Counseling and Psychological Services (CAPS)

IUPUI

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Practicum Placement in Psychology
**IUPUI:**

Indiana University-Purdue University, Indianapolis is an urban research university created in 1969 as a partnership by and between Indiana and Purdue Universities, with IU as the managing partner. IUPUI is a campus of Indiana University that grants degrees in over 200 programs from both Indiana University and Purdue University.

IUPUI is the home campus for site-wide programs in medicine, law, dentistry, nursing, allied health, and social work.

**By the Numbers:**

- Over 30,000 students attend IUPUI. 23.9% of all students are minorities, and over 2,000 identify as international students.
- The 17 schools offer more than 200 academic programs - from undergraduate degrees, to doctoral and professional degrees.
- In 2015, IUPUI’s nursing program was ranked in the top 20 in *U.S. News & World Report*.
- IUPUI was named one of the “Best Non-Historically Black Colleges” for minorities by *Diverse: Issues in Higher Education*.
- Housing and Residence Life accommodates ~1,700 students in traditional residence halls and apartment-style living. North Hall, which will house 700 additional students, will open in Fall 2016.

**IUPUI CAPS:**

IUPUI Counseling and Psychological Services (CAPS) is a university counseling center providing psychological services to IUPUI students at minimal charge.

IUPUI is well-known for the diversity of its student body, and this diversity is also reflected in the students who utilize CAPS’ services. In fact, students seeking services at CAPS are more diverse than the university population.

CAPS provides group, individual, and relationship counseling. Psychoeducational testing services are available for the assessment of AD/HD, learning disorders, and autism spectrum disorders. All counseling and assessment activities are performed on campus.

CAPS partners with many units across campus to support mental health, as well as prevention and education efforts related to substance abuse and sexual/relationship violence. In addition, CAPS offers psychoeducational workshops on a variety of topics.

The professional staff includes licensed psychologists, mental health counselor(s), clinical social workers, post-doctoral fellow(s), a case manager, and two pre-doctoral interns in psychology. Part-time psychiatry services are also available. Two full-time and one part-time staff provide administrative support. CAPS typically trains 3-5 practicum students each year.
**CAPS’ Vision:**
To be valued and recognized by the campus community for promoting psychological health, well-being, and success for all students.

**CAPS’ Mission:**
To provide direct professional psychological services, including crisis response, counseling, assessment, and referral, that are accessible to, and provide for, the general well-being of all IUPUI students. Services also include consultation to the campus community and training experiences for graduate student counselors.

IUPUI CAPS makes policies, decisions, and strategic plans according to the following **Values:**

**Integrity and Ethical Practice**
- Adherence to standards of confidentiality
- Genuine and competent service providers
- Conduct ourselves and implement our programs and services with the highest professional standards.

**Adherence to Best Practices**
- Recruitment and retention of qualified service providers
- Accountability to professional standards
- Continuing professional development
- Support for graduate student learning

**Social Justice and Inclusiveness**
- Celebrate individual and cultural differences
- Student advocacy
- Foster a community that promotes full and equal participation and respects the dignity of each individual

**Health and Wellness**
- Maintain a supportive environment for healthy living that encourages a balanced life.

**Cooperative Partnerships**
- Consultation and program development with educational partners

IUPUI CAPS is part of The Division of Student Affairs, a segment of the University that focuses on student services and co-curricular activities. Other departments within the Division include: Campus Center, Campus Recreation, Educational Partnerships and Student Advocacy, Health and Wellness Promotion, Dean of Students Office, Housing and Residence Life, Office of Student Involvement, Office of Student Conduct, and Student Health Services. All Departments within the Division report to Vice Chancellor Zebulun Davenport.

**Training Opportunities:**

Graduate students enrolled in an accredited academic program that leads to licensure as a mental health professional (e.g., clinical or counseling psychology) at either the doctoral or master’s level are eligible to apply for a practicum placement at IUPUI CAPS. Prior mental health experience is required; however, relevant work/volunteer experience will be considered. Doctoral students must complete at least one practicum prior to placement at CAPS.

