

The background of the slide features a large, semi-transparent watermark of the University of Delaware seal. The seal is circular and contains an open book with Latin text on its pages: 'GRAMM PHILOL RHETOR ETHICA' on the left and 'METAPH LOGICA MATHEM PHYSICA' on the right. Below the book is a shield with the word 'SOL' inside. The outer ring of the seal contains the text 'UNIVERSITY OF DELAWARE' and the year '1743'.

# Clinical Training

Experiences at Internal and External  
Practica

# Clinical Training in Clinical Psychology Doctoral Programs

- Clinical training involved in all accredited programs – but the scope, goals, philosophy, etc. of clinical training differs across programs
- What is being taught? How is it being taught? What are the program's goals for students' clinical training?

# UD Training Model

- 1<sup>st</sup> year Fall
  - Clinic orientation and practice core clinical skills
  - HealthCare Theater
- 1<sup>st</sup> year Spring
  - Assessment case in spring semester (PSTC)
- 2<sup>nd</sup> year
  - Carry a full caseload (4 cases) of assessment and therapy (PSTC)
- 3<sup>rd</sup> year and beyond
  - External Practica (Community Sites)

1<sup>st</sup> and 2<sup>nd</sup> years in the program:

# **INTERNAL PRACTICA AT THE PSTC**

# HealthCare Theater

- “Simulated patients”
- Trained actors/actresses accurately portray various clinical difficulties (depression, anxiety, parents of an oppositional child)
- Trainees provide clinical services to trained actors
  - Freeze frame
- Goal: therapeutic alliance, rapport, engagement

# PSTC

- Psychological Services Training Center
- Community-based clinic
  - Children and adults
  - Therapy and assessment
  - Range of mental and behavioral health concerns
- Sliding scale
- Trainees are supervised by faculty or student supervisors

3<sup>rd</sup> year and beyond in program:

# **EXTERNAL PRACTICA (OFF-SITE)**

# External Practica: Process

- Student chooses sites, with guidance from faculty advisor and DCT, consistent with his/her professional goals (flexibility; individualized clinical training trajectories)
- Applications due ~ Jan. each year
- Start/end dates vary by site
- Externships are 1-2 days per week
- 1-2 yearly evaluations by supervisor



# External Practica: Goals

- Apply core skills and clinical science philosophy of UD program to “real world” clinical settings
- Develop increasingly advanced clinical skills, eventually preparing students for internship
- Gain breadth of experience working in different settings with different populations, problems/disorders, supervisors

# External Practica Opportunities

## Children

- A.I. Dupont Hospital for Children (Wilmington)
- Child and Adolescent OCD, Tic, Trich, and Anxiety Group (University of Pennsylvania, Philadelphia)
- Children's Hospital of Philadelphia (CHOP)
- Kennedy Krieger Institute (Baltimore)
- Mount Washington Pediatric Hospital (Baltimore)
- Terry Children's Psychiatric Center (New Castle, DE)

## Adults

- University of Pennsylvania (Philadelphia)
  - Counseling and Psychological Services
  - Center for Cognitive Therapy
  - Center for the Treatment and Study of Anxiety
  - Center for Weight and Eating Disorders
- Christiana Care Health System (Newark, DE)
  - Helen F. Graham Cancer Center
  - Heart and Vascular
  - Weight Management Center
  - Primary Care
- Veterans Affairs Medical Centers (Philadelphia, Perry Point, Baltimore)
- UD Center for Counseling and Student Development (Newark, DE)

# QUESTIONS?