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POSTDOCTORAL RESIDENCY PROGRAM
A. The University and Surrounding Community

The University of California, Davis (UCD) is noted for its academic excellence, pastoral setting and friendly small town atmosphere. It encompasses a complex aggregation of people, programs and facilities united by a shared desire to learn. The University is organized into four undergraduate colleges, a graduate division and six professional schools—Education, Law, Management, Medicine, Veterinary Medicine, and the Betty Irene Moore School of Nursing. UCD offers more than 100 undergraduate majors in 16 disciplines (groups of related majors) and 94 graduate degree programs in 8 broad fields of study. You can learn more about UC Davis, by visiting the UCD website at: http://www.ucdavis.edu/

With an enrollment of approximately 35,000 students, it is the third largest campus in the University of California system. Reflecting recent demographic changes throughout the state, the proportion of ethnic students at Davis has increased significantly: it has from 17% in 1980 to over 60% in 2016. At the undergraduate level African American students comprise about 4% of the student body, Asian/Pacific Islander 35%; Chicano/Latino 21%; Native-American 1%, White/Caucasian 26% and international students 12%. There is a commitment to the continued growth and improvement of the campus environment to foster cooperation and understanding between an increasingly diverse student population.

The Davis campus lies adjacent to the City of Davis (http://cityofdavis.org/). Sacramento, with all its resources as the state capital, is only 20 minutes away, yet Davis is surrounded on all sides by open spaces. Within a 70-mile radius are several lakes, the famed Napa Valley wine country, San Francisco, and the foothills of the Sierra Nevada mountains. Within 150 miles are the Pacific Ocean coastal areas to the west and Lake Tahoe to the east.

Winters in Davis are mild with rain and the temperatures rarely go below freezing. Summers are sunny, hot and dry. Davis weather in the spring and fall is among the most pleasant in the state. Davis is very much a bicycling town. More than 40 miles of bike paths and 30,000 bicycles have given Davis the title of “City of Bicycles”. A local bus line links Davis with nearby cities of Sacramento and Woodland. A Greyhound bus terminal and Amtrak station are also located in town and the Sacramento Metropolitan Airport is a 20-minute drive from Davis.

ABOUT STUDENT HEALTH AND COUNSELING SERVICES (SHCS)

Overview – Counseling Services at UCD is a department of Student Health and Counseling Services (SHCS), a comprehensive student health service. The Counseling Services programs are designed to enhance the personal, social, educational and career development of the students of University of California, Davis. These services and programs include individual counseling and psychotherapy, group counseling and psychotherapy, couples counseling, psychological assessment, crisis intervention, and career counseling and testing. Staff also provide referral information, consultation, and educational programs. Finally, Counseling Services offers specific services in the following areas: Eating Disorders, Primary Care/Behavioral Health, and Sport Psychology. Students in need of evaluation for psychiatric medication can be referred to psychiatrists within SHCS.

Staff - The Counseling Services professional staff consists of a multidisciplinary and culturally
diverse group of psychologists, marriage and family therapists, licensed professional clinical counselors, and social workers. A variety of psychotherapeutic orientations are represented including object relations, psychodynamic, interpersonal, family systems, cognitive-behavioral, relational-cultural, feminist, Gestalt, and organizational development approaches. Most of the staff is integrative in the ways they work with students and they share a commitment to a developmental point of view. Staff members are active in professional organizations and some have served in leadership roles within these national organizations.

Resources - There is a variety of technological support available. All residents are provided Apple computers, video cameras, and e-mail and Internet access. Counseling Services has a small resource library and Residents also have access to one of the largest libraries in the UC System.

Clientele - During the 2014-2015 academic year, more than 4500 students received counseling services, which represents about 13% of the approximately 34,500 enrolled undergraduate, graduate, and professional students. Approximately 63% of the clients seeking counseling services are ethnic minority students. Students seeking service presented a variety of symptoms, syndromes, and disorders including affective disorders, anxiety disorders, relationship problems, eating disorders, and personality disorders. A few students present with schizophrenic disorders or psychotic symptoms. The majority of clients, however, present with adjustment reactions, mood and anxiety disorders, and developmental problems typical of a college student population.

