



**Psychiatric Institute of  
Washington  
Pre-Doctoral Internship  
Program**

# TABLE OF CONTENTS

GREETINGS .....  
HISTORY OF PIW .....  
HOSPITAL MISSION STATEMENT .....  
DEPARTMENT OF PSYCHOLOGY MISSION STATEMENT .....  
PROGRAM PHILOSOPHY AND TRAINING MODEL.....  
PSYCHOLOGY TRAINING PROGRAM GOAL .....  
Internship PROGRAM DESCRIPTION.....  
    Program Components.....  
    Individual Psychotherapy.....  
    Group Psychotherapy .....  
    Psychological Assessment .....  
    Intake Services .....  
    Unit Responsibilities.....  
    Seminars.....  
    Supervision .....  
    Evaluation Procedures .....  
    Clinical Placements.....  
GENERAL INFORMATION .....  
    Work Hours.....  
    Stipend .....  
    Benefits & Leave .....  
    Number of Positions .....  
Internship ELIGIBILITY .....  
    Application Procedures .....  
    Interview Dates and Locations.....  
    Training Position Offers .....

## GREETINGS ~

We at the Psychiatric Institute of Washington are delighted to welcome you to our Pre-Doctoral Internship Program in Clinical Psychology. Our training programs have a long-standing history and many of our trainees go on to work in positions in hospitals, schools, community clinics, and university counseling centers. Our program offers the opportunity to develop clinical skills while working with both acute and chronic mentally ill urban populations. Overall, the program is designed to prepare you for your career as a psychologist in the mental health workplace. Our faculty is composed of excellent clinicians who are role models for psychologists in the provision of mental health services to severely mentally ill populations. They have a wide range of clinical experiences and training that they draw upon in educating you in how to work with mentally ill children, adolescents, and adults in an inpatient setting. We believe that we offer a challenging and varied educational experience that exposes you to the many different roles that psychologists play in the provision of inpatient mental health services and to the different stages of psychopathology as patients undergo treatment. We believe your time with us will help you grow in your professional development and prepare you for your future career as a professional psychologist.

This handbook includes information about the program as well as the hospital. Its purpose is to provide you with information that will help you to understand the program, the hospital, and its policies and procedures.

# PSYCHIATRIC INSTITUTE OF WASHINGTON

For more than four decades, the Psychiatric Institute of Washington (PIW) has been making a difference in metropolitan Washington. PIW has become a nationally recognized treatment facility and an innovator in inpatient treatment programs. It has served as a model for many private, freestanding, psychiatric hospitals throughout the nation. In its forty years, PIW has touched the lives of more than 75,000 patients, and has grown to be an integral and vital part of the healthcare continuum in the District of Columbia. The hospital currently employs approximately 250 people.

## In the Beginning

PIW was founded when two National Institute of Mental Health research psychiatrists, Jack Durell, MD and Howard Hoffman, MD, were asked by a group of psychiatrists at the George Washington University, Drs. Ed Fleming, Jesse Rubin, and Leon Yochelson, to help establish the clinical program for a new, private psychiatric hospital based on a model therapeutic community developed at NIMH. The hospital offered an alternative to the two existing modes of treatment, i.e., very short-term EXCT, and long-term psychoanalytically based inpatient care.

During the summer of 1967, PIW welcomed its first patient to 2141 K Street, NW, located on the top 2 ½ floors of a medical office building, which itself was unique in the nation. By the mid 1970's, the hospital had grown from its original 75 beds to 235 beds and moved to a second location.

## Making a Change, Meeting a Challenge

In 1982, the organization founded by PIW was sold to a national healthcare chain. After rapid expansion, that organization began having serious difficulties, and by 1993, needed to divest or close their psychiatric hospitals. In 1995, Dr. Hoffman, along with Charles Baumgardner and Ken Courage, saw an opportunity to rebuild the hospital and restore the reputation of the once proud and productive hospital. They purchased the hospital and instilled a new and broader vision and created a new mission that produced a dramatic turnaround leading to PIW's current success.

PIW made a commitment to the city of Washington by becoming a key component of DC's mental health delivery system. The Child and Adolescent Program was updated to meet the needs of inner-city youth. The hospital also became a major center for the city's substance abuse population. The Center, a program to treat trauma survivors was started and developed an outstanding reputation, such that it draws patients nationwide.

## A Leader in the Field

The hospital also operates a clinical trials research program that provides free inpatient care for the city's neediest chronically mentally ill adults with schizophrenia. PIW offers a competitive training site for medical, nursing, psychology, and social work students.

PIW has prevailed against a number of challenges. Changes in the insurance industry and the move away from institutionalization have led to shorter lengths of stay for individuals in care, while levels of acuity, crisis admissions, and costs have increased. Many small private psychiatric hospitals have succumbed to the clinical challenges and financial pressures. PIW, however, remains a vital and vibrant contributor to the mental health community and is standing tall.

