



THE CHILD GUIDANCE CENTER OF SOUTHERN CONNECTICUT

PSYCHOLOGY FELLOWSHIP PROGRAM

Overview

Description

The Child Guidance Center of Southern Connecticut is an independent non-profit agency that has served southwestern Fairfield County since 1954. A staff of over 30 clinicians offers a full array of outpatient mental health services to children, adolescents, and their families. The agency's focus is to thoroughly evaluate each child and family so that treatment services can be matched to specific developmental, dynamic, systemic and behavioral needs.

Evaluations at the Center include Developmental Evaluations of pre-schoolers, psychological and neuro-psychological testing, psychiatric and psychopharmacological evaluations, crisis evaluations, and sexual abuse forensic investigations. Individual, group and family treatment (including Multi-dimensional Family Therapy) along with psychopharmacological and emergency mobile services are available for patients.

The Center also provides consultative services to day care providers, Head Start and Early Head Start, public and private schools, and the local police departments. Community education is offered to community groups, parent groups and other professionals in the area. The Center is a part of a TFCBT learning collaborative, and participates in several interagency collaboratives in our area. Fellows are asked to participate in and, at times, take active roles in the work of these interagency collaboratives and committees.

The Center provides individual, weekly supervision to each member of the clinical staff, and two hours of individual supervision each week for post-doctoral fellows and interns. A full schedule of weekly seminars and case conferences are provided for all staff and people in training. Each clinician and trainee also participates in interdisciplinary treatment planning meetings. Psychologists, fellows and interns also attend a weekly testing seminar in which raw test data is reviewed in detail and discussed. New tests and new findings regarding testing are likewise discussed at these seminars. Fellows additionally attend a weekly TFCBT seminar, a bi-weekly play therapy seminar, and a bi-weekly parent engagement seminar. A 6-8 week neuro-psychology seminar rounds out the training activities.

The Child Guidance Center of Southern Connecticut, Inc. has its main facility in Stamford, Connecticut, a second site in Stamford, and community offices in the surrounding towns of Greenwich, and Darien, Connecticut. These sites are smaller but, are equipped similar to the Stamford office, and provide a full array of mental health services. The Director of Training oversees clinical services at all of the agency's facilities. Fellows may be asked to see patients in any one of the community offices, in addition to time spent in one of the 2 Stamford sites. In most cases Fellows working at the community offices will have immediate access to a clinical

supervisor, but in cases where that is not possible a clinical supervisor will always be immediately available by phone.

The staff of the agency includes 4 full-time licensed psychologists, and a consulting faculty of 2 additional licensed psychologists.

Prerequisites

The Center requires that fellowship applicants have completed all professional doctoral degree requirements from a regionally accredited institution of higher education, or an APA/CPA accredited program. Applicants should, by the start of their fellowship, have completed a predoctoral internship that meets APPIC standards, have a diploma in hand or have a letter from the Director of graduate studies verifying the completion of all degree requirements pending institution graduation ceremony.

Fellows having completed doctoral studies in fields other than clinical, counseling, or school psychology must have received a certificate of equivalency from an APA/CPA accredited university program attesting to their having met APA/CPA standards, including internship.

More specifically, we ask that applicants have prior clinical experience providing psychotherapy and psychological testing, and that they have received close clinical supervision in each of these areas.

Fellowship Program Philosophy and Goals

The goal of the Child Guidance Center fellowship is to provide a varied, high quality training experience that will support postdoctoral students in the further development of their base of knowledge, and clinical skills in working with children, adolescents and their families. Fellows will receive training in individual, family, and group psychotherapy. As we are a community based agency providing service to all segments of society, our Fellows will gain experience working with a patient population that is diversified with regard to ethnicity, socio-economic status, diagnosis, and level of behavioral and cognitive functioning. Training therefore includes emphasis on the broad-based skills involved in listening and communicating with children and adult patients across these spectrums, but also includes a focus on diagnostic and treatment issues that are specific to each diagnostic group. Training additionally includes emphasis on the development of cultural competence in each aspect of the work with patients and community as a whole.

