



BUFFALO STATE
The State University of New York

**SUNY Buffalo State Counseling Center
Psychology Doctoral Internship Brochure
2020-21**

Updated 1/31/2020

PART 1: AN OVERVIEW

Overview of SUNY Buffalo State College

Buffalo State is the largest university college in the State University of New York system. Founded in 1871, Buffalo State offers undergraduate programs in about 70 fields and graduate programs in more than 30. It presents special opportunities for study because of its unique position as the only college in the state system located in an urban environment.

As a city college, the population of Buffalo State is quite unique. More than 75 percent come from Erie and Niagara counties. The majority of students commute and many are transfer students. Nearly a fifth of students are students of color (Black, Hispanic, Native American, and Asian/Pacific Islander). Almost half of the students are first generation college students and about one quarter of all undergraduate students are 25 years or older.

Overview of the Counseling Center

The Counseling Center is a department of the Weigel Wellness Center within the Division of Student Affairs. The College Counseling Center has been in operation on the Buffalo State campus since 1960, working to achieve the institution's goals of supporting retention, health, safety, and diversity. The Center is a short-term psychotherapy agency that also provides outreach, training and prevention activities, and crisis intervention. The Center provides a full range of services and programs which promote the personal development and psychological well-being of students and the attainment of personal and educational goals. The staff is strongly committed to programming related to student diversity and to an overall university environment which is accepting of individual and cultural differences. Among the services offered are short-term individual psychotherapy, group therapy, crisis intervention, consultation, support coordination, academic advocacy, referral, and campus/community outreach. Skill-building workshops are offered to augment the personal growth and development of students and staff members of the campus community. The Counseling Center works with students comprising a range of concerns, from developmental issues to severe psychopathology, sometimes requiring referral for further evaluation at the psychiatric emergency room of local hospitals.

In 2017, the Counseling Center began integration with the Weigel Health Center and Health Promotions to become the Weigel Wellness Center. Each part of the WWC has its own staff and leadership, who report to the Assistant Vice President of Health and Wellness. Each component operates fairly independently, while also sharing resources to provide efficient and integrated services to students.

The Counseling Center maintains active and collaborative working relationships with other Student Affairs offices, especially Residence Life, Weigel Health Center, Career Development Center, Accessibility Services, and Student Life. We also provide support, outreach, training, and consultation to several Academic Affairs offices such as New Student and Family Programs, Academic Advisement, Educational Opportunity Program, Student Support Services Program, and various academic deans and faculty.

The Counseling Center staff is multidisciplinary team comprised of licensed psychologists and social workers, a case manager, and support staff that are an integral part of our service delivery.

While the Counseling Center serves all registered students, sometimes student needs fall outside the competencies or resources of the Counseling Center staff. The Counseling Center's scope of practice can be

found online at: <http://counselingcenter.buffalostate.edu/scope-practice> In these cases, the most ethical service is to link students to a service outside of the Counseling Center who can best meet their needs. During the summer of 2019 we began organizing our recommendations into a Stepped Care Model. The Stepped Care model is a multi-tier system of programs that seeks to meet students where they are in the change process, while promoting autonomy and empowerment. The most effective yet least-resource intensive intervention is offered first. Care recommendations are stepped “up or down” based on evidence of the effectiveness of the initial recommendations. The Stepped Care Model promotes more rapid access to care through walk-in “urgent care” appointments and single-session follow-ups with only minimal assessment, in addition to the more traditional counseling center services that can be recommended if they would be beneficial for students.

Counseling Center Training Philosophy

The Buffalo State Doctoral Internship Program provides supervised experience in individual therapy, group counseling, crisis intervention, outreach programming, and consultation. Emphasis is on brief psychotherapy, screening assessments, initial assessment interviews, group counseling, college developmental and educational issues, responding to trauma, and multiculturalism. The internship at Buffalo State is designed to provide supervised experiences in those activities which reflect the functioning of a psychologist in a college counseling center.