In 2014, PIW became part of the Universal Health Services (UHS) family of hospitals. UHS also manages other area hospitals such as The George Washington University Hospital.

# Psychiatric Institute of Washington

## HOSPITAL MISSION STATEMENT

**PIW** is **PEOPLE** with **INTEGRITY** and **WILLINGNESS** to share in the healing process and guide those we serve on the path to health.

We are advocates for your cause, trustees of your resources, and respecters of your dignity. With professionalism and compassion, we commit to your endeavor to find balance and meaning.

### Vision Statement

**PIW** is committed to improving the behavioral health care within our community by going beyond the traditional. We will continue to develop diverse and dynamic treatment programs and establish partnerships with others to understand and serve people where they live. Together we will build upon our strengths and human spirit to create a different future.

### Values (PIW's Guiding Principles)

- We will deliver the highest quality behavioral health services to clients at PIW in a responsible, reliable and cost-effective manner.
- We will be responsive, sensitive and professional in all of our relationships.
- We will be a leader in providing a continuum of behavioral health care services in the Washington Metropolitan Area.
- We will practice good corporate citizenship within our community.
- We will pursue growth while being mindful of the economic realities necessitated by being an independent organization.
- We will treat all employees and staff of PIW fairly.

## DEPARTMENT OF PSYCHOLOGY MISSION STATEMENT

The Department of Psychology assists the Psychiatric Institute of Washington in providing quality mental health services for the citizens of the District of Columbia, Maryland, and Virginia who require inpatient and outpatient services. We accomplish this mission in part by active participation on treatment teams and the provision of specific psychological services such as assessment, psychotherapy and consultations.

## PROGRAM PHILOSOPHY AND TRAINING MODEL

Psychology staff members maintain a strong commitment to the training of Interns and make every effort to provide as an enriching experience as possible within an atmosphere of mutual respect and professionalism. The training program uses the scholar-practitioner model, which emphasizes the application of scholarly knowledge to the practice of psychology based on the scientific foundations of the profession. Training consists of both didactic and experiential learning. Theory, research, and scholarly inquiry are utilized to guide the delivery and application of psychological services. Experiential learning and the development of professional skills are guided and enriched through seminars, consultations, supervision, and staff development activities. Faculty supervisors serve as role models and professional mentors.

The overarching aim of the program is to facilitate the development of Interns and, to build upon knowledge and skills acquired during earlier doctoral training, and to serve as preparation for positions as generalist psychologists. Training goals include the development of strong general clinical skills as a psychologist, and an integration of attitudes and behaviors associated with the ability to work with the severely mentally ill in a public or private health setting. Interns develop and refine skills in the areas of individual psychotherapy, group psychotherapy, assessment and diagnostic evaluation, and crisis intervention. The Pre-Doctoral Internship Program also provides Interns with the opportunity to develop supervision skills through work with Externs. We endeavor to achieve a good balance between serving the clinical needs of the patient population and keeping the training mission paramount. We are committed to helping Interns develop their own professional identities as they expand and refine their clinical competencies.

The Psychology Department staff is committed to giving individualized attention to each Intern's professional goals and level of professional development within a carefully designed structure of training events. The primary vehicle for learning is the direct provision of clinical care under intensive supervision by licensed clinical psychologists. Full-time Interns receive a minimum of three hours of individual supervision and one hour of group supervision each week. Additional training methods include direct observation of Interns' group therapy work by the supervisors, as well as regular didactic offerings. Interns' supervised clinical work is based in empirically supported treatments, which include brief psychodynamic/relational individual and group therapy modalities as primary interventions, as well as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT) and mindfulness/coping skills training as crucial supplements. In their work with children, Interns' clinical work is rooted in child-centered play therapy and behavioral interventions.

## PSYCHOLOGY TRAINING PROGRAM GOAL

The primary goal of the Psychology Pre-Doctoral Internship Program is to produce culturally-aware graduates who have the knowledge and skills necessary for the practice of professional psychology, with particular experience and skills in working with the severely mentally ill in a public health setting. Program graduates will be equipped to deliver a range of psychological services and should be able to function in a variety of clinical settings. After successfully completing the training program, graduates will be ready for entry-level doctoral positions or Post-Doctoral Fellowships that make use of their general and specialized clinical skills.