The fellowship will include comprehensive training in clinical and developmental assessment with a strong emphasis placed on the synthesis of dynamic, systemic, cognitive, biological, environmental and cultural influences. Fellows will gain experience in cognitive, educational, projective and neuro-psychological testing. Again, the focus will be on integration of all aspects of the testing process into a comprehensive and meaningful portrayal of the child, their strengths and their challenges, into a well written report that has utility for the child, her/his parents and educators, and other relevant providers. Fellows will also participate on treatment planning teams, in staff seminars, and case conferences. There will also be the opportunity for Fellows to receive training in specialty areas such as sex abuse investigations, crisis intervention (a 4 month rotation), developmental evaluations of youngsters under 6, and postventions following community disasters. Consistent with our interest in community education, fellows will conduct community workshops, consultations with other agencies and schools (including Head Start and Pre-School Programs), participate in interagency

collaborations, and play an advocacy role on community resource teams. Every attempt will be made to provide fellows with as well rounded an experience as possible. Supervisors will also make efforts to design an experience that meets the specific interests of each Fellow whenever possible.

Training will take place through a variety of modalities including individual supervision for treatment cases, individual and group supervision on testing cases, participation in all staff and psychology seminars, staff case conferences, and staff administrative meetings, as well as didactic seminars and group supervisions specifically designed for trainees. Opportunities for attending conferences and seminars at other sites will also be available and encouraged. Fellows will also have the opportunity to participate on interagency collaboratives established within the community. Additionally, Fellows may be provided with opportunities, under supervision, in the areas of administration and public speaking.

Fellows will be asked to assist in the supervision of externs and/or psychology interns being trained at the Center. Additional supervision on the supervisory process will be included in the training of any fellow involved in the supervision of trainees. This will include participation in monthly Trainee Supervisors Meetings.

Fellows will be expected to work 40 hours a week, including a minimum of 6 evening (after 5:00 p.m.) hours per week. A flextime schedule will be developed to suit the needs of the Fellow and the Center. The fellowship-training year will extend approximately from the Monday following Labor Day through August 31.

The Fellowship Program at the Child Guidance Center of Southern Connecticut is devised to meet all the license requirements for postdoctoral supervised practice within Connecticut and neighboring states.

The fellowship program is anticipated to be completed (40 hours/wk) over the course of 12 months, but is not to last beyond 24 months from the time that the fellowship begins.

Fellows will receive graduation certificates at the successful completion of the training program.

Programs of the Center

The Child Guidance Center of Southern Connecticut provides the following programs:

Child and Family Therapy: The Child and Family Therapy Program offers treatment services to children aged 1-18 and their families. Children and parents seen in this program are those who are not in crisis and can wait for up to a week to be seen. Individual, group and family therapy may be offered depending upon the initial family assessment and the joint recommendation of the clinician and the treatment planning team. Parents may also be seen for a variety of services including parental guidance, psycho-education and concrete services.

Crisis Intervention Program: The same services that are offered in the Child and Family Therapy Program are available in the Crisis Program, but the focus and intensity of the services differ. Children are assigned to this program when in a psychiatric emergency (e.g., suicidal, homicidal, traumatized, etc.). Children assigned to the Crisis Program are seen either the same day, or the next day depending upon the information gleaned by phone. We have the

capacity to make this program mobile when necessary as well. The focus of treatment is to assess and to stabilize the patient and family and to make decisions concerning the need for further services.

Child Guidance-Community Policing Program: This program is a replication of the program prototype developed between the Yale Child-Study Center and the New Haven Police Department. It was the 9th of such sites in the nation. Staff in this program are available to the Stamford Police Department 24 hours a day, 7 days a week. We offer to the police mental health consultation or direct intervention for any police matter affecting a child. Examples of circumstances for which we have been called have included such things as the suicide of a parent, apparent child neglect, the arrest of a family member, and exposure to domestic violence, or exposure to a violent crime. The program also includes a weekly meeting with members of the police department to review old and plan for new cases. We are also involved in training police officers in matters involving child development and mental health issues, while our participating staff is trained by police officers on police procedures.

