



## **Stone Arch Psychology and Health Services**

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## **Stone Arch Psychology and Health Services Internship Opportunities**

Stone Arch Psychology and Health Services is located in the heart of Minneapolis on the east bank of the Mississippi River with convenient access to downtown and the University of Minnesota. We are an urban-based clinic serving an ethnically, culturally and economically diverse client base from the Twin Cities Metropolitan area. We train Interns in the skills necessary to provide therapy to clients who are seeking help for a broad range of mental health conditions from ages 2½ to seniors.

### **History and Mission of Our Internship Program**

Since 2012 Stone Arch Psychology and Health Services has been actively involved in the employment and training of Interns. Our training mission is to offer Interns the opportunity to join with their fellows and peers and help them build the expertise and skills necessary to provide a wide array of psychological services including psychological intake assessments, individual, couples and family therapy, as well as psychological testing and cognitive testing. Our model is team-based and we encourage our clinical staff to consult and collaborate with each other for the benefit of all.

### **Internship Training Outcome and Goals**

The competencies that a Intern needs to develop to become a professional licensed therapist are multiple and complex. These competencies are only developed through practical experiences in supervised contexts. Our training pays special attention to the processes through which Interns develop the competencies of the profession. Specifically, our model stipulates that Interns will be proficient in building relationships, especially with those suffering from psychological distress, and they will be able to utilize those relationship skills to perform evaluations of a client's circumstances and their psychological functioning.

The goal of training Interns in various therapeutic modalities is to broaden the scope of their practice and skill base for providing clients with evidence-based therapy. The Intern will be trained in and have experience providing a variety of evidence-based therapeutic modalities including Solution Focused Therapy, Narrative Therapy, Mindfulness Based Stress Reduction, Client Centered Therapy, Internal Family Systems Therapy, Cognitive Behavioral Therapy, Dialectical Behavior Therapy and Cognitive Restructuring Techniques.

The goal of our psychological testing training is to facilitate the Intern in developing a foundational understanding and ability to provide a battery of tests that serve the needs of clients seeking diagnostic clarity for their mental health concerns. The Intern will be trained and have experience administering, scoring and interpreting a core battery of assessments designed to measure intellectual functioning, psychological functioning and executive functioning. In addition to the core battery, the Intern can elect to learn a wide variety of additional assessments to evaluate for conditions such as autism spectrum disorder, post-traumatic stress disorder, memory disorders and adaptive functioning.

Interns will also be trained in critical intervention competencies in a range of approaches and modalities that are a significant component of the clinical skills available to professional licensed therapists.

## **Internship Compensation**

Stone Arch Psychology and Health Services offers a reimbursement package that includes payment per client hour billed, health insurance, paid time off, and two hours of supervision by doctoral level licensed psychologists every week.

## **Internship Time Commitment**

Interns are asked to allocate forty hours per week for internship skills development. Those forty hours will provide time for the following requirements: The Intern will participate in two hours of supervision by doctoral level licensed psychologists. The Intern will participate in approximately twenty-four hours of direct client contact. The remaining hours are allocated for client charting and progress notes, scoring and interpreting testing data and assessment reports, and studying case and special interest literature relevant to the Intern's needs.