Training Program 2015-2016

The training program at Saint Mary's College Counseling and Psychological Services Center (CAPS) consists of training and supervised experience for Doctoral Interns (40-44 hours/week) and a paid Postdoctoral Resident (40-44 hours/week). We are members of CAPIC (California Psychology Internship Council.) Training involves practice in individual and group psychotherapy, crisis intervention, consultation, program development and outreach. As part of the Student Life Division of Saint Mary's College, CAPS actively collaborates with many departments including the Health and Wellness Center, (HWC), Women’s Resource Center, (WRC) Student Disability Services, (SDS) Student Engagement and Academic Success,(SEAS), The Intercultural Center (IC), Athletic Department, Residential Experience. The training year begins 8/17/15 and ends 5/31/16.

The clinical component of the training program consists of a series of seminars, case conferences and supervision designed to address general crisis intervention and psychotherapy approaches as well as issues specific to a college population. The theoretical orientation is primarily psychodynamic with a strong emphasis on relational theories.

All trainees are expected to fully participate in seminars and case conferences. The senior training staff is committed to our own professional growth and development, as well as facilitating each individual’s transition from trainee to professional Psychologist. We follow a developmental model where Pre-doctoral Interns work with moderate risk cases and the Postdoctoral Resident works with higher risk cases, all under close supervision.

Orientation: The last two weeks in August is orientation to CAPS, SMC and Resident Advisor Training.

Case Conference: 1.25 hr/week, Tuesdays, 11:00-12:15
The trainees and senior staff meet to present cases for review and discussion. Each member prepares video clips or process notes and presents several times throughout the year; relevant questions and concerns, such as parallel process, transference/countertransference, ethical considerations, clinical nuances and the therapeutic alliance are discussed. Discussants, usually Psychoanalysts from the community, are invited during Jan term so that each trainee has an opportunity to present process notes with an expert in the field.

Clinical Seminar: 1 hour/week, Tuesdays, 1:00-2:00 pm, Dr. Williams
The core curriculum is evidence based brief psychodynamic treatment. Hanna Levenson’s books: Time Limited Dynamic Psychotherapy (TLDP) (1995) and Brief Dynamic Therapy (2010) are the cornerstone for training in the Fall semester. During the Spring semester, trainees take turns leading the discussion on readings related to current trends in theory and practice, such as ethical dilemmas, clinical concerns, the therapeutic frame and cultural considerations. Guest speakers may be invited in on topics such as: Suicide/Homicide/ Self Injury Risk Assessment, Rape/Sexual Abuse Survivors, Trauma/Vicarious Trauma, Eating Problems/Body Image Issues, Personality Disorders and LGBTQIQ.

Staff Meeting, Wednesdays, 9-10
All staff meet to coordinate and collaborate on the smooth running of the center.
Outreach and Consultation Seminar, Fall, Wednesdays, 1:00-2:00 pm, 
Dr. Cutshall
CAPS has a strong commitment to providing outreach, prevention and psycho-education to the 
campus community. Trainees are required to develop workshops and actively participate in 
outreach efforts ranging from classroom presentations, residence advisor training, residence 
hall discussions (e.g., eating disorders, body image, alcohol and other drugs, and acquaintance 
rape), crisis/grief debriefing, and athletic team consultation. See syllabus for more detailed 
description of expectations.

Group Training/Supervision of Group Therapy: minimum 1 hour/week, 
Thursdays, 11:00-noon
We read selections from American Group Psychotherapy Association’s (AGPA) “Core Course,” 
among others, in preparation for developing and co-leading with senior staff, therapy groups 
such as: Sexual Trauma Survivors, First in the Family (1st generation to college), Queer and 
Questioning, Good Grief, Veterans and Dreams. An additional half hour of individual 
supervision of therapy groups is provided by senior staff co-leaders.

Group Supervision: 1.25 hour/week, Thursdays, 1:00-2:15 pm, Dr. Cutshall: Fall/ 
Dr. Williams: Spring, Jan term: Discussants
We apply theory to practice by formulating cases according to TLDP by bringing in videotape 
of a piece of a clinical hour. Together we review this section of work with a particular interest 
in understanding the interpersonal nuances. Formulations are developed by the training group 
with particular attention to issues of transference and countertransference as they manifest in 
the clinical hour.

Cross Cultural Conversations Class: Wednesdays, 4-5 (Spring semester) 
1 hour/week, Dr. Williams
From the first day of training and then embedded throughout the training year are “cultural 
conversations” where we look at how our own cultural identities and countertransference affect 
our work, especially when working cross culturally. The class is designed to increase 
awareness, sensitivity and intentionality regarding the impact of culture (the client’s and our 
own) on our clinical work. The readings draw from psychoanalytic literature on culture in the 
clinical setting. Trainees also attend the annual San Jose State University’s Multicultural 
Training Day. They also attend the Northern California College Counseling Center’s Training 
Director’s conference where reaching diverse populations is prioritized.

Individual Clinical Supervision: minimum 2 hours/week
Interns and the Postdoctoral Resident are provided with a minimum of two hours of individual 
supervision with licensed Psychologists. The Postdoctoral Resident provides consultation to 
the interns and receives every other week supervision of consultation with licensed 
Psychologists. Supervisors have an open door policy and are available to trainees for 
consultation beyond these scheduled hours.

Caseload
Approximately fifty percent of the trainee’s time is devoted to clinical work: intakes, walk in 
hours, individual, and group psychotherapy. Full time trainees (Pre-doctoral Interns and 
Postdoctoral Resident) participate in afternoon walk in hours and triage. Interns and 
Postdoctoral Resident carry 2 clients throughout the year.