Letter from the Training Director

October 1, 2019

Dear Doctoral Psychology Internship Applicant,

Thank you for your interest in the University of Washington Tacoma Counseling & Psychological Services (CAPS) Internship in Health Service Psychology. We strongly value our training program and are excited to share information with you to help in your decision-making.

As posted in our APPIC Directory, our application deadline is **Friday, November 15, 2019, 11:59PM (PST)**. We have 2 full-time (40 hours per week) internship positions available September 1, 2020 through August 31, 2021. The **salary has recently been increased to $35,568** plus full staff benefits (e.g., health and dental insurance, vacation, sick leave, holidays, professional leave) in accordance with University of Washington policy. Details of the internship program can be found in our Internship Program Description on the website. We would also like to highlight some unique elements of our training program here.

The internship at UW Tacoma Counseling & Psychological Services is unique among university counseling center internships. We are a member of the Coalition of Urban Serving Universities (https://usucoalition.org/), one of only two in the Pacific Northwest region. UW Tacoma is also ranked among the **top 50 ethnically diverse colleges** in the U.S. (https://www.bestcollegereviews.org/features/top-ethnically-diverse-colleges/).

Our **student population** is racially/ethnically diverse, traditional and non-traditional in age, economically disenfranchised, and from regional high schools and community colleges. Many are the first in their family to attend college. Ten percent are military affiliated (https://www.tacoma.uw.edu/about-uw-tacoma/uw-tacoma-2018-19-facts). A fair number present with trauma histories. These are bright, dedicated students and our campus takes pride in their accomplishments. Further, with an enrollment of 4,500-5,000, our students enjoy small class sizes and have a wealth of learning and cultural resources available to them. As therapists, we are honored to serve our students, and we hope you will find as much fulfillment in working here as we do.

We enjoy a close relationship with our partner offices in the **Division of Student Affairs**, which offers interns the opportunity to learn about all aspects of student life. We work closely with our colleagues in First Generation Student Initiatives, Student Advocacy and Support, Disability Resources for Students, Housing & Residence Life, Career Development & Education, and Student Conduct, to name a few - all of which are housed in our building. We also partner with the Center for Equity and Inclusion, Veteran and Military Resource Center, International Student and Scholar Services, Teaching and Learning Center, Office of the Registrar, and Financial Aid. As a result, there are ample opportunities for **outreach and consultation**.

In addition, our staff is enthusiastic about **training and supervision**! We value the development of trusting professional relationships, the use of supportive feedback, and dedicated efforts toward social justice. We offer two weekly didactic seminars — Clinical & Professional Issues Seminar and Multicultural Seminar. Interns receive four hours of supervision weekly, including one hour of Case Conference, one hour of Supervision of Groups, and two hours of individual supervision with our licensed psychologists.
Interns also gain experience co-facilitating group therapy with licensed psychologists at our center. Sample groups include the psychoeducational Building Your Social Confidence group, as well as interpersonal process groups such as Men’s IP Group, LGBTQ+ IP Group, and General IP Group.

We offer dissertation completion support in the form of 2 scheduled hours weekly during regular CAPS hours. Interns whose dissertations are completed will use the time for other research activities. We also offer intern processing time one hour weekly in order to provide space for interns to meet on their own, relieve stress, and offer support to one another.

You may have noticed from the APPIC Directory that we did not accept interns for the 2018-2019 year due to staffing changes. We now have a Director and Training Director solidly in place and are resuming/renewing our internship for the 2019-2020 year. We had two interns join us September 1, and they are busy with start of quarter activities. We have consistently maintained APPIC membership and follow many of the APA guidelines for internships, as we plan to apply for accreditation in the years ahead.

We hope that you are excited by the program as we describe it online. In addition, know that our team is working hard to make 2020-2021 an even better year. Some changes are afoot, such as moving toward a more explicitly social justice/advocacy oriented philosophy, and supporting this through a more formal consultation/liaison project, among other activities. It just makes sense, given our student population and its relationship with the local community. We also recently changed our office name from Student Counseling Center to Counseling & Psychological Services to better reflect the work we do and to make our services clear to our campus community.

For you, the internship class of 2020-2021, we plan to offer the opportunity for interns to provide supervision to practicum trainees (and receive related supervision). We have had wonderful practicum trainees in the past and we plan to resume our previously established relationships with a number of universities nearby that house doctoral psychology programs. While these changes are not yet reflected in the formal program description, or the sample hours listed, we wanted to share what we are working on with you. Please visit our website for details about Tacoma, Washington, the CAPS mission and values, and the specific elements and time commitments of our internship training program.

Please feel free to contact me anytime with questions you may have. The staff at UW Tacoma CAPS would love to welcome you to Washington!

Warmly,
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To apply for an internship position for the 2020-2021 year, please complete the AAPI Online. The details are available at the APPIC website at www.appic.org. This internship site agrees to abide by APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant.