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Revised August 14, 2017
 PROGRAM OVERVIEW
WellSpan Philhaven’s inpatient hospital is a psychiatric hospital-based behavioral health facility in south central Pennsylvania, affiliated with a large regional healthcare system, WellSpan Health. WellSpan Philhaven’s inpatient hospital is located in Mt. Gretna, PA, but WellSpan Philhaven has multiple locations in the region, serving local counties. The WellSpan Philhaven Hospital Doctoral Internship in Psychology program provides clinical training in Health Service Psychology within a multidisciplinary setting. Behavioral health care services provided by psychology interns in the WellSpan Philhaven hospital program include inpatient, outpatient, day hospital, triage and integrated health services. The client population includes a variety of clientele including children, adolescents and adults from urban, suburban and rural areas. Clients represent many ethnic groups and all socio-economic classes and present with various psychological and physical health problems. In addition, interns are exposed to services emphasizing spiritual integration, such as services to our Plain Communities (Amish, Mennonite, etc.) clients. These services represent Philhaven’s rich and long history of providing spiritually integrated services to local populations.

ACCREDITATION
The Hospital Psychology Internship program at WellSpan Philhaven was fully accredited by the American Psychological Association effective July 14, 1989. The program has maintained APA accreditation status continuously since that time, with subsequent reviews in 1992, 1997, 2002, 2009, and 2016. The APA Commission on Accreditation can be contacted at 750 First St., NE, Washington, DC 20002-4242 or by calling (202) 336-5979.

ABOUT PHILHAVEN
During World War II, a group of young Mennonite conscientious objectors staffed state mental hospitals. Through these experiences, a desire grew within them to respond to the mental health needs in their own communities. They believed that there had to be a better way to provide professional care to those with mental illness than what they saw in these institutions.

Philhaven’s doors opened in 1952 as an agency of the Lancaster Conference of the Mennonite Church. Philhaven became affiliated with a network of Mennonite mental health facilities, all dedicated to providing the highest quality mental health services within a Christian environment where everyone is treated with dignity and respect. Over the years, Philhaven grew into a large behavioral health system with many programs and services, offering a full continuum of mental health care.

The vision that created Philhaven has remained alive and relevant and continues to guide the organization. Today, Philhaven is affiliated with WellSpan Health, enabling us to expand our reach of service to the communities in south central Pennsylvania and to maintain and broaden training opportunities for psychology interns, psychology residents and other mental health and health care disciplines.

PROGRAM DESCRIPTION
The WellSpan Philhaven Hospital Doctoral Internship in Psychology program is structured as a 12-month, full-time training experience, which includes exposure to many forms of assessment and treatment modalities. Interns can expect to gain experience and develop skills in individual psychotherapy, group psychotherapy, couples/family therapy, diagnostic evaluations, psychological testing, consultation, supervision and other professional roles and activities. In the program’s General Track, interns have two rotations in Adult Services and one rotation in Child and Adolescent Services in the course of the internship year. In the Child and Adolescent Specialty Track, the majority of the intern’s experience occurs in
Child and Adolescent services throughout the year. This specialty track is designed for the intern who wants to pursue a career in child and adolescent psychology.

Completion of internship requirements typically includes one evening of work per week, while most of the interns’ work is scheduled during daytime business hours. While the internship is structured to meet the training needs of candidates in Clinical Psychology, candidates from Counseling Psychology programs are considered if they have background and/or experience compatible with hospital-based behavioral health settings.

Philhaven began doctoral internships in professional psychology in 1974. In the intervening years, 133 psychology interns from 47 different graduate programs received training at this facility. In addition to psychology, WellSpan Philhaven has trainees from other professional disciplines.

During the 2016-17 year, our internship program adopted the new Standards of Accreditation in Health Service Psychology (SoA), developed by the American Psychological Association Commission on Accreditation. The APA Commission on Accreditation can be contacted at 750 First St., NE, Washington, DC 20002-4242, or by calling (202) 336-5979. Profession-wide competencies have been identified as part of the SoA, and the internship program has structured its training along the lines of these nine competencies. The competency domains include:

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
8. Supervision
9. Consultation and Interprofessional/Interdisciplinary Skills

The Standards of Accreditation clarify that by the end of the internship, each intern must demonstrate achievement of the profession-wide competencies. Therefore, psychology intern evaluations include direct observation of interns’ work to assess demonstration of competencies. The expectation for demonstration of competencies increases as the training year progresses. All competencies must be rated at least a “3” (demonstrates readiness to enter independent practice) by the end of the year for successful completion of the internship.

While competency expectations have been standardized in the Health Service Psychology discipline, our program has identified aims that are linked to the SoA standards as well as the unique training aspects of the WellSpan Philhaven Hospital Doctoral Internship in Psychology program. These aims include:

1. Professional Identity/HSP Discipline-Related Aim: Competency performing various roles consistent with those of Health Service Psychologists and the science/empirical base that underlies psychology practice, including effective collaboration with other mental health professionals in a large, practice-oriented setting. These roles include health service provider/therapist, evaluator and consultant.
2. Whole Person/Patient-Related Aim:
Competency in identifying, honoring and shaping clinical services to account for the uniqueness of each individual, considering aspects of the whole person: physical/health, psychological, social, spiritual, etc. This includes providing competent clinical services for clients representing various aspects of individual and cultural diversity.

3. Skills-Related Aim:
Competency in flexible approaches to clinical work, including but not limited to: assessment approaches ranging from diagnostic assessments and psychological screens to assessment batteries; treatment approaches oriented toward multiple practice settings including acute/inpatient and ambulatory/outpatient settings; clinical interventions with patients representing a broad range of problems and diagnoses; proficiency in a range of treatment modalities (individual, couples/family, group therapy modalities) and a range of clinical skills/interventions that are accessible to consumers and evidence based.