Through our psycho-educational programs and outreach efforts, staff annually provide information and training to over 10,000 students, faculty, and staff annually. We receive requests from a wide variety of communities and units within the University community. Primary recipients of Counseling Services programming efforts include: the Cross Cultural Center; Lesbian Gay Bisexual Transgender Queer Intersex Asexual Resource Center; Women Resource and Research Center; Educational Opportunity Program; Student Recruitment and Retention Services; Transfer, Reentry and Veteran Center; Services for International Students and Scholars; Student Housing; Asian American Studies Department; African American and African Studies; Department of Chicana and Chicano Studies; Native American Studies Department; Middle East/South Asia Studies; the four undergraduate Colleges Deans’ offices; Graduate Studies; School of Law; School of Medicine; School of Veterinary Medicine; and Intercollegiate Athletics. Topics included cross cultural communication, adjustment, stress management, drug and alcohol abuse, eating disorders, body image, communication skills, career decision making, stress & wellness, assertiveness training, managing critical situations and making referrals, dealing with distressed students, among others.

Accreditation – Student Health and Counseling Services is accredited by the Accreditation Association for Ambulatory Health Care (AAAHC). Counseling Services is accredited by the International Association of Counseling Services (IACS). The Internship Program is accredited by the American Psychological Association (APA) and is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC) and the Association of Counseling Center Training Agencies (ACCTA). The Postdoctoral Program is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). Questions related to the program’s accredited status should be directed to the Commission on Accreditation:

Office of Program Consultations and Accreditation, American Psychological Association,
750 1st Street, NE, Washington, DC 20002; Phone (202) 336-5979
apaaccred@apa.org www.apa.org/ed/accreditation
B. Postdoctoral Residency Program Description

The Postdoctoral Residency Program provides advanced training opportunities in the core service areas provided by SHCS including: Intake Assessment, Crisis Intervention, Brief Psychotherapy, Multicultural Counseling, Career Counseling, Consultation to Campus Units and Departments, Program Development and Outreach. The program stresses Generalist Training, with the goal of preparing the Resident for a staff position in a university counseling center.

https://shcs.ucdavis.edu/about/employment-caps-training

We also offer specialized training and clinical experience in Special Interest areas: Eating Disorders, Sport Psychology, Primary Care/Behavioral Health, Multicultural Services, AB540/Undocumented Students, and Generalist Training with or without a specialized Clinical Practice area (e.g., Alcohol, Tobacco, and other Drug Treatment; Couples Therapy) – depending upon Resident’s interests, experience level, and the current needs of the Counseling Services. **Each Special Interest Area has its own entry in the APPA CAS portal, to facilitate application to a specific special interest/area track. If you are applying to the program, please be sure to indicate in your cover letter which of these Special Interest Areas you have are applying for, and describe what education and experience you have in that area.**

During orientation, the Coordinator of Postdoctoral Training and each Resident meet and review professional interests and training objectives to develop individualized training plans for the year and for the Special Interest Area that the Resident will be working in.

Applicants are expected to have completed an academic program accredited by the American Psychological Association and to have completed ALL requirements for the doctoral degree by the start date of the Residency. Only applicants from an APA/CPA accredited academic program who complete a pre-doctoral internship meeting APPIC standards will be considered. Applicants need to have had ample experience with diverse populations. It is desirable that an applicant already have strong experience in one of the aforementioned Special Interest areas or in another area that could augment the Counseling Services current offerings.

The Residency is a 12-month full time program. It ordinarily begins on August 1 and ends on July 31. It is expected that the post-doctoral Resident will accrue 2,000 hours of supervised professional experience by the completion of this year and be eligible for licensure in any state. The expected salary is approx. $47,476 per year, with paid sick leave, paid vacation days, 5 professional development days, 13 paid holidays, and eligibility to purchase health insurance from the menu of UCD staff/faculty health benefit plans.
**Training Philosophy**

The educational philosophy and training model of the SHCS Psychology Residency program is to provide training grounded in core competencies and the scientific principles of our profession that emphasize the area of applied practice. The overarching objective of the Residency training program, an integral element of SHCS, is to train ethical, competent psychologists who are capable of functioning independently and will contribute both to the welfare of society and to the profession.

The program is designed to allow a Resident to accrue 2000 hours of supervised experience, which will meet the postdoctoral professional experience requirements for licensure in all licensing jurisdictions. Accrual of 2,000 hours is based on a 43-hour work-week for the 12-month contract.

The training staff realizes that the most important learning occurs through providing service under the direct supervision and mentorship of a senior staff professional. Such "learning by doing" is guided, enriched and deepened through the postdoctoral seminar, special interest area activities, clinical work, consultations, and in-service staff development activities.

