



The Center for Motivation and Change Psychology Internship Program

The Center for Motivation and Change (CMC) is now offering a formal one-year full time Clinical Internship for Doctoral psychology students. The Internship training program will combine training in clinical treatments for adults with substance use disorders as well as research on the efficacy of such treatments.

The goal of the CMC Internship program is to:

1. Train the next generation of clinicians skilled in providing evidence supported treatments (EST) for adults struggling with substance use disorders and other mental health problems.
2. Provide a rigorous practice curriculum including training in EST through individual and group supervision, didactic, and experiences providing EST in both individual and group formats. Opportunities also exist to help with the supervision of masters-level research assistants at CMC.
3. Foster the growth of clinically relevant research skills by providing training in assessment as well as behavioral data collection through the use of validated scales, behavioral measures, therapeutic alliance measures, and assessment of treatment progress and outcomes.

Internship training objectives are as follows:

1. Interns will receive training and supervision in cognitive behavioral therapy, dialectical behavioral therapy, motivational interviewing, community reinforcement approach and family training, and other behavioral approaches for the treatment of substance use and mental health problems.
2. Interns will learn about treatment fidelity approaches and receive weekly individual and group supervision.
3. Interns will learn how to administer standardized mental health and behavioral assessments, track these data over time, and explore how they associate or predict treatment outcomes.

The CMC Internship environment:

Client Population: Clients at CMC are typically high-functioning, with mild to severe substance use issues, as well as concomitant Axis I /Axis II diagnoses. Clients are referred from local mental health providers as well as inpatient treatment programs.



Treatment Approach: Each client receives a comprehensive evaluation, followed by referral to the appropriate intensity of services. Treatments utilized at CMC include motivational and CBT approaches.

- Interns will train in assessment, individual and group therapy in one or more sites (Manhattan, White Plains, or Berkshires).
- All clinical supervision provided by experienced psychologists licensed in the state of New York, or in Massachusetts if at CMC's Berkshires location.
- Opportunities available for those interested in gaining skills in couples therapy, family therapy, and supportive services such as CBT-Insomnia, CBT-smoking cessation, and others.

The CMC Training curriculum:

- Interns begin with an initial training overview in MI, CBT, DBT, CRA/CRAFT other behavioral approaches
- All Interns receive a total of two hours weekly one-on-one supervision from an experienced licensed psychologist and one hour of weekly group supervision. CMC also provides weekly contact with a secondary, experienced and licensed clinical psychologist for additional supervision contact.
- Interns receive 1 hour weekly of didactic training.
- Following the initial training overview, training workshops continue for one hour each week and address both evidence based approaches as well as broader emergent clinical issues (for example, toxicology screening, integrating psychiatric medication into treatment plans, etc.)
- Interns are trained in psychological and behavioral assessment and implement CMC's ongoing computer based behavioral tracking data collection with clients
 - Interns are trained in how to integrate the data they collect into treatment with clients; use of data as 'feedback loop / early warning system'
 - Interns will have 20 - 25 patient hours per week

For more information about CMC's internship program email Dr. Kathy Pruzan at kpruzan@motivationandchange.com. For more information about CMC, please review our website at www.motivationandchange.com.

We offer a stipend of \$25,000 plus a competitive benefits package.

Please note that CMC is neither APA nor CPA accredited at this time.