Our training program focuses on the development of our Interns' professional skills in the following areas:

- Psychological Interventions
- Psychological Assessment
- Ethical and Professional Conduct
- Professional Values and Attitudes
- Reflective Practice, Self Assessment, and Self Care
- Communication and Interpersonal Skills
- Utilization of Supervision
- Supervision of Externs
- Cultural Competence
- Consultation, Inter-professional, and Interdisciplinary Skills

## ACCREDITATION STATUS

PIW's Pre-Doctoral Internship Program is not currently accredited by the APA; however we are a member of APPIC. Questions related to the program's accreditation status should be directed to the Commission on Accreditation:

[Office of Program Consultation and Accreditation](#)

*American Psychological Association*

*750 1st Street, NE, Washington, DC 20002*

*Phone: (202) 336-5979*

*Email: [apaaccred@apa.org](mailto:apaaccred@apa.org)*

## PRE-DOCTORAL INTERNSHIP PROGRAM DESCRIPTION

The Pre-Doctoral Internship is a twelve-month, full-time experience beginning on or about August 1st of each year and ending on or about August 1st of the following year. The program is a 2000-hour internship in professional psychology. The Internship program offers an array of training experiences including direct clinical services, clinical supervision, and seminars. The type of direct clinical services which Interns provide varies slightly depending upon the clinical track. Interns spend approximately 20-25 hours of their time involved in service delivery.

Interns are required to participate in didactic seminars (2 hours per week) and supervision (minimum 2 hours per week). The Intern rotates through 2 six month rotations—one at The Center: Post-Traumatic Disorders Program, and one in the Clinical Assessment Center. The training and services will be completed on site at PIW, unless attending additional and optional off-site workshops.

## Program Components

The following are components of the Internship program. The schedule is based on a 40 hours per week, one year Internship. The total number of hours completed at end of Internship should equal 2000 hours:

### Individual Psychotherapy

Interns typically carry an individual caseload of up to 4 individual therapy patients seen in therapy twice weekly with an age range of 10 through adulthood, depending on their rotation. Interns will be expected to have a range within their overall caseload in an effort to develop familiarity with developmental differences across the age ranges. Individual therapy patients vary diagnostically and the training year is designed to aid the Interns in developing advanced clinical skills in psychotherapeutic work with a variety of diagnostic groups. Individual therapy cases consist of inpatients typically seen on a short-term bases, as well as outpatients in PIW's Outpatient Clinic that can be seen for the full year. Thus, Interns have opportunities to provide both short-term and long-term therapies.

### Group Psychotherapy

Interns co-lead nine to ten groups, of varying age groups, depending on their rotation. Group therapy is offered on all of PIW's units, serving patients with severe emotional illnesses. The range of group experiences includes structured groups (e.g. Mindfulness, DBT Skills, Trauma-Focused Skills, CBT Skills), psycho educational, and process groups. Interns are encouraged to develop groups in which they have special interest or expertise. We also encourage Interns to work with groups that they have little previous experience with to facilitate the development of new skills.

### Psychological Assessment

Interns are required to complete at least four full batteries during the training year. Incoming Interns are expected to have had sufficient prior experience in testing to enable them at the beginning of the training year to administer, score, and provide basic written interpretations to intelligence testing (e.g. WAIS-IV, WISC-IV), objective personality measures (e.g. MMPI-2, MMPI-A, SCL-90), and projective personality measures (e.g. Rorschach, TAT, House Tree Person). Our goal is to help the Intern use multiple sources of data to provide an integrated and coherent understanding of the individual and the difficulties s/he are struggling with. Possible data sources include patient-examiner relationship, assessment data, early history, medical records, school records, legal records, and collateral interviews. Familiarity and experience with other instruments is helpful.

Students will gain increased understanding of the uses and implementation of a fully battery of testing with an emphasis on diagnostic thinking and integration of test data.

### Supervision of Externs

Interns are expected to provide supervision to assessment externs in their provision of psychological assessment. This supervision includes checking in with externs regarding assessment progression, answering questions, reviewing test data for inaccuracies, and editing the initial written report. The psychologist supervisor then works with the intern and extern on the report.

In addition, Interns provide supervision to therapy externs in their provision of individual therapy. This supervision includes discussion of externs' individual cases with an emphasis on helping externs develop their ability to construct case conceptualizations. Interns discuss their supervision of the externs with their supervisors and participate in a bi-weekly supervision seminar to deepen their understanding of supervision.

### Intake Services

Initial diagnostic assessments in the Clinical Assessment Center represent a core training experience and are supervised by the Director of the Clinical Assessment Center. The Intern will develop and enhance his/her skills in observation, history taking, and critical thinking through this experience. This rotation will also sharpen the Intern's crisis intervention skills, as well as his/her clinical and ethical decision making skills.

### Unit Responsibilities

Interns are considered part of the unit's multidisciplinary teams. As such, Interns are expected to attend rounds on his/her main unit at least once a week. He/she is also expected to attend family meetings and/or behavior planning meetings whenever possible. In addition, Interns will check in with other team members on a regular basis in regard to patient treatment. These team members include the treating psychiatrist, the appointed social worker, unit nurses and psychiatric technicians.