Sexual Abuse Response Team (SART): SART is a collaborative formed by this agency along with representatives of the local police departments, child protective services, the Sexual Assault Crisis Center, the State's Attorney's Office, and others. This team's purpose is to see to it that child victims of sexual assault are investigated in a timely, thorough and sensitive manner, and to see to it that they and their families are supported, in whatever ways necessary, throughout their ordeal. The Child Guidance Center is responsible for investigative interviews of children in lower Fairfield County who have disclosed sexual abuse, as well as providing treatment for children who have been victimized and are in need of therapeutic intervention. We also serve a consultative role with police, school systems, the court system, and protective services.

Intensive In-Home Treatment Program: The In-Home Program has been in existence since 2003. The program is designed for the intensive treatment of adolescents with multiple and severe behavioral problems including substance use, violence and school failure. Multiple Dimensional Family Therapy is the evidence based treatment modality employed. Children are seen individually and with their family and extended family members, both in their homes and at the Center.

Trauma Focused CBT: TF CBT is an evidenced based, manualized treatment program added to the agency's list of available treatment modalities in 2008. The treatment is offered to children or adolescents who have suffered an aversive event which is thought to be responsible for post traumatic symptoms and which occurred more than 30 days prior to the start of treatment. It is a short term treatment program with treatments intended to be completed within 6 months. The treatment will be supported by a clinical team, led by a supervisor trained in this modality.

Core Training Experiences

Treatment Services

Approximately 55% of each fellow's time will be spent providing direct clinical services to patients. Patients range in age from pre-school to adult, and are diverse with regard to socio-economic status, ethnicity and diagnosis.

- Child psychotherapy cases: Fellows will be expected to do initial assessments of incoming patients. These assessments will include family and developmental histories, and the attainment of all pertinent information necessary for making a diagnostic and dynamic formulation. Fellows will be asked to collaborate with families to formulate treatment plans and will also participate with clinical staff as part of an interdisciplinary treatment planning team. The range of available treatment interventions at the Center includes individual, group, and family therapy, and psychopharmacology, as well as parent guidance, and case management.
- Fellows will be expected to carry a minimum of 18 individual therapy cases. Cases will most often be seen on either a once or twice weekly basis, and will be divided between pre-school, school aged, adolescent and adult patients. Adult patients may also be seen for “parent guidance” or other mental health services.
- Fellows will develop, lead or co-lead one or more time limited groups during the course of the academic year.
- Fellows will be expected to administer approximately one psychological or neuropsychological test battery and report every 2-3 months.
- Fellows will be given the opportunity to observe and/or participate in sexual abuse investigations, and observe preparation and testimony for trials of sex abuse cases as is possible.
- Fellows will be given the opportunity to observe and (depending on prior experience) participate in the developmental evaluations of children under age 6.
- Fellows will be required to present one formal case presentation to the staff before the end of their fellowship year.
- Fellows will be encouraged to participate in all of the programs of the agency, including continuing education provided throughout the academic year to the clinical staff.
- Fellows will have the opportunity to be involved in the interviewing and selection process for incoming interns.
- Fellows will have the opportunity to provide, under supervision, some aspect of the supervision for psychology externs and/or psychology interns.
- Fellows will complete a 4 month rotation in the Center’s Emergency Mobile Psychiatric Service.
- Fellows will provide consultation services to Head Start and other early childhood community programs.
- Fellows may be called upon to lead discussions or presentations to community organizations such as schools, community centers, etc.