Related to the SoA profession-wide competencies and our program’s aims, some unique training components and professional activities in the WellSpan Philhaven hospital internship program include but are not limited to:

- Experience in individual, family and group psychotherapy
- Experience in acute, inpatient setting(s)
- Experience with children, adolescents and families (General Track involves a wide age span)
- Psychological Testing experience
- Experience with clients representing broad diagnostic categories and functioning levels
- Training in the integration of faith and spirituality in psychology practice, including the ability to be part of WellSpan Philhaven’s Center for Spiritually Integrated Care
- Engagement with a strong psychology staff, including internship supervisors who are highly collaborative, supportive, growth-oriented and mission/service inspired
- Exposure to treatment approaches that are well grounded in science and tailored to the needs of consumers
- Exposure to roles for Health Service Psychologists in organizational structures, including clinical and administrative leaders, trainers, change agents, outcomes specialists, program development contributors, ethical leaders, supervisors, etc.
- Experience in interdisciplinary teams that drive program services
- Exposure to working in a large system
- Opportunity to be part of implementing current treatment models in healthcare, flowing out of a culture of innovation
- Exposure to work with Plain Community clients (Amish and Mennonite), including opportunities for psychological testing and psychotherapy

**CLINICAL ASSIGNMENTS/ROTATIONS**
The WellSpan Philhaven Hospital Doctoral Internship in Psychology Program is planning to offer three General Track internship positions and one Child and Adolescent Specialty Track position in the 2017-2018 training year.

**GENERAL TRACK**
Interns in the General Track have two rotations in Adult Services and one rotation in Child and Adolescent Services. One Adult rotation relates to the Adult Inpatient Program and is focused on assessment, consultation and treatment. The assessment component typically
includes general diagnostic assessment, including some neuropsychological screening experience. The other Adult rotation is based in Day Hospital and Intensive Outpatient Programs and emphasizes various modalities of treatment with a major emphasis on group therapy. The Child and Adolescent rotation is based in the Child and Adolescent Inpatient Program, including various treatment activities.

The duration of each rotation is approximately four months. Interns carry outpatient psychotherapy cases throughout the year. Two days per week are allotted for outpatient assignments. We are planning to utilize several WellSpan Philhaven outpatient clinics and programs for intern training, including our offices in very diverse, urban settings (Lancaster, Lebanon), our Plain Communities Outpatient Clinic on our main campus and our Triage Service. Interns are exposed to various assessment and treatment modalities in the course of the internship year. On the rotations, the mix of assignments may vary according to the intern's professional interests and skills, needs of the various programs and the goals of the internship.

**SPECIALTY TRACK**

The Child and Adolescent Specialty Track is designed for the intern who is interested in a career in child and adolescent psychology. Interns in the Specialty Track provide services in inpatient and outpatient programs. Additional assignments in WellSpan Philhaven’s Triage service (emphasizing evaluation and referral) are expected as well. The Specialty Track intern provides individual therapy, family therapy, group therapy, psychological assessment, consultation, etc. The intern operates within the Child and Adolescent Services throughout the internship year and specific assignments are made with consideration of the intern's professional interests and the needs of the Child and Adolescent programs.

WellSpan Philhaven’s inpatient hospital at Mt. Gretna is a 103-bed licensed facility. The general inpatient program offers brief assessment and stabilization for patients in south central Pennsylvania. WellSpan Philhaven provides longer term extended acute inpatient programs as well. The inpatient programs operate within a multidisciplinary treatment model which includes roles for psychology, psychiatry, social work, nursing, therapeutic activities, pastoral services, etc. Day hospital and intensive outpatient programs are located both within the WellSpan Philhaven hospital building in Mt. Gretna and at other locations in the community. The organization also provides outpatient and community-based programs. Several residential treatment programs serve children, adolescents and adults. Interns will be based at the Mt. Gretna site (hospital building), and they will have some assignments in satellite or outplacement locations. Because of the work at various sites interns are expected to have access to their own vehicle.
In WellSpan Philhaven’s varied treatment settings, interns have opportunities to work with adults, adolescents, children and families in individual and group modalities. Short-term treatment approaches are emphasized in most programs consistent with current mental health care practices.

**SKILL DEVELOPMENT AND SPECIALTY AREAS**

Growth in assessment and diagnostic skills occurs through administering, interpreting and summarizing psychological test data. A variety of intellectual, personality, projective and neuropsychological instruments are available. Training also includes the appropriate use of computerized test scoring and interpretation.

Excellent opportunities are available for developing and refining group therapy treatment skills. In fact, group is a primary treatment modality in several of WellSpan Philhaven’s programs. WellSpan Philhaven offers groups in inpatient, day hospital and outpatient settings, including both traditional and specialized groups. Prior experience in short-term group therapy is strongly recommended.

Elective training and supervision opportunities are provided to enable interns to develop skills in areas of individual interest. At the present time, elective training is available in such areas as Dialectical Behavior Therapy skills groups, therapy with Amish and Mennonite clients, recovery focused treatment with consumers experiencing serious and persistent illness and administrative projects.

**CASELOAD**

While caseload responsibilities are added as interns increase in skill and efficiency, the typical psychotherapy caseload includes approximately 15–25 hours of direct treatment/evaluation per week. This includes individual therapy, marital/family therapies, group therapy, psychological assessment and other treatment modalities. Case management activities are also part of overall caseload responsibilities. While a minimum of 10 psychological assessment batteries is expected for each intern, the range of full batteries is typically between 10 and 20.

**SUPERVISION**

Interns receive a minimum of two hours per week of one-to-one supervision. Supervision will be provided by two psychologists whose competencies match the programs to which interns are assigned. One of the two psychologists is designated as the Primary Supervisor. This supervisor is responsible for the majority of the intern’s competency evaluation process. Supervision encompasses all activities of the rotation, such as psychotherapy supervision, psychological testing, professional development, etc. Interns may also have supplemental supervision with clinical staff from other disciplines on their rotations.
Verbal and written feedback are provided by each of the two psychology supervisors as part of the competency evaluation process. A mid-rotation written evaluation summarizes intern strengths and growth needs. The Psychology Intern Competency Assessment, a written summary evaluation, is conducted at the end of each rotation by the intern's primary supervisor. During the rotation, supervisors complete up to three Competency Observation Reviews, conducting observations and completing appropriate written evaluation forms. Interns must successfully “pass” competency benchmarks to progress through the program. At the end of each year, competency ratings on all Competency Observation Review forms must be “3” or more for successful completion of the program, indicating the intern has demonstrated basic competency to enter professional practice in each profession-wide competency domain.

