

Greetings from Center for Well-Being Staff

Welcome! The matching process in doctoral psychology is such an undertaking, so thank you for taking the time to review our training site in this busy season of your career. We made this brochure in hopes of making it easier to read about and reference key highlights of our training program at a glance, in a summarized format. You can also find more detailed information here: [Doctoral Internship in Health Service Psychology | University of St. Thomas - Minnesota](#). We hope this helps you to understand what the training site and surrounding areas are like. We are thrilled you are considering University of St. Thomas.

Setting (CWB, St. Thomas, Twin Cities)

Founded in 1885, the University of St. Thomas (UST) in Minnesota is a top-ranked private Catholic university with campuses in St. Paul and Minneapolis. Our St. Paul campus borders the Mississippi River, and miles of trails connect it to Minneapolis's famous Chain of Lakes. UST is nestled within vibrant [residential neighborhoods](#) and is surrounded by homes representing a variety of architectural styles. The campus spans both sides of historic Summit Avenue, which stretches from downtown St. Paul to the Mississippi River. Lined with grand homes and mansions, Summit Avenue features a popular walking and running path along its wide, tree-lined boulevard, as well as dedicated bike lanes. Just one block south, Grand Avenue offers an array of local shops, restaurants, and cafés.

The Center for Well-Being is an integrated center that provides compassionate care, expertise, education, and resources to help students thrive both in and out of the classroom. The Center offers a full range of health, mental health, and well-being services. Our integrated team collaborates regularly to provide high-quality, comprehensive care and support to the UST community.

The Twin Cities are known for their diverse cultural influences and strong sense of community. If you're looking for an urban experience with entertainment, dining, shopping, and arts venues, you'll find it here. If you love nature and the outdoors, we have that too. We're a major metropolitan area that has maintained its welcoming small-town feel. Curious about what else the Twin Cities have to offer? Take a [virtual tour](#) to get a feel for the area!

What is the mission of the UST/CAPS training program?

Our mission is to provide a comprehensive, developmental training experience, with an emphasis on learning through application of evidence-based practice in psychology. We believe people learn and work best in a supportive, collegial atmosphere; therefore we provide the type of environment that encourages intern development of professional identity, clinical skills, confidence, autonomy, and self-understanding. Interns at UST/CAPS gain experience in individual and group counseling, crisis intervention, psychological assessment, supervision, and outreach and consultation.

The University of St. Thomas is committed to fostering an inclusive and welcoming community where all individuals are supported and valued. Recognizing and embracing the diverse characteristics, experiences, and perspectives of its members, the university strives to create a campus culture in which everyone can thrive. Counseling and Psychological Services is dedicated to building a diverse staff with the expertise and commitment to serve students from a wide range of backgrounds, identities, abilities, and experiences. We strive to provide care and support in ways that are respectful, culturally responsive, sensitive, and understanding.

What are the terms of employment?

The internship contract is a 12-month, 40-hour per week appointment. The internship year begins on the second Monday of August each year and ends one year and one day the following August.

What makes the CAPS internship stand out?

The University of St. Thomas CAPS doctoral internship program began in 1992, was accredited by APA in 1993 and has graduated a total of 26 intern cohorts. We believe our program stands out for a number of reasons: our commitment to furthering our knowledge of issues of diversity and inclusion related to training and service; outstanding supervision from an experienced and supportive training staff; excellent generalist training in psychotherapy, supervision, outreach and consultation and crisis intervention; and an emphasis on the personal development of interns as healthy and balanced professionals. We are fully committed to internship training and are invested in the success of our interns each year. Past and present interns describe our program as a supportive learning environment in which they can realize their personal and professional goals.

We have the ability to gain a wide variety of experience in multiple core areas that prepare clinicians well for post-internship work including:

- Group counseling
- Learning and psychological assessment
- Providing supervision
- Outreach and consultation
- Individual therapy
- Crisis interventions
- Integrated healthcare in college setting

Supervision and Training

Four hours of weekly supervision are provided to interns. Supervision includes two hours of individual supervision with a primary supervisor and secondary supervisor. Doctoral-level licensed psychologists will discuss your clinical work, review recordings of your sessions, and help further develop interests and skills. One hour of group supervision is provided to discuss models of supervision and to receive supervision on supervision of practicum students. Another hour of group supervision of group counseling is provided by the group coordinator for training and supervision of the interns' group work. A biweekly supervision focuses on supporting outreach and consultation as well.

Interns provide one-hour weekly supervision to doctoral level practicum students from local APA-accredited counseling programs. A major focus of the internship is the development of supervision skills.

While interns get the opportunity to work with a wide range of professionals within the Center for Wellbeing, you can read more about the supervising Licensed Psychologists here:

[Becca Bertram, PsyD, LP](#)

[Saras Bhadri, PsyD, LP](#)

[GiGi Giordano, PhD, LP](#)

[Kelli Howard, PhD, LP](#)

[J. Phillip Rosier, Jr., PsyD, LP, LMFT](#)

[Isaiah Lamb, PsyD, LP](#)

Seminar

Weekly intern seminars are arranged around themes such as clinical concerns, multicultural consideration, professional development, interventions, and assessment. Seminars are held on Zoom with the interns from the University of Minnesota. Seminars are taught by both university and community mental health professionals with expertise in a variety of topic areas.

In addition to the virtual seminars, UST interns attend bi-monthly diversity seminars, integrated case consultations with our other provider-areas, intern check-ins, and practicum supervision meetings.

Core Competencies/Professional Standards

The field of health service psychology demands a flexible and integrated repertoire of skills and competencies. In congruence with the Standards of Accreditation in Health Service Psychology, interns are expected to develop the following Profession-Wide Competencies:

1. Research
2. Ethical and Legal Standards
3. Individual and Cultural Diversity
4. Professional Values, Attitudes, and Behaviors
5. Communication and Interpersonal Skills
6. Assessment
7. Intervention (Individual and Group)
8. Supervision
9. Consultation and Interprofessional/Interdisciplinary Skills

Our training program emphasizes both clinical training and professional growth in a supportive, innovative, and relational atmosphere. We provide an environment in which we hope interns will take risks and grow with collegial support. We are invested learners together as both staff and trainees, who are deeply committed to inclusive and integrated healthcare with equitable access to all students in a college setting. We love to engage in interesting conversations, and learn and laugh together. We provide a comprehensive, developmental experience that will prepare the intern for the role of entry level psychologist.

If you have additional questions, you are welcome to message us at The Center for Well-Being centerforwellbeing@stthomas.edu, or the Training Director, Dr. Becca Bertram, at sull1547@stthomas.edu. Take good care and best of luck on your search!