Beyond the core competencies, we believe that training should be tailored to the individual experience and needs of each trainee. Staff members utilize interventions from a variety of theoretical orientations, including psychodynamic, cognitive-behavioral, multicultural, interpersonal, and humanistic. Thus, an intern has the opportunity to be exposed to a wide range of theories and interventions while developing their own individual therapeutic style.

The Counseling Center staff is dedicated to the concept of excellence in a training experience within a multifaceted, service-oriented agency. While broad exposure to a variety of professional activities is advocated, a genuine commitment to intensive supervision and to the furthering of the intern’s personal and professional growth exists as the foundation of our philosophy. Overall, we seek to create an atmosphere of respect and trust where trainees and professional staff support their own and each other’s growth both personally and professionally.

This information is accurate at the time of distribution. Some detail may change based on the evolving needs of the training program, the Counseling Center, or the college, but the core values and competencies will remain intact. Interns will be made aware of any changes and their potential impact.

PART 2: YOUR SCHEDULE

Internship Year Work Schedule

The internship year runs from approximately August 1st to July 31st (usually starting the first Monday in August). Interns are expected to be at the Buffalo State Counseling Center for 40 hours per week. Individual schedules and work hours are finalized and approved each semester. Your time will be devoted to a variety of activities, some recurring, some occurring only once, as the needs of the Center and your training dictate.

Weekly Activities

Here are some of the typical activities you will engage in (please note, this list of activities is subject to change):

Individual therapy: You will carry a case load of new and ongoing clients. The number of active clients will change throughout the semester/year based on clinical demand and your specific clients' attendance.

Individual supervision: You will meet with your individual supervisor for two hours of supervision each week. All individual supervision is provided by licensed psychologists.

Case Disposition "Dispo" Meeting: You will meet with the entire staff on Tuesday mornings, 9-10am, during which time cases are discussed. Trainees begin the year briefly presenting all of their new clients, so they can consult with the team regarding their assessments and treatment/referral options. This is also a great opportunity to discuss ongoing clients, crisis appointments, or any other need. Like most activities, the more you participate, the more you can learn. Interns are encouraged to "jump in" and to share their perspectives in case discussions.

Group Counseling: There is an expectation of process-observing or co-leading a therapy group or a psychoeducational group with a staff member during your training year, preferably one each semester. Assignment to groups depends on the availability of groups that semester, your previous experience, and your training goals for the year. One of the early tasks for the year will be meeting with the group coordinator to discuss which group would be the best fit for you.

Triage: Many of our clients make their first contact with the Counseling Center during a brief assessment appointment called triage. These can be scheduled or unscheduled. One of your first clinical training tasks will be to learn the triage procedure and begin to observe triage appointments. Each trainee will sit in with a senior staff person to observe a minimum of two triage sessions. You will be asked to complete the write-ups for the triage assessments that you observe (with appropriate documentation that the triage was observed by a trainee). These triage assessment write-ups will be forwarded to the senior staff member who conducted the triage in order to provide you with feedback. The intention for this process is to give you a sense of how different counselors organize, conduct, and document triage sessions, all within the framework of the Counseling Center's triage format. After being trained in the procedure and observing at least two triages, each trainee will conduct two triage sessions that will be observed by a senior staff member. Additional observation sessions may be required depending on trainee/supervisor comfort level and the experiences gained in their training sessions. After the triage training period, trainees should expect to be scheduled for triage regularly.

Initial Assessments/Intakes: You will be trained in our IA/intake procedures after you are trained in triage during the Fall semester. Similarly, you will observe IAs with senior staff members and complete the write-up, then you will conduct two IAs while being observed and complete the write-up. After this initial observation/training period, you can expect to be scheduled for 1-2 intakes each week that you are scheduled at the Counseling Center, depending on the clinical needs of the students you see through triage. Typically, clients who you see for triage will be managed by you, either working with you or being referred by you. Referrals are discussed within the clinical team and sometimes cases are reassigned based on a counselor's availability or special skills.