Further feedback of a training/supervisory nature is provided through two hours of weekly group supervision, treatment team meetings and education or case presentations in psychology staff meetings. As noted, supervision includes regular supervisor observations (direct, video, and/or audiotape observations) for evaluation and enhancement of intern competency development, consistent with the nine Profession-Wide Competencies in the Standards of Accreditation and the internship program’s aims and activities.

Interns are regularly involved in individual supervision, supplemental supervision, group supervision and education seminars and can expect to spend 6 hours per week or more in supervision and educational activities.

Interns will likely have opportunities to supervise less advanced trainees and to be supervised in this experience. This experience is dependent upon the availability of Bachelors or Masters-level trainees in the course of the internship year. This supervision is supplemental; therefore, the intern is not the legally responsible supervisor, who is a licensed professional.

The Internship Training Committee holds regular meetings for supervisors to report the progress of interns, discuss concerns, improve effectiveness of supervision, etc. Mid-year and end-of-year competency evaluations are conducted collaboratively by a primary supervisor and the internship director, and these evaluations are shared with the graduate program. Ultimate supervisory responsibility resides with the internship director who submits reports to graduate programs, licensing boards, etc.

As the process of conducting psychotherapy and being in supervision often stimulates
personal reflection and awareness for the intern, interns may discuss personal content in supervision. They are not required to address in-depth personal matters; and, when they do so, it is their choice in deciding what and how much they wish to disclose. They are encouraged to explore their reactions to clients that may lead to greater insight into their case conceptualizations.

EDUCATIONAL OPPORTUNITIES
Seminars are designed specifically for interns, involving lectures, discussions and readings on professional topics and training issues, and are presented on about a weekly basis. These topics relate to the profession-wide competencies identified in the SoA for Health Service Psychologists. Some didactic trainings may be shared with WellSpan’s other psychology internship cohort (based in York, PA) and/or provided by training staff in this program, either on-site or by videoconferencing.

WellSpan Philhaven is approved by the American Psychological Association to sponsor continuing education for psychologists. WellSpan Philhaven maintains responsibility for these programs and their content. Throughout the year, our Training and Community Center sponsors a variety of educational features related to professional and treatment issues. Interns are encouraged to attend many of these events. Within the psychology department, staff meetings include case presentations, journal article discussions and brief trainings. Organizationally, WellSpan Philhaven plans Diversity Celebrations and trainings throughout the year. The trainings are intended to support the cultural competence of WellSpan Philhaven professionals, community professionals and those interested in being more effective service providers.

STIPEND AND BENEFITS
The stipend for the 12-month internship is $26,500 for the 2017-2018 year. Interns may elect to enroll themselves and eligible dependents in the facility’s comprehensive health and dental plans, with modest payroll deductions required.

Interns accrue 12 days of Paid Time Off (96 hrs.) and receive six paid holidays. Additional wage continuation benefits may be available in the event of extended illness or injury.

For the 2017-18 year, interns who have major moving expenses may request an advance of up to $1,000 of the stipend in a lump sum. Documentation of moving expenses is required.

Intern work times vary between 40-45 hours per week, including one evening.

Details and current summary plan descriptions of all benefits are available. All benefit plans are subject to change on a calendar year basis.
INTERNSHIP ADMISSIONS, SUPPORT AND INITIAL PLACEMENT DATA

INTERNSHIP PROGRAM TABLES
Date Program Tables are updated: July 1

Internship Program Admissions
Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program’s policies on intern selection and practicum and academic preparation requirements:

The WellSpan Philhaven Hospital Doctoral Internship Program is known for its strong clinical training within a multidisciplinary, hospital-based setting, now part of a large health system, WellSpan Health. The internship program includes exposure to diverse clientele including children, adolescents, and adults from urban, suburban and rural areas, representing many ethnic groups and all socio-economic classes. The program offers a variety of clinical experiences for interns in multiple levels of care, such as inpatient, day hospital, outpatient and triage services. Interns are also exposed to services emphasizing spiritual integration, including work with our clients from Plain Communities (Amish, Mennonite, etc.). Due to our organization’s emphasis on clinical service delivery and meeting the needs of our local communities, candidates who represent a good fit will have solid training background that includes experience in psychotherapy and psychological assessment, as well as an interest in providing spiritually integrated professional services.

Does the program require that applicants have received a minimum number of hours of the following at time of application? If Yes, indicate how many:

<table>
<thead>
<tr>
<th>Total Direct Contact Intervention Hours</th>
<th>N</th>
<th>Y</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Direct Contact Assessment Hours</td>
<td></td>
<td></td>
<td>n/a</td>
</tr>
</tbody>
</table>

Describe any other required minimum criteria used to screen applicants:

From Criteria for Selection Section of Handbook:
To be accepted for internship, applicants must have:

- Completed all graduate course work for the Doctoral degree
- Passed doctoral comprehensive exams
- Completed a minimum of 300 intervention and assessment hours in supervised practica, including Child and Adolescent clinical experience
- Obtained a Master’s degree in a mental health related field
- Demonstrated interest in integration of spirituality and faith with clinical practice

Consideration is given to persons from APA-accredited doctoral programs in clinical and counseling psychology.