**Goals of the Postdoctoral Program**

**Goal #1: Commitment to mentoring and the practitioner-scholar model**

The training staff believes that mentor relationships are essential methods to transmit knowledge and appropriate professional, ethical behavior. Thus, the training staff emphasizes the development of supportive, challenging collegial relationships with their Residents. In addition, the Residency emphasizes training in the area of applied practice. Our model stresses the development of knowledge, skills and attitudes that encourage a scientific approach to practice.

**Goal #2: Commitment to developing a broad range of competencies**

The training year is designed to offer supervised experiences to Residents who wish to develop and enhance competencies in providing the varied services offered through a university counseling center. These services include assessment, psycho-diagnostics, individual and group counseling, crisis intervention, consultation, outreach and program development. The core of the Residency is intensive supervision in short-term psychotherapy.

**Goal #3: Commitment to training Residents to provide services to a diverse clientele**

Integral to the functioning of a psychologist is the ability to understand and competently provide clinical and counseling services to a pluralistic clientele. This function is particularly relevant in the state of California where the changing demographics bring a richness of diversity in our student population. Our program aims to weave training in cultural competence into all training experiences. The goals of diversity training emphasize, but are not limited to improving ethnic and cultural sensitivity, increasing awareness of students’ multiple identities (e.g. gender identity, sexual orientation, physical ability status, non-traditional student age, veteran status), and developing competence in multicultural counseling. Intermittent all-staff CEU trainings, monthly staff diversity dialogues, weekly postdoctoral training seminars, weekly supervision and daily interactions with a diverse staff, and the richness of the diverse client population provide
numerous opportunities for Residents to examine their own reactions to differences and the effects of their own backgrounds or privilege on their attitudes, biases and behaviors when providing services to students.

**Goal #4: Commitment to facilitating personal growth and professional identity**

The Residency is viewed as a period of deepening the integration of academic learning and applied experiences that occurred during internship. Emphasis is placed on the development of professional identity and facilitating personal growth. This process incorporates gaining self-knowledge, having confidence in the ability to make sound, ethical, clinical, and personal judgments, being comfortable with multicultural settings, and experiencing a sense of responsibility to oneself, the profession, and society. As a training faculty, we facilitate this process through mentoring, supervision, consultation, modeling and professional interaction. We also recognize that this is a developmental process with individual variability and therefore work to provide support and meet each Resident’s needs as he/she progresses through this process.

**Goal #5: Commitment to flexibility in developing each Resident's training program**

The Residency program provides a series of structured activities that take into account the needs, interests and backgrounds of each individual Resident. Residents select their objectives and areas of emphasis to meet their own goals. Individualized plans are established in consultation with the Coordinator of Postdoctoral Training. Plans are reviewed and revised as necessary on a quarterly basis. The primary supervisors, Postdoctoral Coordinator, and Director of Training meet regularly to discuss aspects of each Resident's specific program as well as aspects of the Residency program generally.

**Self Disclosure**

Given our training program’s goal to train ethical, competent psychologists who are capable of functioning independently, opportunities for personal exploration and self-reflection occur throughout the year. When appropriate, Residents are encouraged to explore historical influences and personal data that may affect subsequent clinical practice. Our staff use a consultative model of supervision and supervisors may consult with one another about trainees when relevant. The training program functions in a manner consistent with the American Psychological Association’s Ethical Standard 7.04 (Student Disclosure of Personal Information), as contained in the Revised Ethical Principles of Psychologists and Code of Conduct (APA 2002).

**UC Davis SHCS Values Statement Addressing Diversity**

Respect for diversity and for values different from one’s own is a central value of counseling psychology training programs. The valuing of diversity is also consistent with the profession of psychology as mandated by the APA's Ethical Principles and Code of Conduct (2010) and as discussed in the Guidelines and Principles of Programs in Professional Psychology (APA, 2005). More recently there has been a call for counseling psychologists to actively work and advocate for social justice and prevent further oppression in society.

Our internship and postdoctoral training programs exist within a multicultural community which contains people of diverse racial, ethnic, and class backgrounds; national origins;
Expectations of Trainers and Trainees

Trainees and trainees:
- Agree to work together to create a training environment that is characterized by respect, safety, and trust and are expected to be supportive of all individuals
- Are committed to the social values of respect for diversity, inclusion, and equity
- Are committed to critical thinking and the process of self-examination so that prejudices or biases (and the assumptions on which they are based) may be evaluated
- Acquire and utilize professionally relevant knowledge and skills regardless of their beliefs, attitudes, and values

Expectations Specific to Trainers

Trainees agree to:
- Engage trainees in a manner that is inclusive and respectful of their multiple cultural identities
- Examine their own biases and prejudices in the course of their interactions with trainees as a way to model and facilitate this process for their trainees (can include discussions about personal life experiences, attitudes, beliefs, opinions, feelings, and personal histories)
- Assume that no one is free from biases and prejudices and will remain open to appropriate challenges from trainees to their held biases and prejudices
- Be committed to lifelong learning relative to multicultural competence
- Examine and engage in exploration of multiple intersecting identities as they relate to nuances of power and privilege within the supervisory relationship.

