



UBC, Inc. Clinical Psychology Internship Program

TABLE OF CONTENTS

Contents

TABLE OF CONTENTS..... 1

INTRODUCTION 2

ACCREDITATION STATUS OF THE PROGRAM 2

PUYALLUP, WASHINGTON..... 3

REDMOND, WASHINGTON 4

EVERETT, WASHINGTON..... 5

UBC, INC. 6

 Overview..... 6

 Mission Statement..... 6

 Code of Ethical Conduct..... 6

 Core Values..... 6

DESCRIPTION OF THE TRAINING PROGRAM..... 7

 Organization of the Department of Psychology..... 7

 Behavioral Health / Rotation Training Experiences 7

 Evaluation and Assessment..... 7

 Psychological Treatments 7

 Didactic Training 8

 Supervision 8

GENERAL INFORMATION..... 9

 Salary and Benefits 9

 Questions?..... 9

 UBC Psychology Faculty:..... 9

INTRODUCTION

The Cognitive Behavioral Training Internship Program at UBC, Inc. is a pre-doctoral internship located across three locations: UBC, Inc. in Puyallup, UBC, Inc. in Redmond, and UBC, Inc. in Everett. Applications will be accepted in July of 2010 for a start date of Fall 2010. The philosophy of the internship program is based on a general practitioner model. The focus is on training the general practitioner in adult chronic pain assessment, adult chronic pain treatment, consultation related to medication management, psychiatric disability, and ongoing supportive treatment. Training is supplemented by the specialty areas of psychiatry, physical therapy, occupational therapy, vocational rehabilitation, biofeedback and nursing. Interns are encouraged to develop and utilize their assessment skills, critical thinking skills, their knowledge of the health care related literature, their ability to evaluate new research in the field of health care as related to chronic pain, and their ability to form clinical interventions appropriate to chronic pain research findings and research recommendations in current literature. The program recognizes that in order for each intern to reach a level of professional development, he or she will have to work on existing skills, and under supervision, work on refining those skills and developing new ones. The primary goal of the internship is to train clinical psychologists who are capable of functioning autonomously in a health care environment.

ACCREDITATION STATUS OF THE PROGRAM

In accordance with the APPIC policy, this internship abides by APPIC accreditation guidelines and principles. The internship is applying for APPIC accreditation and expects to receive such by the Fall of 2011. Furthermore, UBC, Inc. is accredited by CARF, the Commission for Accreditation of Rehabilitation Facilities. Founded in 1966, CARF is a private, not-for-profit organization that promotes quality rehabilitation services. It does this by establishing standards of quality for organizations to use as guidelines in developing and offering their programs or services to consumers. CARF uses these standards to determine how well an organization is serving its consumers and how it can improve.

The CARF standards are developed with input from consumers, rehabilitation professionals, state and national organizations, and funders. Every year the standards are reviewed and new ones are developed to keep pace with changing conditions and current consumer needs.

CARF specifically has standards related to the delivery of psychological services in the chronic pain/health care setting.

PUYALLUP, WASHINGTON



The City of Puyallup is situated at the foot of scenic Mount Rainier in the beautiful Puget Sound region, 10 miles east of Tacoma and approximately 35 miles south of Seattle.

In its early years, Puyallup was an agricultural community. Farmers grew hops, berries and flowers and the city continues to pay homage to its agricultural roots. The spring is celebrated with the annual Daffodil Parade and in the fall the Western Washington Fair continues to be a favorite destination for visitors.

Over the years the city gained prominence as a regional commercial and service center for Eastern Pierce County. Puyallup continues to serve its residents and neighbors with a strong, diversified economy.

Puyallup has a unique downtown antique district. There are also lots of shopping opportunities on Puyallup's South Hill. The city boasts cinemas, restaurants, a two-year community college, parks and recreation, good K-12 schools, nice residential districts and a lot more.

REDMOND, WASHINGTON



Located between Washington's dramatic Cascade mountain range and sparkling Puget Sound, and surrounded by towering evergreen forests, Redmond is known for its natural beauty. In a city with 34 parks and over 25 miles of trails, it's easy to forget that you're within 20 minutes of downtown Seattle and a short ride away from great skiing! Arts and entertainment are alive in Redmond, too, with live theatre, music, film and literary arts for every taste. On top of all that, you'll discover an abundance of first-class places to shop or stay and dine.

Redmond's nickname, "Bicycle Capital of the Northwest," is well deserved. Explore Redmond's bicycle paths and enjoy hiking the trails! From Arts in the Parks summer concerts and Winter Performance Series events to Second Story Repertory and Redwood Community Theatre plays, not to mention outdoor sculpture exhibits, the arts are alive and thriving in Redmond. Redmond offers a broad range of seasonal opportunities, including community festivals and holiday musical performances.

EVERETT, WASHINGTON



Everett, Washington, an All-American City, is a rich landscape of choices. Small startups thinking big. Fortune 500 companies delivering larger-than-life innovations. Some of the best salmon and steelhead fishing in the world. Boasting the second-largest marina on the West Coast. Home of the Everett Silvertips ice hockey team, Everett Hawks football team, and AquaSox minor league baseball team. Enjoying more than 1,600 acres of beautiful parks, trails and playgrounds and nearly 50 miles of freshwater and saltwater shorelines.

UBC, INC.

Overview

UBC was established in 1984 as an early intervention program utilizing an interdisciplinary approach to treat primarily back injuries. Since then, our services have expanded and evolved to include treatment tracks for upper extremity and other musculoskeletal problems.