Historically a commuter college campus with a large number of non-traditional students, the clinical experiences at IUPUI CAPS include opportunities to work with clients ranging in age from 18 to 50+ from a wide variety of racial and ethnic backgrounds, including international students. The most prevalent diagnoses of treatment are depression and anxiety. Opportunities to work with individuals presenting with learning and social concerns, PTSD, bipolar disorder, relationship problems, and adjustment issues are also available.

Clinical experiences will include conducting intake interviews (initially observed by a clinical supervisor), as well as providing individual and relationship counseling. Opportunities to co-facilitate group therapy will also be available. Practicum students are expected to participate in CAPS screening days or other outreach opportunities as their schedules allow. Practicum students function fairly independently as therapists and are
responsible for the provision of 1-2 intakes and a minimum of 5 additional hours of face-to-face contact per week. Taking into consideration cancellations and no shows, trainees are expected to have between 8-10 contact hours scheduled per week. To meet caseload, training, and supervision requirements, students will typically be on-site 18-20 hours per week.

CAPS has also developed a practicum placement track that is predominantly focused on psychoeducational assessment. In order to qualify for consideration of this track, students must have completed the required cognitive assessment-related coursework provided by their program. Expectations for service provision for the assessment placement consist of conducting 1 intake assessment and a minimum of 3 hours of face-to-face therapy contact per week. Psychoeducational intake assessments will be scheduled in conjunction with testing, as deemed appropriate. Upon completion of testing, feedback of assessment findings will be communicated to clients, in addition to the writing of comprehensive reports. Didactic trainings and supervision related to assessment will be provided.

For all practicum students, on-site weekly supervision is provided through use of a developmental model. Students will receive at least one hour per week of individual supervision provided by a licensed professional staff member. In order to increase the breadth of the trainees’ supervisory experiences during the placement, supervision assignments will rotate half-way through the training year. Students are formally evaluated and receive written feedback regarding their performance at the mid and end points of each semester. Informal verbal and written feedback is provided on an ongoing basis throughout the training year.

The training curriculum also includes weekly group supervision sessions with other practicum students and select staff members. During these meetings, one on-going case is discussed in depth by an assigned presenter. Each practicum student submits at least one written case report per semester to facilitate discussion. Oral case presentations are a regular component of group supervision.

During the fall semester, all trainees participate in a didactic training curriculum. The didactic presentations cover a range of topics, including crisis intervention, diagnosis and treatment planning, and individual/cultural differences.

### Training Requirements and Expectations:

- Demonstration of professional liability insurance coverage;
- Act in accordance with the guidelines established by the APA Ethical Principles of Psychologists and Code of Conduct and with the laws and regulations of the State of Indiana;
- Placement duration of three consecutive semesters, unless otherwise prohibited by the requirements of a student’s program;
- Provision of a minimum of five hours of direct therapeutic intervention per week (three hours per week for the assessment track);
- Provision of intake assessments (one to two per week)
• Availability for at least three hours of evening sessions per week (Tues, Wed, or Thurs, 5-8 p.m.);

• Participation in a minimum of one hour of individual supervision per week;

• Participation in didactic training sessions during the fall semester (date/time: TBA)

• Participation in weekly group supervision one and a half hours per week (Wednesdays from 3:30-5:00 pm);

• Presentation of oral and written case reports during group supervision (~2-3 per semester, including Summer);

• Submission of at least two videotaped counseling sessions each semester, including summer;

• Participation in university-wide “screening days” and other outreach programming;

Application and Selection Procedure:
1. Please submit a current CV and cover letter.

2. In your cover letter, include the following information: desired start date of placement (i.e., fall or summer semester), why you are interested in the site, track desired (i.e., assessment or counseling) and specific skills you wish to develop during practicum.

3. Applicants may apply for both tracks; please specify this interest in your cover letter.

Please note that CAPS receives a high volume of applications which are reviewed on a rolling basis. Applicants will be contacted via email regarding application status and the interview process.

Please submit all materials by March 1, 2016 to:

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Applicants are also encouraged to visit our website: http://studentaffairs.iupui.edu/health-wellness/counseling-psychology/clinical-training/practicum.shtml