Expectations Specific to Trainees

Trainees agree to:
- Engage in self-reflection and introspection of attitudes, beliefs, opinions, feelings, personal history
- Examine and attempt to resolve any of the above to eliminate potential negative impact on their ability to perform the functions of a psychologist, including but not limited to providing effective services to individuals from cultures and with beliefs different from their own. Members of our training community are committed to educating each other on the existence and effects of racism, sexism, ageism, heterosexism, religious intolerance, and other forms of prejudice.

C. Components and Sequence of Training Program

A. Elements of the postdoctoral training program:
Supervisory experiences, didactic/educational experiences, consultative experiences and professional interactions. Each aspect has been scheduled and planned in such a way that is intended to maximize the professional development of the Residents over the course of the training year.
In addition to the experiences described below, in which all postdoctoral Residents participate, there is an individualized aspect of the training. The Residents program planning begins during the selection process when applicants describe their goals for training. Once selected, the Coordinator of Postdoctoral Training has a number of additional contacts with each future Resident. During this time initial goals are explored more fully, tentative plans are made, and schedules are set for the fall quarter. The process of self-evaluation and program planning continues during the orientation period as Residents are asked to identify their skill levels and to articulate objectives and individual areas of interest, which are then developed into the final fall plan. Each subsequent quarter, each Resident meets with the Postdoctoral Coordinator who provides guidelines for development of the upcoming quarter’s schedule.

B. A description of the 6 components of the postdoctoral training program:

1. Orientation. The postdoctoral training year begins the first week of August. This training is designed to familiarize incoming Residents with SHCS’ operation and facilitate their transition to the University of California, Davis community. Residents attend several orientation sessions which cover the SHCS Counseling Services’ clinical, administrative and personnel policies and procedures. Residents are familiarized with the essential aspects of the Counseling Services’ Clinical Plan that includes assessment, crisis intervention, hospitalization, brief therapy and clinical consultation and outreach. Residents learn about other campus agencies including, the Student Academic Success Center, Internship and Career Center, Cross-Cultural Center, LGBTQIA Resource Center, Student Recruitment and Retention Center, and Women’s Research and Resource Center. Residents meet with the Management Team, Counseling Services’ program coordinators and the postdoctoral training staff, who are the postdoctoral Residents’ potential supervisors. A service plan and schedule is developed in consultation with the Coordinator of Postdoctoral Training.

2. Postdoctoral Retreats. At the conclusion of orientation, Residents and the postdoctoral coordinator have a one-day retreat. The purpose of this meeting is to promote group cohesion, provide follow-up and review of orientation experiences, develop personal goals and finalize each Resident’s contract. There is a year-end retreat that occurs at the end of the training year with a primary goal of reviewing the contributions the program has made to each Resident’s personal and professional development and each Resident’s contributions to the program.

3. Consultation.  
   a) Group Supervision/Psychological Consultation Team. SHCS postdoctoral residents and pre-doctoral psychology interns meet in mixed teams for weekly group consultation meetings led by senior professional staff. Residents prepare and present case consultations and are encouraged to provide feedback to fellow trainees about case conceptualization, intervention and management.
   b) Psychiatric Consultation. SHCS psychiatrists are available to discuss issues of psychiatric case management, differential diagnosis and medication on an as needed basis.
   c) Professional Interactions. One of the particular strengths of our training program is the availability of staff members for consultation. Staff members are available as needed for consultation about particularly difficult cases/crisis situations when the primary supervisor, Coordinator of Postdoctoral Training, Clinical Director and Director of
Training are not available. Residents are encouraged to seek out staff members who have expertise in treating particular disorders/problems that are relevant to their caseloads. The essence of staff collaboration is evident in the collegial interactions and mentorship provided by the training staff.

d) Multi-Disciplinary Eating Disorder Team Consultation. There is a Multi-Disciplinary Eating Disorder Management Team that meets regularly, which consists of the Eating Disorder Coordinator from Counseling Services, the Eating Disorder Specialty Resident and Intern, 2-4 physicians and the SHCS nutritionist. This is one of 3 consultation meetings that the Eating Disorder Special Interest Area Resident attends as part of their contract. Other Residents are invited to attend when they have an eating-disordered client case which requires consultation with the team.

