



## **Clinica Monseñor Oscar A. Romero Psychology Training Program**

Dear Prospective Applicant:

Thank you for your interest in our psychology training program. I hope that you find the information you need within these pages. If you have any additional questions or comments, please feel free to email me, Dr. Alice Benton, at [abenton@clinicaromero.com](mailto:abenton@clinicaromero.com).

### **Training Program Description:**

The training program at Clínica Monseñor Oscar A. Romero (Clínica Romero) provides training in individual, couples, family, and group therapy. Trainees are typically students in graduate programs in psychology, social work, or marriage and family therapy. The amount of education and/or experience a trainee has will determine the extent of the training activities in which they can participate at Clínica Romero. The practicum is generally a 12-month unpaid training program that focuses on: (a) becoming an effective practitioner who is guided by knowledge of clinical theory, (b) developing an increasing awareness of ethical/legal/professional standards of practice, (c) developing sensitivity to individual differences while integrating the significance of multiculturalism and diversity, and (d) developing an openness to learning. We strive to meet you where you are as a trainee and encourage you to develop your own therapeutic orientation, based on the knowledge and experience of your supervisor, during your time here as a trainee. Trainees work with a range of patients with a variety of issues including a history of trauma, abuse, anxiety, depression, grief and loss, academic difficulties, relationship problems, difficulties in managing stress, parenting problems, and family discord. Our staff and training program is made up of a licensed clinical psychologist, licensed medical practitioners, and certified chemical dependency counselors. We value a range of therapeutic perspectives within our staff and hope that our training environment enriches the professional development of our trainees. The Counseling Center encourages an "open-door" policy which helps form a productive working alliance between staff and trainees in our Center.

### **Eligibility:**

In order for trainees to conduct therapy services, they must have completed at least two semesters (preferably three) of basic graduate coursework in counseling, social work, or psychology. While it is advantageous for an applicant to have had some prior clinical experience, what we value more is a genuine interest and willingness to learn from our counseling setting. Trainees in undergraduate programs are also welcome. However, the training program for undergraduate students may involve more limited patient contact depending on the extent of their education and clinical experience.

We have three positions in our training program annually. We recruit our trainees from undergraduate, Master's and Doctoral Programs in the Los Angeles area.

**Activities and Responsibilities:**

Trainees are expected to spend two to three days a week (approximately 20 hours) at the Counseling Center. Trainees are supervised by a licensed clinical psychologist. Trainees receive one hour of individual supervision from their supervisor, one hour of group supervision with their fellow trainees, and one hour of group training weekly. Prior to seeing patients, trainees participate in two weeks of extensive orientation to the Center. During this orientation, trainees are given an overview of the policies and procedures of the Center.

Opportunities for group psychotherapy experiences are available. Two weekly therapy groups are run by the clinical psychologist. The groups include both supportive and psychoeducational elements and are based on the Seeking Safety treatment manual addressing trauma, PTSD, depression, and anxiety. Trainees are also welcome to observe and co-lead chemical dependency groups in the substance abuse treatment program. The groups include: Anger Management, Self-Esteem, Relapse Prevention, 12 Step, and Parent Education. These groups are led by certified chemical dependency counselors.

**Time Schedule of an Average Week for Trainees:**

Training Activity	Estimated Time **
Individual Psychotherapy	8-10 hours
Group Therapy	2 hours
Individual Supervision	1 hour
Case Consultation/Group Supervision	1 hour
Group Training	1 hour
Administrative Duties and Preparation for Supervision	4-5 hours
Total	15-20 hours

\*\* These numbers are averages and subject to change. Additionally, these hours may change in the second semester based on the anticipated increased skill level of the trainee.

**Individual Psychotherapy:**

If a trainee has had the necessary education and experience, after their orientation to the Counseling Center and in consultation with their supervisor, trainees begin to see clients. Trainees start with six patients and gradually increase the number of patients assigned during the fall semester to a maximum of ten patients. This increase in caseload is predicated on the trainee's comfort level in their role as a therapist, ongoing evaluation by their supervisor, and the needs of the agency.

**Supervision and Training:**

An effective and collaborative supervisory relationship between a trainee and their supervisor is highly valued in the trainee program. All trainees will receive individual and group supervision

from the Director of Mental Health, Dr. Alice Benton, a licensed clinical psychologist. The development of a productive working alliance between a supervisor and supervisee is an important quality for both training and quality client care.

We maintain ongoing communication about your progress with your training program. Evaluations of your progress are completed at the middle and end of each training semester.

**Case Consultation/Group Supervision:**

The Case Consultation/Group Supervision is led by the clinical psychologist and focuses on the professional development of the trainees through the emphasis on case conceptualization and presentation skills, the discussion of professional development issues, and issues of multiculturalism and diversity related to psychotherapy. The Case Consultation/Group Supervision is held weekly.

**Group Training:**

The Group Training occurs weekly and involves lectures and discussions about the following topics:

1. Orientation: Supervisory Agreement, Tour, Codes, Paperwork
2. Legal Requirements: Professional Therapy Never Includes Sex, Limits of Confidentiality, Risk Issues, Supervision
3. Risk Assessment: Suicidality, Self-Harm Behavior, Mandated Reporting
4. Assessment Paperwork: DMH – Initial Assessment <ul style="list-style-type: none"> <li>• Initial Assessment: Adult vs. Child</li> <li>• Adult Short Assessment</li> <li>• Supplemental: Substance Abuse</li> <li>• Treatment Plan: CCCP</li> <li>• GAD-7</li> <li>• PHQ-9</li> <li>• PCL-C</li> <li>• Psychological Symptom Checklist</li> </ul>
5. The Building Blocks of Therapy: basic preparation for your therapy sessions.
6. Humanistic Psychology: Empathy and Unconditional Positive Regard – developing rapport with the pt.
7. DSM-V
8. Cognitive Behavioral Therapy: Ellis, Beck
9. Coping Skills: Adding tools to the patient’s toolbox. <ul style="list-style-type: none"> <li>• Guided Muscle Relaxation</li> <li>• Guided Visualization</li> <li>• Grounding</li> <li>• Sleep Hygiene</li> </ul>
10. Family Therapy: Structural Strategic Family Therapy, Parenting Education
11. Seeking Safety: Lisa Najavits
12. Cultural Diversity: taking into account cultural differences in the therapy session.
13. Problem Solving Therapy
14. Group Therapy: Yalom, 12 Step, Seeking Safety

15. Substance Abuse Treatment
16. Psychodynamic Theory: Freud <ul style="list-style-type: none"><li>• Attachment Theory: Bowlby, Ainsworth</li></ul>
17. Dialectical Behavioral Therapy: Marsha Linehan

**Administrative Duties and Preparation for Supervision:**

Trainees are expected to use this time to complete progress notes, to review clinical tapes of their work with patients for supervision, to return telephone calls, to consult with staff, to compose business/professional letters related to patient care, and to perform other case management activities as needed.

**Application Process:**

If you are interested in applying for our Training Program you will need to provide:

- A Curriculum Vitae/Résumé
- Three references (these could be email addresses or phone numbers where they could be reached) to provide information about your academic and/or clinical work.
- One letter of recommendation
- TB Test
- Proof of a recent physical exam
- Criminal background check
- A completed Clinica Romero Application form and
- An on-site interview.

If you have any questions about our application process, please contact me. I appreciate your interest in our training program and hope that you will apply should you feel our program can meet your training needs.

Sincerely,

Alice Benton, PsyD  
Director of Mental Health