### Seminars

All Interns are required to attend the didactic seminars. The following seminars are offered to Interns:

- Assessment Seminar
- Individual Psychotherapy Seminar
- Supervision Seminar – bi-monthly

Interns are also encouraged to attend PIW-sponsored educational opportunities such as Grand Rounds, Continuing Education Courses, and those offered by other PIW training departments such as Psychiatry Training.

## Supervision

Intensive clinical supervision is an integral aspect of the Intern. Each Intern receives a minimum of four hours of supervision per week, at least three of which are individual supervision with licensed clinical psychologists. Interns will work with at least three supervisors over the course of the year. Each Intern is assigned a licensed psychologist supervisor for: psychological assessment/supervision of externs, individual psychotherapy, and minor rotation. Group therapy will be supervised in group supervision facilitated by at least one licensed psychologist. In addition to seminars and supervision, Interns will participate in a weekly Intern meeting with training faculty.

Interns will also take on a supervisory role. They are responsible for helping psychology externs engage in psychotherapy and psychological assessment. For assessment externs, Interns may help with test selection, test scoring, case conceptualization, and provide written feedback on report drafts.

## Evaluation Procedures

Supervisors formally evaluate Interns twice per year according to the training program's required competency goals. Evaluations are reviewed and signed by both the Intern and supervisor. In addition, weekly meetings of the training faculty allow for ongoing monitoring of Interns' performance.

# GENERAL INFORMATION

## Work Hours

At the Psychiatric Institute of Washington hours are generally from 8:30 am to 5:00 pm. Monday through Friday for a total of 40 hours per week. Lunch is 30 minutes.

## Salary

Interns are given the status of temporary employees at the hospital. The current salary for Interns is approximately \$26,000 per year based on a 40-hour week. This salary is payable through payroll on bi-weekly basis.

## Benefits & Leave

Interns are **not** scheduled to work on the following holidays:

Thanksgiving Day

Christmas Day

New Years Day

MLK Jr's Day

President's Day

Memorial Day

Independence Day

Two weeks leave time is allotted to each Intern to be scheduled with at least four weeks advanced notice when possible. The two weeks leave is referred to as PDL (paid leave days) and can be used for sick and/or vacation days. Interns also are allotted three additional days to attend conferences and workshops off-site.

#### Number of Positions

Two full-time psychology Internship positions are allotted for the upcoming training year.

## INTERNSHIP ELIGIBILITY

Internship applicants must have completed three or four years of graduate work in a clinical or counseling psychology Ph.D. or Psy.D. program and have approval from their program director to go on internship. Those with psychology doctorates who have re-specialized in an APA-accredited clinical or counseling program and who have the approval of the program's director also may apply.

Applications for internship will be rated in consideration of the following criteria: academic preparation, clinical experiences, and fit between the applicant's learning and career objectives and our program's offerings. Candidates with significant practicum training/clinical experience with psychological testing and the severely mentally ill are preferred.

In accordance with the DC Human Rights Act of 1977, as amended, DC Code 1-2501, et seq., (The Act), PIW does not discriminate on the basis of race, color, religion, national origin, sex, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, or place of residence or business. Sexual harassment is a form of sexual discrimination which is also prohibited by the Act. Discrimination in violation of the act will not be tolerated. Violators will be subject to disciplinary action.

## Application Procedures

It is the responsibility of the applicant to assemble all application documents and send as one packet via APPIC.

Applicants should submit:

1. APPIC Application
2. Letter of interest defining reasons for wanting to train at PIW and why the PIW internship fits your career goals
3. Curriculum vita
4. Official graduate school transcript(s)
5. Three (3) letters of recommendations from persons familiar with your clinical work,
6. Sample of a full battery psychological evaluation (minus identifying information) that includes both intellectual and objective and/or projective personality test measures

We accept electronic versions of all documents through the APPIC process.

Completed applications must be received by **November 10.**

After the initial review of the application packages, selected applicants will be invited for interview. Internship applicants who are no longer under consideration will be informed via e-mail after December 15.

### Interview Dates and Location

Persons invited for interviews will be contacted via email. Internship interview appointments are usually held in the second and third weeks of January.

All interviews will be held at the Psychiatric Institute of Washington. The hospital is located at 4228 Wisconsin Avenue, N.W., Washington, D.C. 20016

### Training Position Offers

Internship position offers will be made through the APPIC Internship Matching Program and in compliance with APPIC Match Policies. 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 internship applicant. Please note that appointment to internship positions is contingent upon satisfactory completion of pre-internship placements and course work. The start date is the first week of August.

In accordance with PIW's hospital policies, we also require an employee physical examination with tuberculosis skin test and criminal background check to be completed prior to coming on board at the hospital. PIW also requires all employees to have a flu shot each year, which is provided free of charge by the hospital.

Program Changes will be posted on the website: [www.psychinstitute.com](http://www.psychinstitute.com) and [www.appic.org](http://www.appic.org)