4. Individual Supervision. Residents receive two hours individual clinical supervision per week. Each Resident also receives an additional hour of individual supervision in his/her chosen Special Interest area.

5. Training Seminar. The Residents meet in a weekly 1-hour postdoctoral training seminar (2 hours in Fall Quarter). The seminar is a core training experience and reflects the primary objectives of the postdoctoral program. The purpose of the seminar is three-fold: 1) To provide a forum for collegial support, discussion of training/professional identity issues, and monitor workload/organizational issues; 2) To provide advanced training in selected areas of clinical practice; 3) To provide education and exposure to other aspects of psychology practice such as consulting, alternative careers, service to the profession, business management and agency management.

6. Supervised Experiences. Residents gain experience in a wide variety of activities including the following:

   Experiences for ALL Postdoctoral Residents

   a) Individual Counseling and Psychotherapy. Residents primarily provide short-term, individual personal counseling. They carry approximately 16 clients depending on their individual contracts (approximately 40% of their contract). Clients typically receive about 5 to 6 sessions, about 20% can be carried to 10 sessions and one client can be seen on a long-term basis. Each Resident's clinical caseload is ethnically and culturally diverse.

   b) Group Counseling and Psychotherapy. SHCS offers a variety of groups, including Undergraduate Process Groups, and specific population groups such as: Eating Disorders, Men, Graduate Students, Lavender / Coming Out, Men, Women, and Grief Groups. Some groups run for the entire year and Residents co-lead for the life of the group, while other groups are short-term, structured groups. For those who seek a group experience, every effort is made to have Residents lead or co-lead a counseling group.

   c) Initial Assessment, Triage, Crisis Intervention: SHCS’ first contact systems provide Residents the opportunity to perform initial assessments, crisis intervention and brief triage appointments. Residents identify client concerns, assess level of functioning, diagnose disorders, and determine the appropriateness of agency services. After orientation, Residents provide intake and urgent care services with staff available for back-up and consultation. Residents contract for approximately five first contact hours per quarter (12.5% of their training contract). If there is a specific clinical Special Interest
area that the Resident is pursuing, then one of the intakes is organized to coincide with this area (i.e., one intake is reserved for student athletes or eating disorder clients).

d) Consultation and Programming: SHCS staff provides psychological consultation and programming services to the University community. Opportunities exist for experience in presenting programs to the campus community and Residents are expected to offer at least 6 programs during the year. There are a number of campus units that welcome training and consultation from SHCS. Residents may also collaborate in establishing liaison relationships with other campus offices, depending on their interests. The liaison relationships become the foundation for consultation and outreach programs.

e) Trainee Special/Research Project Guidelines (TSRP): The TSRP is intended to provide trainees with the opportunity to reach a supervised hour total of 2,000 hours. In addition to the 40 contracted hours, the TSRP is 3 hours per week that is devoted to working on a project. These hours are included in the quarterly plan and approved by the Training Coordinator at the start of each new quarter. This project is intended to further Residents' professional development during the training year. As these 3 hours are in addition to your 40 hours, they can be completed off-site if needed. At the end of the year each trainee will provide staff with a 30-minute presentation on how they used their TSP hours. The residents may do a joint research project. The goal of the project is to help the residents integrate science into their practice of psychology. An additional benefit of the project is that it allows the interns to accrue 2,000 hours of supervised experience.

8. Optional Activities:

a. Couples Therapy
Residents, depending on prior experience and interest in providing couples therapy, and current availability of couple clients and qualified supervisors may have the opportunity to further develop their skills and expertise in providing short-term couples therapy to students and their partners.

b. Supervision and Training
Residents may have the opportunity to provide training and/or supervision in several ways: 1) Co-lead one of the counseling groups with a pre-doctoral psychology intern; 2) Facilitate an intern seminar with one of the licensed staff; 3) Develop a special project with a training component that is then presented or provided to staff and trainees. The Coordinator of Postdoctoral Training, Training Director and the Resident’s supervisors provide ongoing consultation about supervision issues.

c. Psychological Testing. Residents' skills in the administration and interpretation of psychological tests can be enhanced during the training year. Although SHCS does not provide extensive testing opportunities, Residents can gain experience in personality inventories, projectives, intelligence tests, and measures of interests and values frequently used in career counseling. The individual supervisors are available for consultation regarding psychological testing.

d. Development of Research. Although this is not an expected experience of the postdoctoral year, a Resident may work with a staff member to develop and conduct a individual research project during the training year. This project may
C. Special Interest Experiences