Financial and Other Benefit Support for Upcoming Training Year*
### Annual Stipend/Salary for Full-time Interns

$26,500 for 2017-18

### Annual Stipend/Salary for Half-time Interns

n/a

<table>
<thead>
<tr>
<th>Program provides access to medical insurance for intern?</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

If access to medical insurance is provided:

<table>
<thead>
<tr>
<th>Trainee contribution to cost required?</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Coverage of family member(s) available?</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Coverage of legally married partner available?</th>
<th>Yes*</th>
<th>No</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Coverage of domestic partner available?</th>
<th>Yes*</th>
<th>No</th>
</tr>
</thead>
</table>

*Coverage only available if individual is not eligible for health insurance through their employer

**Hours of Annual Paid Personal Time Off (PTO and/or Vacation)**

96

**Hours of Annual Paid Sick Leave**

Included in PTO

In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?  

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

**Other Benefits (please describe)**

6 Paid Holidays

* Not: Programs are not required by the Commission on Accreditation to provide all benefits listed in this table.

### Initial Post-Internship Positions

**Aggregated Tally for the Three Preceeding Cohorts**

**2012 – 2015**

<table>
<thead>
<tr>
<th>Total # of interns who were in the 3 cohorts</th>
<th>12</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree</th>
<th>0</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>PD</th>
<th>EP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community mental health center</td>
<td>0</td>
</tr>
<tr>
<td>Federally qualified health center</td>
<td>2</td>
</tr>
<tr>
<td>Independent primary care facility/clinic</td>
<td>0</td>
</tr>
<tr>
<td>University counseling center</td>
<td>0</td>
</tr>
<tr>
<td>Veterans Affairs medical center</td>
<td>0</td>
</tr>
<tr>
<td>Military health center</td>
<td>0</td>
</tr>
<tr>
<td>Academic health center</td>
<td>0</td>
</tr>
<tr>
<td>Other medical center or hospital</td>
<td>1</td>
</tr>
<tr>
<td>Psychiatric hospital</td>
<td>3</td>
</tr>
<tr>
<td>Academic university/department</td>
<td>0</td>
</tr>
<tr>
<td>Community college or other teaching setting</td>
<td>0</td>
</tr>
<tr>
<td>Independent research institution</td>
<td>0</td>
</tr>
<tr>
<td>Correctional facility</td>
<td>1</td>
</tr>
</tbody>
</table>
**INTERNSHIP PROGRAM ADMINISTRATION**

The WellSpan Philhaven Hospital Doctoral Internship in Health Service Psychology Program operates under the direction and planning of the Psychology Department. The director of the program is appointed by WellSpan Philhaven’s Medical Director, Director of Human Resources and President or designee in consultation with the internship training staff.

Operational aspects of the internship are handled by a training committee that plans and oversees all aspects of the internship program, including program and policy development, admissions, supervision of interns, rotations, completion of requirements, etc. The Training Committee is comprised of internship supervisors. The director of the internship convenes the Training Committee as frequently as needed to ensure the smooth, effective operation of the program. In the absence of the director, other Training Committee supervisors handle questions, issues and problems that may arise.

In addition to its accreditation by the American Psychological Association noted earlier (The APA Commission on Accreditation can be contacted at 750 First St., NE, Washington, DC 20002-4242, or by calling 202-336-5979), the Internship Program has been a member of the Association of Psychology Postdoctoral and Internship Centers since 1982. The program seeks to comply with all APA and APPIC standards and policies regarding intern selection and training.

WellSpan Philhaven’s inpatient hospital at Mt. Gretna is a Joint Commission-accredited psychiatric hospital. Other affiliations include:

- Mennonite Health Services Alliance
- The Hospital and Healthsystem Association of Pennsylvania
- Pennsylvania Community Providers Association
- Pennsylvania Department of Public Welfare (Licensed)
- The Centers for Medicare and Medicaid Services
- Lancaster County Chamber of Commerce
- Lebanon County Chamber of Commerce
- Pennsylvania Association of Psychiatric Health Systems
- National Council for Community Behavioral Healthcare
- American Hospital Association
FACILITIES AND SUPPORT SERVICES

CAMPUS
WellSpan Philhaven’s inpatient hospital at Mt. Gretna is located on approximately 200 acres of open and woodland campus. The hospital is situated against a low ridge of mountains overlooking Lebanon Valley and is within convenient commuting distance to Lebanon, Lancaster and Harrisburg cities, as well as many smaller towns, such as Lititz, Elizabethtown and Hershey. The main campus lies five miles north of the Lebanon exit of the Pennsylvania Turnpike.

The modern hospital facility fosters a therapeutic atmosphere, including aesthetically coordinated skylights, courtyards, plants and trees, paintings and wall hangings. A gracious dining room has large colonial style windows with scenic farmland views. Food services are available in the cafeteria to employees at a reasonable cost.

ACCESS TO LIBRARY SERVICES
WellSpan Philhaven staff can utilize all WellSpan Health library services. These include access to core medical and mental health journals and access to psycARTICLES for full text articles from APA sponsored journals and psycINFO for article abstracts.

TESTING SERVICES
A centralized psychological testing and assessment service houses a wide range of test instruments and provides support staff to assist with testing processes. This service receives referrals from various clinical programs and levels of care to provide psychological testing and consultation for the organization. The test inventory includes the most commonly used testing instruments in the area of personality, intelligence, achievement, behavioral rating and neuropsychology. In addition, computerized scoring is available for many instruments such as the MMPI-2/MMPI-A, MCMI-IV/MACI, Rorschach (Exner and R-PAS systems), Wechsler intelligence/achievement/memory tests, BASC-3, and NEPSY-2.
OFFICES AND EQUIPMENT
Interns are provided with fully furnished office space and assigned secretarial service. Telephone system dictation equipment is utilized for preparation of reports. Interns also have access to personal computers and Internet. Available software includes Microsoft Office Suite: Word, Excel, PowerPoint and Access. LCD projector, video cameras, webcams, TV monitors, Teleconference equipment, scanner, multimedia intranet capabilities and DVD players are available for use.

