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Mental Health Crisis Services Contra Costa Regional Medical Center Internship and Training Program

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Training Programs

The Mental Health Crisis Services of the Regional Medical Center offers training, practicum and internships to advanced level students, doctoral candidates and graduates of MSW, MFT, and Doctoral Programs in Psychology. Our doctoral level programs are members of CAPIC. We accept only a limited number of applicants each year for both ½ time (24 hour) and FT (40 hours) positions. At this time none of the internship positions are funded, however this may change by the starting date of 9/10/07.

Focus

The training and internship programs, all focus on providing both didactic and experiential exposure to a wide variety of patients seen in a community public hospital, with primary interaction in the crisis and stabilization unit. It also provides individual emphasis for the specific clinical field of each intern. Duties typically include gathering psychosocial information, DSM interviewing, assessment, diagnosis, behavioral management, psychopharmacology considerations, and brief treatment planning in the 24 hour crisis and stabilization units. Training in psychiatric evaluations in the emergency department, and crisis stabilization in mental health conditions, co-occurring disorders, substance use disorders, clinical diagnosis, family and individual brief interventions, psycho-education, collateral data gathering, referral and linkage are provided.

The program includes opportunities to work in a multi-disciplinary setting with all age groups, diverse cultural and language groups as well as diverse diagnostic categories. The internship also includes the chance to have exposure to and possible rotations to other services in the Health Service Department according to the intern's interest and staff availability, such as in-patient psychiatry, psychiatric services in an emergency department, consult liaison team, and outpatient mental health services.

The intern will through didactics, case discussion, and experience develop skills in the assessment and differential diagnosis of medpsych, neuropsych and geropsych patients; as well as severely and persistently mentally ill persons who come voluntarily or involuntarily to the hospital. Our treatment methods are largely cognitive-behavioral. We liaison with community and consumer groups who promote a recovery model. Psychological testing is not available at this internship.

Supervision

Each intern is assigned to a primary supervisor licensed in his or her own field of study. Additionally, each intern will work with from one to three delegated supervisors on the shifts they attend. These may be MD psychiatrists, psychologists, social workers, or marriage family therapists. Daily rounds at the beginning and end of each shift comprise an additional 1-hour each day of supervision. Finally, each Wednesday 1 ½ hours of group supervision are provided.



The didactic component includes a once a month 3 hour shared educational event with interns and trainees from the other Contra Costa County programs (i.e. children's mental health, out patient adult mental health, and jail and forensic mental health). The hospital staff and other mental health specialists provide trainings in areas designed to enhance the work with crisis mental health services. Examples of these trainings include: Behavioral Emergency Training, DSM differential diagnosis, substance use disorders, dual disorders, psychopharmacology, health psychology and psychosomatic medicine, thought disorders, mood disorders, anxiety disorders, dissociative disorders, axis 2 disorders, multicultural awareness series and others. The didactic trainings are designed to provide the research and evidence based component to the experiential component to maximize the learning experience. Monthly case presentations and discussions will be the students responsibility. A post-doctoral intern under the direct supervision of his or her primary supervising psychologist often leads or co-leads group supervision.

Application Process

If you are interested in applying for any of our programs, the application deadline to receive your application is 3/31/07.

Please send the following information to Kevin Gebken, LMFT at the Contra Costa Regional Medical Center. Your application packet should include:

1. Cover letter
 - Please indicate the licensing hours you are seeking (MFT, LCSW).
 - Designate if you are requesting a ½ time (24 hrs) or full time position.
2. Resume indicating work related experience
3. One unofficial transcript from your graduate program
4. Three contact individuals for references

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