Supervision

Each fellow will be provided with 2 individual supervisory sessions per week. These supervisory hours will focus on individual, group and family treatment, or on psychological testing depending on the need of the Fellow. An additional hour of weekly group supervision that will focus on psychological and neuro-psychological testing will also be provided. This testing supervision will include all psychology trainees as well as all psychology staff.

Fellows will also be a part of 2 training seminars designed for all trainees at the Center. One of these will be a combined didactic/group supervision on Interpretative Play Therapy. The second will be a combined didactic/group supervision on the engagement of and on-going therapeutic work with primary caregivers. Each of these is will meet bi-weekly.

Additional learning opportunities will be offered in the form of collaboration with senior staff involved in the various specialized programs of the Center. These will include the fellow's participation in and observation of sexual abuse investigations, participation in TFCBT training, rotation through the agencies Emergency Mobile Psychiatric Service, and consultative, public speaking, and administrative responsibilities in our Head Start consultation program. Fellows will also receive supervision for any community service they provide (e.g., Child Protection Teams, presentations to community groups, attendance at school meetings, etc.)

Didactic Seminars and Treating Planning Team Participation

Each Fellow will have the opportunity to participate in one or more of the Treatment Planning Teams that meet weekly at the Center. Team meetings are all interdisciplinary and meet for approximately 90 minutes once each week. Active Teams at the Center include those for Child and Family Therapy, MDFT, and the Crisis Intervention Program. Students may also sit in on the meetings of the Child Guidance-Community Policing Collaboration, the Sex Abuse Response Team, and Greater Stamford System of Care. These community collaboratives meet weekly, bi-weekly and monthly, respectively.

Fellows will be included in all in-service didactic training that takes place at the Center. Didactic seminars occur at approximately twice monthly throughout the academic year with speakers from outside the agency and speakers within the agency who present on topics selected by a staff committee that meets during the summer months. Topics include areas of training that the staff and management of the agency feel most relevant to the work being done at the Center and to programs being developed. Each fellow will also have the opportunity to attend 1 professional conference conducted outside of the Center, during the course of the training year, with the approval of the Training Director.

Additionally, Fellows will attend formal case conferences held at the Center. These conferences occur on, minimally, a bi-monthly basis with several members of staff presenting at some point during the year, and all trainees required to present during the academic year.

Psychological Testing

Fellows will receive extensive training in psychological and neuro-psychological testing. Individual testing supervision and a weekly testing seminar will be offered to all Fellows. Additional didactic training in neuro-psychological testing will be offered as a module in an additional seminar designed for psychology Fellows and interns. Testing supervision will focus on the integration of cognitive, developmental, behavioral, personality and neuro-psychological

findings. Supervisions will also accentuate report writing and feedback with patients, parents and schools.

Research

Fellows are encouraged to propose research ideas and will be supported in efforts to conduct approved research at the Center.

Fellows may be asked to participate in any research conducted at the Center for the purpose of program development, evaluation of already existing programs (including analysis of outcome data), or other research thought to be of benefit to the patient population.

Evaluations

Fellows will be formally evaluated at the end of the training year. Supervisors will include fellows in the evaluation process. A midyear review of progress and goals will be conducted with each Fellow.

Grievance Procedure

Fellows who have concerns about their training experience, supervision, or other work related matters should first discuss the matter with their supervisor or members of the Center's management team. If this proves unsatisfactory, a formal grievance may be filed with the Director of Training to assure reconsideration of the matter. Additional steps of appeal are to the Executive Director and ultimately to the Personnel Committee of The Board of Directors.

Application Process

- A Curriculum vitae
- A graduate school transcript
- A copy of two anonymous psychological and/or neuro-psychological test reports of child or adolescent patients
- A case summary of a long term treatment case with a child or adolescent patient
- A letter of recommendation from a clinical supervisor outside of their university
- A letter of recommendation from a supervisor or professor within their university

To: Child Guidance Center of Southern Connecticut, Inc.
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Attn: Clinical Director

To gain further information about our internship and postdoctoral training programs for graduate and post graduate students in psychology please visit www.appic.org.