CRITERIA FOR SELECTION OF INTERNS
Statement of Non-Discrimination
WellSpan Health values the diversity of the communities that we serve. It is the policy of WellSpan Health to not discriminate in the hiring and selection of employees, including psychology interns, or in providing access to or delivery of healthcare services on the basis of any legally protected category. WellSpan Health hires individuals and offers healthcare services to patients without regard to their:

- Age
- Sex
- Religion, creed
- Race, ethnicity, national origin, color, limited English proficiency
- Mental or physical disability
- Medical condition, medical history, genetic information
- Evidence of insurability, claims experience, source of payment, income status
- Sexual orientation, gender identity
- Any other legally protected category

This policy applies to all entities that are part of the WellSpan Health system. WellSpan Health facilities are available to patients, visitors and customers without discrimination on the basis of any legally protected category. WellSpan Health expects all persons and organizations that do business with WellSpan Health, or that refer or recommend patients for WellSpan Health services, to do so without discrimination on the basis of any legally protected category. Persons who experience or become aware of discriminatory behavior toward patients, visitors or customers are encouraged to notify the WellSpan Health Compliance Officer. Reports of discriminatory behavior will be investigated and corrective action taken, as appropriate.

The criteria employed in selecting interns involve both objective and subjective assessment of information provided by applicants. To be accepted for internship, applicants must have:

- Completed all graduate course work for the Doctoral degree
- Passed doctoral comprehensive exams
• Completed a minimum of 300 intervention and assessment hours in supervised practica, including Child/Adolescent clinical experience
• Obtained a Master’s degree in a mental health related field
• Demonstrated interest in integration of spirituality and faith with clinical practice

Consideration is given to persons from APA-accredited doctoral programs in clinical and counseling psychology. Applicants are considered based on course work, practice and/or experience that demonstrate preparation for practice in hospital-based treatment facilities.

The subjective assessment of applicants involves consideration of many factors, such as professional goals, interests and experiences, as well as identifying those individuals who have the kind of stability, maturity and interpersonal effectiveness needed for the practice of Health Service Psychology. The applicant’s candidacy is strengthened by evidence of several of the following:

• Experience with a wide diversity of patients in terms of age, gender, diagnosis, etc.
• Exposure to various treatment modalities (individual, group, marital/family, brief therapy modalities, etc.)
• Exposure to diverse theoretical perspectives
• Comfort in working with patients at various functioning levels
• Solid training and experience in assessment
• A plan to graduate in a timely manner (dissertation requirements are not included as internship hours)
• Interest in further training with children and adolescents

INTERNERSHIP APPLICATION PROCESS
The selection of interns is a competitive process that involves both the criteria established by the Internship Training Committee and the employment standards required of all persons applying for positions at WellSpan Philhaven. As a member of the Association of Psychology Postdoctoral and Internship Centers, our internship program will follow all APPIC guidelines and policies regarding offers and acceptance, including use of the Internship Matching Program outlined by National Matching Services, Inc.

I. The deadline for receiving ALL completed application documents is November 1, 2017, for the 2018-2019 internship year.

Required application elements include:
• APPIC Application for Psychology Internship (AAPI), including all required documents
• Site-specific AAPI Cover Letter Requirements (instructions on website)
• Three letters of recommendation
Note: These documents shall be submitted via APPIC’s application portal.

II. The training staff review applications in November and determine which candidates will be invited to interview. Those who are excluded from consideration prior to the interview are informed by letter or email. We plan to inform applicants of their interview status by December 15.

III. Personal interviews are scheduled between mid-December and mid-January. The interview process involves about two hours, typically including an interview with internship supervisors and a meeting with a current intern. On-site interviews are strongly preferred.

IV. If necessary, the Internship Director or designated psychologist will conduct telephone interviews, request additional references and/or require additional documentation to gather information for completing the selection process. Due to time constraints, we will be unable to notify applicants we choose to eliminate from consideration after the interview. In our experience this only affects about one candidate per year.

V. Finalists who are matched to the WellSpan Philhaven Hospital internship program must also complete the WellSpan application. An online application should be completed immediately upon acceptance of an internship. This can be found at www.wellspan.org/careers. Click on ‘Review All Posted Jobs’ and select the subcategory titled ‘Behavioral Health - WellSpan Philhaven’ and then select the appropriate job title and set up a profile and complete the application by attaching your updated resume. A Human Resources representative will contact interns by phone to confirm the job offer and e-mail information that includes:

- Forman Confirmation Letter
- The second e-mail will come from a company in York called CBY Systems. This e-mail pertains to the background check. Matched interns will need to give them authorization to conduct the verification as well as information regarding past work history and education. They will also conduct a criminal history report.
- The third e-mail will be a “Red Carpet” e-mail and will contain a series of tasks for matched interns to complete prior to starting the internship. One of the most important tasks will be to schedule a physical and drug screening. This needs to be completed prior to the start date. They will provide information about our Wellness Program and our nicotine and tobacco policy as well as our flu shot policy.
- Red Carpet e-mails will also include details about the WellSpan orientation such as the address, time and location or orientation.
Interns are instructed to dress is business casual and to bring two forms of ID for employment eligibility.

- Interns will also be required to bring two separate child abuse clearances; PA Child Abuse Clearance from the Department of Human Services and an FBI Fingerprint Child Abuse Clearance. This will be the fourth e-mail received and will contain detailed instructions on how to go about obtaining each clearance and a certificate of completion verifying completion of the Child Abuse Mandated Reporter online training. When interns come to orientation, they must bring the original clearances, or the receipts showing that they have paid for and started the process of obtaining the clearances. If the clearances are less than five years old, interns can bring the original clearances to orientation on Day 1.

VI. The 2017-2018 internship year will begin with orientation on August 21, 2017. The 2018-2019 training year will begin on August 20. The year encompasses 52 weeks. Interns accrue 12 days of paid time off.

**CRITERIA FOR COMPLETION OF INTERNSHIP**

I. All internship requirements must be completed in a manner satisfactory to the Training Committee. Modifications/exceptions must be appealed in writing to the Training Committee.