Depending on a postdoctoral Resident’s areas of interest, previous experiences, training goals, and SHCS’ needs, and in consultation with the Coordinator of Postdoctoral Training, a Resident will work in one of the areas listed below as their Special Interest Area for their postdoctoral year. The postdoctoral year will be focused on one of these areas, with approximately 15-25% of the time worked at SHCS focused on enhancing and developing skills within this area, depending on the area and Counseling Services’ current needs. Each Special Interest area has at least 4 hours of programmatic responsibilities each week and a percentage of clinical responsibilities also devoted to the area. There are 5 Special Interest areas with clinical focus on specific individuals, populations or disorders. The remaining special interest area is intended to be General Clinical in nature, and could include a specific diagnostic or interest area (i.e., General Clinical with Specialty Interest in Substance Abuse Treatment or General Clinical with Specialty Interest in Couple Therapy). **Note: the following descriptions are approximate. Exact responsibilities/activities/hours may change in response to agency, student, and trainee needs.**

1. **Sports Psychology Special Interest Area:** This area provides a Resident with an opportunity to work with student-athletes, coaches, and athletic department staff through consultation and counseling. Sport consulting with student-athletes and coaches entails (a) performance enhancement skills training, (b) life skills training, (c) coach, athlete, and team relationship development, and (d) psycho-educational groups (e.g., goal setting, concentration, motivation, stress management, team cohesion, dealing with sport injury). Counseling with athletes will assist, educate, and support student-athletes to enhance positive performance within and outside of their given sport. A Resident may be able to work with the Intercollegiate Athletic Department and interact with various campus resources associated with Intercollegiate Athletics. A Resident whose Special Interest is the Sport Psychology program receives weekly supervision to discuss organizational and clinical issues in working with student-athletes. The Resident may also have the opportunity to mentor a pre-doctoral intern within the Sport Psychology program area.

   **Responsibilities (hours per week indicated in parenthesis):**
   - Dedicate 35% of individual clinical appts to counseling student-athletes (5 hours per week)
   - Dedicate one intake hour a week to student-athletes (1 hour per week)
   - Co-lead 1-2 Sport Psychology groups (e.g., HEAL for Athletes, SHAPE, Leadership) (2-4 hours per week)
   - Attend 5-6 Weekly meetings Fall and Winter quarters with the Director of Sports Psychology
   - Maintain contact with training room and student trainers
   - Recommend areas for group development
   - Add contributions to the Sport Psychology group notebook
   Develop a relationship with ICA coaches and staff (3 hours per week)
   - Include time in the contract to network with ICA staff
   - Identify and work with 2-3 teams
   - Develop your areas of interest
   - Develop your areas of limited competence/comfort
   Develop presentations to ICA coaches and student-athletes (as needed)
Monitor/Record hours of time spent with ICA issues  
Make suggestions for psychology Residency development opportunities  
Complete a 1 Year Review of time spent with ICA issues  

**Additional Opportunities**  
Contribute to the Sport Consulting & Psychological Counseling Newsletter  
Research within an area(s) of interest and/or UCD ICA program development  
Teach Life Skills courses  
Provide classroom presentations in PE 8 Life Skills, or Sport Psychology courses  

**Total Hours: Programmatic 6 hours; Clinical 10. (16)**

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2. **Eating Disorder Special Interest Area:** This area provides a Resident with specific training and experience in individual and group therapy; consultation; and community programming in the area of eating disorders. The treatment approach at SHCS for Eating Disorders is a multi-disciplinary team approach (the APA recommended approach for treating eating disorders) and involves collaboration on the Eating Disorder Management Team (EDMT). The EDMT is comprised of 2-4 medical physicians from Student Health Services, a nutritionist, a psychiatrist, and 3 therapists from Counseling Services (the Eating Disorder Coordinator; the post-doctoral Resident and the pre-doctoral intern who are specializing in eating disorders). For direct clinical experiences, the Resident working in this interest area will facilitate an eating disorders group and will devote 50% of their clinical caseload to seeing eating disordered clients, as well as devoting one of their intakes to eating disorder clients. Committee work and collaboration with other campus entities includes working with The Body Project campus student group, attendance and participation on the eating disorders management team (EDMT) at the Student Health and Wellness Center (SHWC), and participation in the Yolo County Eating Disorders Network by attending monthly meetings. Major programming and outreach is done throughout the year and the Resident may provide consultation to the health advocates and peer counselors in athletics at the SHWC, as well as pre-planned consultations and presentations for the Women’s Research and Resource Center. The Resident will have a key involvement in developing and implementing programs for Celebrate Your Body Week on campus. There is the opportunity to co-teach the Eating Disorder Seminar for pre-doctoral interns, in addition to guest-lecturing in the pre-doctoral Assessment Seminar on various Eating Disorder assessments. The Resident will receive supervision from the Eating Disorder Program Coordinator. Other training experiences will be provided throughout the year, and may include attendance at a local training conference provided by a local outpatient eating disorder program. The Resident will additionally assist in planning, coordinating and facilitating our 5-week Body Esteem Boot Camp series. For more information, see our Eating Disorders Services: [http://shcs.ucdavis.edu/services/eating-disorder.html](http://shcs.ucdavis.edu/services/eating-disorder.html)