UBC provides comprehensive, progressive, goal-oriented rehabilitation and prevention programs to individuals with functional limitations and/or chronic pain. We also serve employers at risk for work related injury claims. UBC's overall goal is to enhance and maximize positive health care treatment, contain costs, and return clients to work.

Our interdisciplinary programs focus on helping injured workers increase overall physical capacities and return to work. Individuals who are unresponsive to conventional treatment approaches are good candidates for these types of interventions.

Mission Statement

UBC provides comprehensive, goal-oriented medical rehabilitation and related services to individuals and groups. Services focus on the individual and stakeholders' needs and are of the highest quality possible. They are provided by qualified professionals and are constantly monitored to insure the best, most cost-effective outcomes possible.

Code of Ethical Conduct

UBC Board, employees and contractors will conduct themselves with an unfailing commitment to the highest ethical and professional standards.

UBC Board, employees and contractors, will not harass or denigrate individuals employed by UBC or clients treated by UBC whether on or off company premises.

We respect and support team decisions and strive to create an environment that provides each of us with the opportunity to reach our full potential.

Core Values

Caring - For our clients, fellow staff members and other persons served.

Compassion - For those who are suffering and in need of quality care, for our co-workers and for other persons served.

Flexibility - In our approach to individuals participating in programs, in response to other persons served, and in our daily interactions with our co-workers.

DESCRIPTION OF THE TRAINING PROGRAM

Organization of the Department of Psychology

The Department of Psychology is an integrated department within the UBC, Inc. organization. We work in conjunction with the interdisciplinary team, which includes psychiatry, nursing/biofeedback, vocational counseling, occupational therapy, and physical therapy. The Department has three functions: the evaluation and assessment function, the psycho-educational function, and the short-term cognitive behavioral intervention function. Currently, we have five licensed doctoral psychology staff, three vocational counselors, three physical therapists, three occupational therapists, three certified occupational therapy assistants, three physical therapy assistants, five nurses (who are also certified as biofeedback therapists), and for physicians, three psychiatrists (physical medicine and rehabilitation specialist MD's) and one anesthesiologist.

Behavioral Health / Rotation Training Experiences

Although each clinic location will provide the similar clinical experiences, each clinic is slightly different in terms of client population that will be treated. Interns will be provided the opportunity to rotate through all three clinic locations to gain a well-rounded experience in identifying and working with the subtleties of each clinic's patient population. Interns will be provided some additional training in the area of substance use/abuse/dependence through the opiate elimination program. Additionally, interns will be provided opportunities for research.

Evaluation and Assessment

The Psychology Department provides a variety of psychological evaluations. Specifically, psychologists evaluate injured workers who may be suffering from acute pain, chronic pain, who may be evaluated for medication use and/or abuse, who may be evaluated for appropriateness to programs provided by UBC, Inc., such as the Return-to-Work Pain Management Program, the Work Hardening Program, or the Work Conditioning Program. Psychologists are regularly called on to consult with staff within the system as well as, with stakeholders referring from outside of the system.

Psychological Treatments

Individual, psycho-educational group and group psycho-therapy approaches are utilized. Therapeutic approaches emphasize a variety of behavioral, cognitive and information processing approaches. Psychology interns will become well versed in cognitive behavioral intervention methods and psycho-educational intervention methods. The psychology interns will also work closely with the interdisciplinary team. They will have the opportunity to function in a collegial healthcare atmosphere where each discipline has equal weight.

Additional Skill Development

During the internship, interns will learn how to administer and interpret a variety of screening batteries for evaluating the health and psychologically related status of the injured worker population. Interns will have the opportunity to work on program development related to psycho-educational groups that deal with ongoing recidivism and maintenance of skills developed during treatment in the six week, full-time Return-to-Work Chronic Pain Management Program.

Didactic Training

The training itself is also composed of various training events. Once a week the interns will meet with the Clinical Director, once a week there will be case conferences and group supervision, once a month there will be participation in, and opportunity to provide, in-services.

Supervision

Interns are exposed to a variety of supervised experiences throughout the year. Each intern will receive a minimum of two hours of supervision per week, one hour of individual, and one hour of group. The intern will be assigned a primary supervisor who will follow them throughout the course of the year. Interns will be expected to demonstrate competence in the following areas of professional development:

- **Personal Characteristics**
- **Professional Responsibilities**
- **Communication**
- **Leadership**
- **Collaboration and Consultation**
- **Clinical Skills (Assessment, Intervention, and Therapy)**
- **Legal and Ethical Practice**

GENERAL INFORMATION

Salary and Benefits

Interns will earn \$20,000 per year. They will be granted five training days for educational leave during the course of that year, as well as ten vacation days. Interns are encouraged to present papers at national conferences and will be given the opportunity to do so. Interns will be eligible for medical coverage.

Questions?

Questions about the program should be directed to:

Michael D. Harris, Ph.D.
Clinical Director
Director of UBC, Inc. Internship Program
425.644.4100 or mharris@ubcinc.org

UBC Psychology Faculty

Michael D. Harris, Ph.D., (Alumnus of Washington State University, Pullman, Washington)

Mel Watt, Ph.D., (Alumnus of Seattle Pacific University, Seattle, Washington)

L. Dean Poppe, Ph.D., (Alumnus of Ball State University, Muncie, Indiana)

Rachaud Smith, Psy.D, (Alumnus of Nova Southeastern University, Fort Lauderdale-Davie, Florida)

Rena Frye, Ph.D, (Alumnus of Seattle Pacific University, Seattle, Washington)

Regine Neiders, Ph.D., CEO, (Alumnus of University of Washington, Seattle, Washington)