The following criteria must be completed in order to receive certification of internship completion.

**Minimum Experience Criteria:**

A. 3 clinical rotations (4 months each - Not applicable for Child and Adolescent Specialty Track)
B. a minimum of 150 hours of individual/family/martial therapy experience
C. a minimum of 25 hours of group therapy experience
D. a minimum of 10 psychological test batteries
E. a minimum of 10 initial evaluations
F. attendance at 90% of psychology staff meetings and required seminars
G. a minimum of 1 formal presentation that integrates faith/spirituality and psychology
H. a minimum of 50 hours of elective training experiences
I. completion of program self-evaluation activities and documentation
J. a minimum of 2080 total hours (one year including benefit time);
   a minimum of 700 hours must be in direct service activities, including
psychotherapy, psychological assessment, consultation, case management, etc.

**Minimum Performance Criteria:**

A. Successful Completion of Rotation
   Interns must achieve at least the minimum required rating on two of each of the Competency Observation Review forms utilized on the rotation in order to successfully complete a rotation and progress through the program. The expectation for these competency ratings increases as the training year progresses.

B. Successful Completion of the Internship
   Interns must achieve a rating of at least “3” (demonstrates readiness to enter independent practice) for all competencies as assessed on two of each of the end of year Competency Observation Reviews.

**Rating Key:**

5 – Demonstrates advanced preparation for practice
4 – Demonstrates strength in this competency
3 – Demonstrates readiness to enter independent practice
2 – Partially demonstrates competency
1 – Emerging evidence of competency

II. Additional requirements may be added, based on specific training needs.

III. The Training Committee, in collaboration with the WellSpan Philhaven Human Resources Department, will implement individual remediation plans if indicated. This may occur when an intern does not meet or exceed expected ratings on competency observation review forms by the end of the rotation, or when other problems become apparent during a particular rotation. Plans for remediation of problem performance may address clinical skills, personal characteristics, behavioral problems or ethical concerns. The requirements of the remediation plan must be met in order for certificates of internship completion to be granted. Any decisions regarding termination from the program are part of the corrective action process outlined in the program’s Problem Performance policy (available in policy section of website).
TRAINING FACULTY

Melanie A. Baer, Psy.D.

*Chief Psychologist, Director, Psychology Internship Program*

Dr. Baer received her master's degree (1984) and doctorate (1987) from Rosemead School of Psychology. She has particular interest in women's issues, trauma treatment and professional ethics. Dr. Baer received her Pennsylvania license in 1988 and is a member of the American Psychological Association, the Pennsylvania Psychological Association and the Lancaster-Lebanon Psychological Association. In addition to her administrative and supervisory responsibilities related to the psychology internship program, she serves as the Psychology Discipline Chief, provides leadership for several organizational initiatives and provides outpatient treatment with primarily an adult and adolescent population.

Thomas Crotty, Ph.D.

Dr. Crotty received his master’s degree from Villanova University in 1986 and Ph.D. in counseling psychology from the University of Pennsylvania in 1992. He completed a child and adolescent post-doctoral fellowship in Child and Adolescent Services at Philhaven in 1993. He has worked in a variety of community and school-based Wraparound services for almost 10 years in Pennsylvania and his home state of Kentucky, where he lived and worked from 1997-2008. He is currently providing office-based outpatient therapy to adults, children, adolescents and families, as well as doing psychological assessment, providing supervision and doing program consultation to Philhaven’s Behavioral Health Rehabilitative Services. He has particular interest in mindfulness practices in clinical settings, motivational interviewing and integration of faith and spirituality into clinical practice. Dr. Crotty is a member of the American Psychological Association and the Pennsylvania Psychological Association. He has been licensed in Pennsylvania since 1993.

Christopher Grant, Psy.D.

Dr. Grant is a Licensed Psychologist serving at Philhaven’s clinics in Lancaster City, at the Water Street Rescue Mission and at Prince Street. At Water Street, he provides services to homeless adolescents and adults, with his main areas of interest including adjustment-to-life transitions, mood disorders, behavioral addictions and overcoming trauma. In addition to individual therapy, he provides group psychotherapy and psychological testing. At Prince Street, he is part of the Dialectical Behavioral Therapy consultation team where he also provides DBT group and individual treatment. Dr. Grant received his master’s degree at Geneva College (2006) and doctorate at Carlow University (2014) in Pittsburgh. He is a former Philhaven psychology intern and participates in the doctoral internship program by providing seminars for interns and will soon begin providing supervision as well. He is an adjunct professor at Franklin and Marshall College (Lancaster, PA) where he teaches an undergraduate course on psychopathology.

Cary D. Habegger, Ph.D.

Dr. Habegger acquired his M.A. (1974) and Ph.D. (1977) degrees from Rosemead Graduate School of Psychology. He identifies with interpersonal and psychodynamic
orientations. He works primarily with adults, combining some marital and family therapy with his major focus of individual psychotherapy. He has a particular interest in therapeutic issues for men and has led outpatient therapy groups for men since 1990. He co-leads an anger management group for domestic violence offenders who are referred from the County District Attorney’s office. Dr. Habegger holds licenses in Pennsylvania and Michigan and is a member of both the American Psychological Association and the Pennsylvania Psychological Association.

Jennifer Hailey, Psy.D.
Dr. Hailey received her master’s (2009) and doctorate (2014) degrees in clinical psychology from Wheaton College in Wheaton, IL. She also earned a master’s degree in theological studies at Wheaton College. After completing her predoctoral internship at Philhaven (child and adolescent track) in 2014, Dr. Hailey completed a postdoctoral fellowship in integrated primary care/community health psychology in New Britain, CT. She is leading the clinical development of behavioral health services for the Center for Integrated Healthcare at Philhaven’s Prince Street location in Lancaster. Dr. Hailey is also working in partnership with the Clinic for Special Children in Strasburg to develop behavioral health services for children from the Plain Communities who have complex medical disorders. In addition, Dr. Hailey works with Philhaven’s medical director on a variety of performance improvement and program development projects. Within the psychology internship program, Dr. Hailey provides supervision and educational seminars. She enjoys working with children, adolescents and adults, and her clinical specialties include integrated behavioral health/primary care psychology, health psychology, pediatric psychology, developmental disabilities, family therapy, psychological assessment and psychology-theology integration. She has been licensed in Pennsylvania since 2016.