**Responsibilities (hours per week indicated in parentheses):**

- Multi-disciplinary staff meeting at the Student Health and Wellness Center (1)  
- ABIDE meetings / Eating Disorder Posse Meetings (1)  
- Yolo County Eating Disorder Network (1 hour a month)  
- Providing clinical services: intake, group & 7 individual appts. on average (10- Clinical)  
- Seminar lectures for pre-doctoral interns (1- Fall quarter only)  
- Program development (Coordinating Body Esteem Boot Camp) (3)  
- Outreach & Consultation responsibilities (1-2 each month)

**Total Hours: Programmatic 7 hours; Clinical 10. (17)**
3. Multicultural Services Special Interest Area: All Residents carry a multicultural caseload, by virtue of the fact that UC Davis has a very diverse student population. The Multicultural Services Special Interest Area allows a Resident to gain more in-depth experience in providing culturally sensitive and responsive services to a particular population of the Resident’s choice. The Resident is expected to identify a campus population to work with, based on the Resident’s interest as well prior experience, education and/or training. (Check out our Community Advising Network webpage [https://shcs.ucdavis.edu/services/can](https://shcs.ucdavis.edu/services/can) to see a listing of some of the campus units and student populations SHCS works closely with.)

The Multicultural Services Resident will work the Coordinator of Postdoctoral Training and his/her Special Interest supervisor to create and provide a combination of activities designed to expand the Resident’s skills and to serve the needs of the students. This combination may include a needs assessment; relationship-building with the particular community; outreach programming, drop-in, support, or therapy groups; providing individual therapy to members of the community; and providing consultation to student groups and faculty/staff on student mental health needs. The Resident may also provide consultation and education to the SHCS staff and undergraduate peer educators as appropriate. Given that some campus student groups meet in the evenings or have weekend retreats, there may be occasional evening and/or weekend work hours required in this Special Interest area. The Resident’s schedule at SHCS will flex as needed.

**Responsibilities (hours per week indicated in parentheses):**

Duties in this area will vary depending on the program designed by the Resident. Typically, it may include:

--Consultation with campus staff and faculty who serve this area (1)
--Provide drop-in consultation/relationship-building activities for students (2)
--Co-lead a support or therapy group for the community (2)
--Provide intake appointments reserved for members of this community, and follow-up appointments as appropriate (1-4)
--Develop and provide outreach programming (1-3).

**Total Hours: Programmatic 2-5; Clinical 5-8. {6-13}**

4. Working with AB540/Undocumented Students at UC Davis Special Interest Area

UC Davis is proud to have resources dedicated to supporting AB540/Undocumented Students and their families as they pursue their education on our campus. The Resident working in this Special Interest area will meet with the Coordinator of Postdoctoral Training and his/her Special Interest supervisor to create and provide a combination of activities designed to expand the Resident’s skills and to serve the needs of the students on our campus who fall under the umbrella of the AB540 designation and/or are undocumented. These activities may include a needs assessment; relationship-building with the particular community; outreach programming; drop-in, support, or therapy groups; providing individual therapy to members of the community; and providing consultation to student groups and faculty/staff on student mental health needs. The Resident may also provide consultation and education to the SHCS staff and undergraduate peer educators as appropriate. Given that some campus student groups meet in the evenings or have weekend retreats, there may be evening and/or weekend work hours required in this
Special Interest area a few times per month. The Resident’s schedule at SHCS will flex as needed.

**Responsibilities (hours per week indicated in parentheses):**

Duties in this area will vary depending on the program designed by the Resident. Typically, it may include:

- Consultation with campus staff and faculty who serve this area (1)
- Provide drop-in consultation/relationship-building activities for students (e.g., Coffee Talks, Mellow Mondays arts and crafts for stress reduction) (2-3)
- Co-lead a support or therapy group for the community (2)
- Provide intake appointments reserved for members of this community, and follow-up appointments as appropriate (1-5)
- Develop and provide outreach programming (1-2).

