns in this track will also be placed half time in the non-public school or crisis care center shelter program depending on agency needs.

## SPECIAL INTERESTS/TRAINING OPPORTUNITIES

### SPEAKERS/TRAINING OPPORTUNITIES

Casa Pacifica is committed to the ongoing training of interns and staff. Leading researchers and professionals within the field of psychology are invited to speak and/or train on their areas of expertise. Recent speakers have included Donald Meichenbaum, Ph.D. (Post-Traumatic Stress Disorder and Cognitive Behavioral Therapy), A. Steven Frankel, Ph.D., J.D., ABPP (Law and Ethics), Ross Greene, Ph.D. (Collaborative Problem Solving) and Glen Roberts, Ph.D. (Roberts Apperception Test for Children).

### STIPEND, VACATION, FACILITIES

Yearly stipends are offered in the amount of \$22,000, including benefits, to the intern class of 2011-2012. Interns may take up to 13 days of vacation per year. We ask that our interns not take vacation during the first 90 days or last 30 days of internship. In addition, interns will be off for the same major holidays as Casa Pacifica staff and are allowed one additional day off for dissertation research.

Casa Pacifica provides office space for interns to use and each intern will have his/her own desk, computer and phone. Rooms with 2 way mirrors, video cameras and dvd equipment are available for interns to use to facilitate the supervision process.

### YOUR FUTURE

Casa Pacifica is dedicated to meeting the training and professional development needs of our interns. In terms of professional development we offer seminars aimed at assisting interns with the process of preparing and marketing themselves for future professional employment. Additionally, before advertising any of our post-doctoral positions, we consider our own interns who are progressing successfully through our program. Trained in the "Local Clinical Scientist" model, it is our hope that interns will leave our



program with a strong professional identity and be confident and competent to work with children and adolescents who have severe emotional problems.

## LIVING IN CAMARILLO & VENTURA COUNTY

Located in Ventura County, Camarillo is the fifth largest city with about 73,000 residents, rolling hills, strawberry fields galore, a thriving business community, and affordable housing.

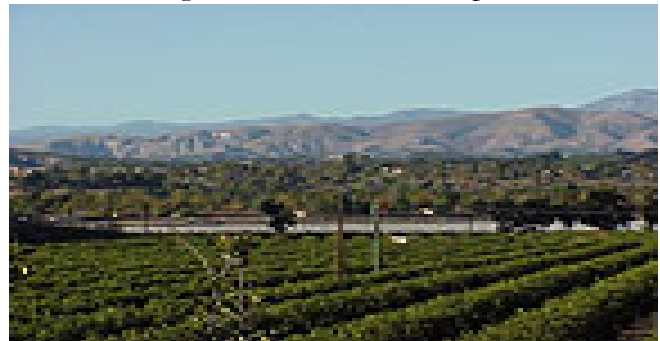


Camarillo is in a wonderful setting on the Pacific coastal plain, and is only 5 miles from the Pacific Ocean.

Residents enjoy a mild year round climate

and outdoor activities all year. Camarillo's location halfway between Santa Barbara

and Los Angeles puts visitors and residents close to a multitude of wonderful places, attractions and activities.



Within Ventura County are cities such as Oxnard and Ventura along the California coastline which offer non-crowded beaches, popular surf spots, harbor cruises, a 13-mile bikeway, festive shops, restaurants, family entertainment, and the Channel Islands National Park Visitors Center. Additionally, the city of Ventura has a vibrant art district, weekly Farmer's Markets, artisans and stage performances,

an archaeological museum, city walking tours, and the Annual 'Music Under the Stars' concert.

For those who like warm weather, recreation, cultural diversity, and a growing, changing community, our area has great appeal.



## CLINICAL FACULTY

Heidi Castro-Kelly, LMFT, *PCIT Supervisor*, Antioch University Santa Barbara (2009)

Lisa Jo Cohen, Ph.D., *Intake Clinician/Supervisor*, California School of Professional Psychology at Berkeley/Alameda, California (1998).

Katherine Kemp, L.C.S.W., *Parent Child Interactive Therapy Program Supervisor*, State University of New York, School of Social Work (1982).

Robert Kretz, Psy.D., *Assessment Supervisor*, Pepperdine University (1999).

Elizabeth Latu, Psy.D., *Shelter Clinician/Supervisor*, Fuller Theological Seminary (2003).

Michael Marquez, Ph.D., *Day School Clinician/Supervisor*, Washington State University (2005).

Myra Saltoun, Ph.D., *Director of Clinical Services and Campus Programs*. University of Southern California (1984).

Sean Schoneman, Ph.D., *Clinical Director of Training (DCT)*, Texas Tech University (2002).

Leslie Singer, Ph.D., *Associate Director of Clinical Operations*, Rutgers University (1983).

Lauren Worden, Ph.D., *Program Manager/Intern Group Supervisor*, University of Oregon (1994).

## THE INTERNSHIP APPLICATION PROCESS

The Casa Pacifica Predoctoral Internship utilizes the uniform online application process developed by the Association of Psychology Postdoctoral and Internship Centers (APPIC). The Application is called APPIC Application for Psychology Internships (AAPI). Matching, acceptance, and notification are subject to APPIC guidelines. Information regarding the internship and Casa Pacifica in general can be accessed at [www.casapacifica.org](http://www.casapacifica.org) or the APPIC website [www.appic.org](http://www.appic.org). Any additional questions can be answered by contacting Mandi Poltl, Administrative Manager at [clinicalinternandpostdocprogram@casapacifica.org](mailto:clinicalinternandpostdocprogram@casapacifica.org) or [MPoltl@casapacifica.org](mailto:MPoltl@casapacifica.org) or Casa Pacifica's Clinical Director of Training, Dr. Sean Schoneman at [SShoneman@casapacifica.org](mailto:SShoneman@casapacifica.org).

Applications to the Casa Pacifica Predoctoral Internship Training Program in Adolescent and Child Psychology must be received by **November 18, 2011**. Prospective candidates will be interviewed in December and January, and these onsite interviews are heavily weighted in terms of the matching process. Interviews will be offered only to applicants who have submitted a complete application file and only after these files have been screened by faculty committees. Applicants who wish to be considered for December interviews should submit application materials prior to November 18, 2011.

**The application should be submitted online as part of the uniform online application process, called (AAPI) accessible at [www.appic.org](http://www.appic.org)**

In addition to completing the online application (AAPI) please upload and submit the following:

1. **Verification of Internship Eligibility and Readiness**, completed by the applicant's academic program.
  2. A current **curriculum vitae**
  3. **Transcripts** of all graduate level coursework.
  4. **Three (3) letters of recommendation** from current graduate school faculty and clinical supervisors (these may arrive after the deadline dates).
- Upon acceptance to the program, all incoming interns are expected to carry their own insurance. Typically the intern's graduate school provides this coverage. Proof of coverage is required prior to seeing clients in our training program. For further information, check the APA website on-line at [www.apa.org](http://www.apa.org).