Benjamin Keener, Psy.D.
Dr. Keener earned his doctorate in clinical psychology from Baylor University in 2005. He has been a licensed psychologist in Pennsylvania since 2007. He currently works in the Plain Communities Outpatient Clinic providing group and individual psychotherapy interventions and assessment of the Old Order Amish and Old Order Mennonite population. His areas of interest include integration of faith and psychotherapy, group therapy, CBT, ACT and assessment. He is a member of the Pennsylvania Psychological Association.

Robert Justice, Psy.D.
Dr. Justice earned his doctorate in psychology from Fuller Theological Seminary’s School of Psychology in 1992 (the school’s first Psy.D. graduate). He earned a M.Div. from Bethel Seminary in 1975 (Pastoral Care and Old Testament) and a D.Min. from McCormick Seminary in 1984. He is an ordained PCUSA clergyperson. He is a member of the American Psychological Association, the Pennsylvania Psychological Association, the Lancaster/Lebanon Psychological Association and the National Academy of Neuropsychology. He provides clinical services to adults (depression, PTSD, self-image and
spiritual issues) and couples (EFT trained) and neuropsychological evaluations to adults. At Philhaven, he supervises psychology interns in their neuropsychology rotation.

Darcy A. Miller, Psy.D.
Dr. Miller received her Master’s degree (2007) and doctorate (2010) from Fuller Theological Seminary in Pasadena, California. She provides coordination and oversight for the psychological testing program as well as providing psychological testing and neuropsychological screening for patients in various programs. In addition, she conducts evaluations for Wrap Around services for children and adolescents and provides office-based outpatient therapy to adolescent and adults. Her approach to treatment is integrative, drawing largely from attachment, family-systems, cognitive behavioral and feminist theoretical frameworks. She is a member of the American Psychological Association and the Pennsylvania Psychological Association. She has been licensed in Pennsylvania since 2013.

Meryl Reist Gibbel, Ph.D.
Dr. Reist Gibbel is a licensed psychologist, serving adult clients with various presenting issues through the Mt. Gretna Outpatient Program. She received her master's degree (2008) and doctorate (2010) from Bowling Green State University, Bowling Green, Ohio. Dr. Reist Gibbel’s particular clinical and research interests lie in the areas of spiritually integrated psychotherapy and spiritual struggle. She is currently evaluating the effectiveness of a nine-session group intervention designed to address spiritual struggles in adults. With regard to her therapy orientation, she is integrative and draws on various therapeutic approaches, particularly mindfulness-based therapies. Her prior clinical experience includes two years of work as a family based therapist for Pennsylvania Counseling Services in Dauphin County, Pennsylvania.

OTHER PSYCHOLOGY STAFF CONTRIBUTORS
Dale J. Brickley, Ph.D.
Dr. Brickley completed his doctoral training in educational psychology at Penn State University with post-doctoral work completed at Ohio University. His areas of specialization include sexual offenders treatment, crisis intervention, assessment and statistics. Dr. Brickley is the Senior Director for Innovation and New Service Development for Philhaven. He sees children, adolescents and adults throughout the organization’s various levels of care. He is a member of the American Psychological Association, National Council on Measurement and the American Educational Research Association.

April Campbell, Psy.D.
Dr. Campbell completed her master’s (2010) and doctorate (2012) in Clinical Psychology at Regent University. She completed both her internship and residency years at Philhaven. She is a licensed psychologist in Pennsylvania and a member of the Pennsylvania Psychological Association. Dr. Campbell’s clinical interests include severe and persistent mental illness, trauma-informed care, crisis intervention, integrated health psychology,
spirituality and group therapy. Her treatment approach is individualized, drawing from such evidence-based approaches as ACT, CBT, DBT, CPT and interpersonal therapies.

**Yesenia Colón-Rivera, Psy.D.**
Dr. Colón Rivera completed her doctorate degree in 2014 from Ponce School of Medicine in Puerto Rico, her country of origin. She culminated both her pre-doctoral internship and post-doctoral residency at Philhaven. She is currently a licensed psychologist serving in our outpatient locations in Lancaster and Lebanon. She provides therapy to adolescents, adults and families. Her main areas of interest include Dialectical Behavioral Therapy, Hispanic/Latino(a) psychology and trauma. She is part of the DBT consultation team in Philhaven and is collaborating with the establishment of a Spanish-speaking outpatient clinic in the Lancaster area.

**Mary S. Gruber, Psy.D.**
Dr. Gruber has her doctoral degree in Clinical Psychology with areas of expertise including trauma, anxiety and dialectical behavioral therapy. Her approach to treatment draws from different theoretical perspectives, including cognitive-behavioral, interpersonal and mindfulness. Currently, Dr. Gruber provides treatment for the DBT outpatient program and maintains the outcome data results. In addition, she conducts outpatient skill groups for mindfulness and within the plain community outpatient program. Dr. Gruber is a member of the American Psychological Association and the Pennsylvania Psychological Association.

**Kimberly Lovelock, Psy.D.**
Dr. Lovelock completed her doctoral training in clinical psychology at Philadelphia College of Osteopathic Medicine (PCOM). She also completed a master’s degree in Counseling and Clinical Health Psychology at PCOM. She completed her postdoctoral work at Philhaven and is in the licensing process at this time. Her areas of interest include working with individuals diagnosed with severe and persistent mental illness, trauma-informed care, health psychology, issues of diversity and recovery-oriented approaches to treatment. Dr. Lovelock is the Clinic Director for the Lebanon Outpatient Programs, where she also provides individual and group therapies and completes Best Practice Evaluations for Flexible Outpatient services. Dr. Lovelock is a member of the American Psychological Association.