**Total Hours: Programmatic 4-6; Clinical 5-8. (9-14)**

5. **General Clinical Residency With / Without Specialty Focus on Diagnostic Issue:**

These two examples of special interest areas described below are designed to offer supervised experiences to Residents who wish to develop and enhance skills in providing the varied clinical services offered through a university counseling center, and in becoming a skilled generalist who is marketable broadly and prepared for a career in a university counseling center environment. These services include assessment, psychodiagnostic evaluations, individual and group counseling and psychotherapy, crisis intervention, supervision of trainees, consultation, program development, and research. The core of this Residency opportunity is intensive supervision in short-term psychotherapy.

The Resident in **General Clinical with a Specialty Focus** will provide clinical services for at least 40% of their contracted clinical hours to the diagnostic issue that they choose to specialize in. In addition to devoting 40% of their caseload, a Resident with this emphasis area would contract for a larger clinical caseload in general, carrying 20 clinical hours instead of 16. Having a specialty focus additionally provides the Resident the opportunity to co-lead a process group that specifically addresses this clinical population. Examples of diagnostic issues that could be a specialty focus: Addictions; Anxiety; Childhood Trauma; Relationship Issues (Couple Therapy Focus); Sexual Abuse/Assault; Sexual Issues or Sexual Health. The Resident would receive emphasis area supervision from a staff member who has specialized clinical experience in the area. (Note: Availability of a particular Specialty Focus is dependent on senior staff availability for appropriate specialized supervision. Please contact the Coordinator of Postdoctoral Training to inquire about current availability. [knilsson@shcs.ucdavis.edu](mailto:knilsson@shcs.ucdavis.edu)

**General Clinical Residency Without a Specialty Focus.** A General Clinical Resident would contract for a larger clinical caseload, carrying 20 individual clinical hours instead of 16. A Resident in the General Clinical focus could choose to devote their clinical time to primarily individual sessions, or could to run an additional general process group for graduate or undergraduate students.

**Responsibilities (hours per week indicated in parentheses):**

- Co-lead a group in specialty focus area (2 – clinical)
- Mentor trainees in their group co-leader role in this specialty focus group (1)
- Devote 50% of clinical student hours and provide an additional intake (9-11 clinical).
- Develop and facilitate an outreach or special project to meet the needs of these students (within the specialty focus) on campus (1-3).

**Total Hours: Programmatic 2-5; Clinical 11-13. (13-18)**

**D. Evaluation of Postdoctoral Psychology Residents**

Clinical, interest area, and group supervisors provide Residents with formal verbal and written feedback. The evaluation process consists of a review of the Resident’s objectives and goals and feedback in areas that reflect current domains of professional competence. The areas included in the clinical evaluation are:

- Assessment/Diagnosis/Case Conceptualization
- Intervention
- Crisis Intervention
- Consultation and Outreach
- Personal Characteristics
- Relationships and interpersonal issues
- Use of supervision
- Provision of mentorship to interns or undergraduate peers, if relevant
- Management and administration
- Diversity: individual and cultural differences
- Legal and ethical standards.

At the end of the first evaluation session, new goals and priorities can be set to facilitate the future supervisory contacts in particular and future training in general. Throughout the supervision process, it is expected that feedback and discussion are continuous; thus if goals are not being sufficiently met, such feedback would be given prior to the formal evaluation. The Coordinator of Postdoctoral Training receives copies of all evaluation forms and monitors each Resident's progress.

Formal clinical evaluations are provided in written and oral formats and provided by the interns’ individual clinical supervisors and by interns’ emphasis supervisors at 3, 6 and 12 months. The clinical supervisor may also contact other staff who have been involved in the Resident’s training (e.g., seminar leaders, outreach co-presenter) to gain a broad picture of the Resident’s participation, involvement, interests, skill level, professionalism, etc. Evaluation of group facilitation are provided at the end of each term. Group evaluations will be completed by the Resident’s staff co-facilitators or group supervisors.

Recognizing that evaluation is a two-way street, Residents evaluate their supervisory relationships during each evaluation period. They complete evaluations on their program experiences on a quarterly basis and an evaluation of the entire program at the end of the year. All evaluation materials are reviewed by the Co-ordinator of Postdoctoral Training and training supervisors to assist in the development of each Resident's program and in the development of the training program overall. We seek feedback and ask for honest evaluations so that we can provide Residents with a program responsive to their training.