Single Session/One-at-a-Time Sessions: Consistent with the Stepped Care Model, not all students require a full psychological assessment in order to receive help. After an initial contact with a client, counselors have the option of scheduling 1-3 “single sessions” or “one-at-a-time sessions.” These allow use of solution-focused techniques to help a student overcome a specific crisis or to help gauge a client’s readiness to engage in deeper counseling work, which would then prompt the more traditional intake.

Crisis appointments: After you are comfortable with triage and initial assessment, you will have the opportunity to do crisis assessment/intervention work with a walk-in or on-going client. As with all counseling, immediate supervision with a professional staff member is available should you need to consult.

Training seminars: Interns will participate in weekly or bi-weekly training seminars on topics related to providing service within our specific population/treatment model (such as crisis assessment and intervention) as well as general competencies of practicing psychologists (such as group counseling, diversity). Seminar time will average 2-3 hours/week throughout the year. Seminars are provided by a multidisciplinary team of masters and doctoral level licensed professionals.

Paperwork and miscellaneous preparation time: Time is built in to your schedule for paperwork and preparations you need to make. It is essential that your paperwork be kept up to date at all times. Time should be held in Titanium for clinical paperwork. If you find that you are unable to complete your documentation in time, discuss your time needs with your supervisor. Your supervisor will help you work most efficiently and may add additional paperwork time to your schedule.

Other Activities

Workshops: You will have the opportunity to co-facilitate workshops during the training year. The Weigel Wellness Center regularly offer several workshops including QPR suicide prevention training, mindfulness/meditation training series, alcohol/marijuana education, stress management, and crisis response for new Residence Life/Orientation staff. One of the goals you develop with your supervisor may be to develop a workshop based on your training goals and areas of interest.

Information/Resource Tabling: The staff of the Counseling Center is regularly a presence during campus events such as Mental Health Awareness Week, Weeks of Welcome, or Orientation events.

Outreach presentations: The Counseling Center receives frequent requests to provide psychoeducational presentations or workshops with students, faculty, or groups on campus. Common topics include suicide prevention (QPR), stress-management, conflict resolution, coping with crises, grief, diversity/privilege, mental health stigma, and faculty training on responding to distressed students or other topics based on the needs of the group. During your training year, trainees are expected to get involved in this important aspect of college Counseling Center service. You may present or co-present outreach presentations or develop your own based on your skills/interests.

Providing Supervision: Depending on intern interest and experience level, interns may have the opportunity to provide supervision to practicum student counselors from local doctoral training programs. “Meta-supervision” is provided on a weekly basis and includes training and supervision in a group format.

Performance feedback: Ongoing feedback is an important aspect of training. At the end of each semester, a formal feedback process occurs, during which you will receive written and verbal feedback

from your supervisor. This process also is a time for you to give us feedback. You will also receive informal feedback from your supervisor and other members of the team as you consult and work with them. Performance feedback is meant to be a mutual, two-way process, where communication and professional growth are the goals.

PART 3: PERSONAL AND PROFESSIONAL DEVELOPMENT

Competencies

In addition to training regarding our specific Counseling Center and student population, the training program is based around the competencies that are fundamental to being a practicing psychologist in a professional setting. These include: crisis assessment and intervention, differential diagnosis, treatment planning, consultation/advocacy, using clinical research, diversity, and ethics.

Benefits and Compensation

Doctoral Interns complete a 2,000 hour, 40 hours per week, calendar year experience. As the internship experience is a required part of a doctoral program, interns are considered full-time one-year student employees of the SUNY Buffalo State Counseling Center. The annual stipend is \$26,000, with a generous benefit package. Benefits include medical insurance, paid time off, sick leave, approximately 10 paid state holidays, leave time for professional development activities (e.g. dissertation, research, professional conferences or training workshops) with approval from the Clinical Manager, and access to campus recreational, athletic, and research facilities.