**Kelly Nardella, Psy.D.**
Dr. Nardella completed her master’s (2011) and doctorate (2013) in Clinical Psychology at Immaculata University and completed her internship with Philhaven’s Psychology Internship Program. She is a licensed psychologist in Pennsylvania. Dr. Nardella’s clinical interests include serious mental illness, chronic pain and other physical health disorders, women’s issues, work-life balance, group therapy and treatment of adolescents and adults. Her treatment approach is integrative, drawing on evidenced-based approaches including ACT, DBT and interpersonal therapies. Dr. Nardella currently provides evaluations to children and adolescents for Behavioral Health Rehabilitation (BHRS) services, runs group
supervision for BHR clinicians and assists in coordinating education seminars for psychology interns. Dr. Nardella has also assisted in initiating the use of outcome measures across outpatient settings and ran outpatient groups for clients with chronic pain. Dr. Nardella is a member of APA, PPA and LLPA.

**ADDITIONAL INFORMATION ABOUT WELLSPAN HEALTH**

As noted, in 2016 Philhaven affiliated with WellSpan Health, a large regional healthcare system. Additional information on the WellSpan organization is provided in this section. More information can be obtained at www.wellspan.org.

**WellSpan Health Mission**

WellSpan Health is an integrated health system serving south central Pennsylvania. It is a community-based, not-for-profit organization. Wellspan Health’s Mission Statement reads as follows:

> Working as one to improve health through exceptional care for all, lifelong wellness and healthy communities.

**WellSpan Health Services**

WellSpan Health includes:

- Six respected hospitals in the south central Pennsylvania region
- More than 15,000 employees, volunteers and board members, committed to providing patients with the best health and wellness care
- A full continuum of behavioral health services through affiliation with Philhaven, including psychiatric inpatient facilities in three locations.

**Commitment to Community Health and Wellness and WellSpan Hiring Expectations**

The WellSpan commitment to community wellness, protecting patients and promoting a healthy environment extends to all Wellspan employees, including psychology interns. WellSpan Philhaven psychology interns are expected to commit to:

- Being Drug-Free
- Being Tobacco-Free & Nicotine Free*
- Being Fragrance-Free
  (no colognes, perfumes, or scented body products)
- Obtaining an annual flu vaccination

*WellSpan Health has a tobacco-free/nicotine-free hiring policy. All applicants who are offered employment with Wellspan Health will be required to pass a nicotine screening before employment is confirmed. Applicants who test positive for nicotine will not be hired but may reapply for a position after 12 months, provided they are nicotine-free.

Note: Employment/Match offers may be rescinded if one tests positive for nicotine or illegal drugs or fails to obtain a flu vaccine or an acceptable flu vaccine exemption.
POINTS OF INTEREST

WellSpan Philhaven’s Mt. Gretna campus is located in the Lebanon Valley in south central Pennsylvania, about 20 miles from Harrisburg. Traditionally a major agricultural area, more than half of the county’s land is used for pasture and raising crops. Residential and commercial properties are nestled among the county’s beautiful rolling hills and scenic farm lands. Pennsylvania Dutch hospitality abounds in the communities and towns.

Closest to WellSpan Philhaven, the village of Mt. Gretna is a popular summer resort. A variety of special activities are scheduled annually, including theater, concerts, an art show and much more.

Nearby Hershey is well known as a place for family entertainment and fun. The town of Hershey is one of the most immaculate and well-planned communities in America, with streetlights shaped like Hershey Kisses and street names reflecting the major business of the town.

History comes alive in Gettysburg, the site of the turning point battle of the Civil War. Tours are available of the battleground and also of the retirement home of the 34th President of the United States, General Dwight D. Eisenhower. Re-enactments of Civil War battles are staged annually.

Pennsylvania Dutch Country in Lancaster County is filled with exceptional dining, quaint shops and picturesque farmland. The Amish, or "plain people," farm the land, operate roadside produce stands and make quilts, crafts and furniture. Covered bridges, the Ephrata Cloisters and the home of the 15th President of the United States, James Buchanan, are just a few of many attractions.

Outstanding recreational opportunities are available in York County with the Susquehanna River, several lakes and numerous fishing streams. Parks and camping areas make easy access to trout fishing, white water canoeing, bird watching and deer and small game hunting. The county also boasts nine public golf courses and hosts thousands of snow skiers each year at Round Top.

A multitude of regional attractions are accessible within a day’s drive. Professional sports enthusiasts can enjoy baseball, basketball, football and ice hockey. Recreational opportunities are available at the famous Pocono Mountain Resorts, numerous ski areas,
state parks and the Appalachian Trail. Farmers markets, auctions and several hundred manufacturers’ outlet stores offer an array of browsing and shopping opportunities. Historic and cultural attractions abound in New York City, Philadelphia, Baltimore and Washington, D.C.

**APPIC’S INTERNSHIP PROGRAM GUIDELINES**

WellSpan Philhaven Hospital Doctoral Psychology Internship Program follows APPIC Match Policies for the intern selection process. APPIC application materials and policies can be located at the APPIC web site: [http://www.appic.org/](http://www.appic.org/)

This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant. Intern applicants are encouraged to subscribe to APPIC’s Match-News e-mail list to receive messages related to the match process. Information about the Match-News list can be obtained at [http://www.appic.org/](http://www.appic.org/).

In addition to the general AAPI requirements (APPIC application), the WellSpan Philhaven Hospital Doctoral Psychology Internship Program requires that applicants address specific items in their cover letter as referenced in the Internship Application Process section of this handbook and listed in the “AAPI and Cover Letter Requirements” sections of the program’s website. The site also requires three letters of recommendation.

**PROGRAM CONTACT INFORMATION**

For more information about the WellSpan Philhaven Hospital Psychology Internship Program, please contact:

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