Financial and other Benefit Support for Upcoming Training Year

Annual Stipend/Salary for Full-time Interns	\$26,000
Annual Stipend/Salary for Part-Time Interns	N/A
Program provides access to medical insurance for intern?	Yes
If access to medical insurance is provided	
Trainee contribution to cost required?	Yes
Coverage of family member(s) available?	Yes
Coverage of legally married partner available?	Yes
Coverage of domestic partner available?	Yes

Hours of Annual Paid Personal Time off (PTO and/or Vacation):

Vacation: 80 hours/ 10 days

Legal Holidays: approx. 80 hours/ 10 days

Professional Development: up to 16 hours/ 2 days

Hours of Annual Paid Sick Leave: 48 hours/ 5 days (Accommodations may be made for extenuating circumstances as appropriate.)

In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave? Yes

Other Benefits (please describe):

Each intern has her/his own office, equipped with a computer, internet access and digital recording technology. Interns have SUNY Buffalo State e-mail accounts, access to library resources, and athletic facilities.

Cohort

Two doctoral interns are being sought for the 2020-2021 year. Interns will have different primary supervisors, but will work closely with each other in seminars and group consultation/supervision. APA reinforces that the value of an internship cohort is essential to the training experience. We strongly value teamwork among the interns (and the whole staff), and peer support is fostered throughout the year.

PART 4: ACCREDITATION AND APPLICATION

Accreditation process

The SUNY Buffalo State Counseling Center Doctoral Internship is currently unaccredited, and we are in the process of aggressively working toward APA accreditation. Our goal is to obtain APA accreditation by July 2021 so that interns participating in the 2020-2021 year will graduate from an accredited internship. We are looking for interns who are interested in being a part of this process. This will mean participating in our self-study during the Fall 2020 semester and an APA site visit in the spring 2021 semester. While the work of this process will be done by the training director and other staff, observing the accreditation experience will be particularly useful for interns who have career goals involving supervision/training, accreditation, and administration.

Application requirements

By the time of application

- A minimum of 300 Intervention hours.
- Comprehensive exams passed by the start of the internship

We will accept applications from any qualified candidates from Ph.D. or Psy.D. programs in Clinical or Counseling Psychology. Prior college/university counseling center experience is preferred but not required.

Application process

Though we will not participate in phase 1 of the internship ranking/match during the 2019-2020 year, we use the uniform psychology internship application (AAPI Online) developed by The Association of Postdoctoral and Psychology Internship Centers (APPIC). To locate the AAPI Online, and to complete our application process, visit the APPIC website at www.appic.org and click on the AAPI Online icon.

The AAPI Online includes a cover letter, the summary of personal and educational information, the summary of your doctoral experience, 4 standard essays, a CV, letters of recommendation, and graduate transcripts.

1. A copy of your AAPI
2. A current curriculum vita (CV)
3. 3 letters of recommendation - at least two from licensed psychologists who have supervised your clinical work, and the third may be from another clinical supervisor or a major academic advisor

4. Candidates should address the question "Why are you interested in the doctoral internship at the SUNY Buffalo State Counseling Center?" in their cover letters.

Selected candidates will be invited for interview, which can be conducted in-person or via Skype, based on the candidate's preference.

This internship site follows all guidelines established by the Association of Psychology and Postdoctoral Internship Centers (APPIC). We fully endorse the APPIC policy summarized in the following statement: *"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."*

Applicants will use the APPIC application for psychology internship (AAPI). Information on the APPIC National Matching Process and the details regarding registration procedures can be found at www.natmatch.com/psychint.

Any questions should be directed to Jack Mack, Ph.D., Assistant Clinical Manager and Training Director. You can reach Dr. Mack by email at mackjp@buffalostate.edu (preferred method) or by telephone at 716-878-4436.

Jack Mack, Ph.D.

Pronouns: he/him/his- See mypronouns.org to learn more.

Assistant Clinical Manager, Training Director, and Licensed Psychologist

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