



**South Florida Evaluation and  
Treatment Center**  
18680 SW 376th Street  
Florida City, Florida 33034

## **Wellpath, Inc. South Florida Evaluation and Treatment Center**



**Doctoral Psychology Internship Brochure**

**2020 - 2021**



### **General Overview of Wellpath Solutions/South Florida Evaluation and Treatment Center**

South Florida Evaluation and Treatment Center is a 249 bed forensic psychiatric hospital operated by Wellpath Solutions, Inc. SFETC is not a state agency and operates under a contract to the State of Florida through the Department of Children and Families. We serve men and women who have been adjudicated by the court as Incompetent to Proceed to Trial (ITP) or were found Not Guilty by Reason of Insanity (NGRI). The majority of the patients are ITP. It is the goal of SFETC to stabilize their psychiatric condition and to restore them to competency so that they may return to court and have their case adjudicated. For those declared NGRI the facility provides aggressive mental health treatment to reduce symptoms of mental illness while diminishing an individual's risk to society so that they may be discharged to a less restrictive setting. A variety of severe mental illnesses are seen at our facility, with the most frequent diagnoses being major thought and affective disorders, severe personality disorders (primarily antisocial and borderline), and substance related and addictive disorders. A number of forensic and clinical services are provided by the psychology staff to hasten the patients' return to court or to the community. These services include psychological assessments, functional assessments of behavior, individual psychotherapy, group psychotherapy, rehabilitation programs, competency evaluations, competency restoration groups, and individual competency restoration sessions.

### **Wellpath Solutions, LLC/SFETC Mission Statement:**

The mission of SFETC is to improve the lives of those touched by a mental illness. Our vision is to be the leader in providing quality forensic psychiatric care that anticipates and responds to the changing needs of the patients we serve and to empower patients with mental illness and their families to achieve the highest quality of life. We are committed to promoting the potential of our patients in an atmosphere of dignity and respect. We will pursue clinical, forensic and workforce excellence. Our treatment environment promotes recovery through therapeutic alliances with clinical, security, administrative and support staff. We hold that the delivery of quality services is dependent upon evidence-based practice, a safe and therapeutic environment, patient and family involvement in treatment planning, highly competent staff, and responsible fiscal management. We uphold the highest professional standards and ethical behavior.

## **DOCTORAL INTERNSHIP PROGRAM**

### **Psychology Internship Mission**

The Internship Program is intended to function in accordance with the regulations and standards of the State of Florida, Department of Children and Families, and Wellpath Solutions, LLC./SFETC. The mission of the Psychology Internship Program at South Florida Evaluation and Treatment Center is to provide:

- Specialized clinical training in assessment and treatment of severe mental illness with the goal of improving the lives of our patients.
- Specialized training in forensics focused on addressing the unique issues of forensic patients and providing interns with specialized skills in forensic psychology with an emphasis on forensic and psychological assessment.
- High quality supervision to assist interns in their development as competent and effective professional psychologists.
- Professional development to assist interns in becoming well-rounded professionals who will be able to function competently and effectively in a variety of work settings.

Throughout their training, an intern will be included as a contributing member of the hospital's multidisciplinary teams. Responsibility for professional decision-making grows as the intern's clinical skills are demonstrated and refined. However, the intern's primary role remains that of trainee, with supervision and training as a top priority.

### **Training Program Overview**

Internship training takes place within the practitioner-scholar model. Throughout the year, the internship follows a sequential, developmental training process offering opportunities for building, developing and refining the skills experiential learning and didactic training seminars. The ultimate goal of internship is to produce ethical clinicians who are multiculturally sensitive and able to provide quality assessment services and integrate science with practice in treating a severely and persistently mentally ill forensic population. In order to meet APPIC membership criteria stating "At least 25% of trainees' time is in face-to-face psychological services to patients/clients," Psychology Interns are expected to engage in a minimum of 10 hours per week of face to face psychological services contact with patients. Interns receive extensive training in a number of areas of psychological assessment: Cognitive, personality, neuropsychological, behavioral, violence risk, and suicide risk assessment. Interns are taught critical thinking methods to assess clinical and forensic situations. Interns are expected to use empirically validated treatment methods and are trained to understand, interpret, and apply empirically based assessment and treatment interventions. Through didactic training and supervised practice, the intern will increase his/her knowledge and proficiency in the application of general psychological principles and will have an opportunity to work with a culturally diverse population. The specialized forensic training addresses issues of risk assessment and risk management, personal and community safety, forensic evaluation, expert testimony, interactions with the criminal justice system, the role of psychology within the legal system, basic law and legal commitments, and ethical treatment of forensic patients. Training is accomplished through seminars, tutorials, workshops, clinical supervision and a multitude of clinical experiences. The internship provides further experience in learning how to work within a large organization, to work with a multidisciplinary team, and to interface with other large systems such as the judicial and correctional systems. A total of 2000 hours, completed during twelve consecutive months is required to complete the internship.

## **Specific Duties**

Doctoral interns are required to complete the following Training Goals throughout their training year. Interns will begin their training following completion of orientation and adjustment to the site, usually the first Monday after orientation. While in training, interns meet for at least two hours of individual supervision per week with their Primary Supervisor and two hour of group supervision with the clinical director.

### ***Forensic Training***

The forensic training will give interns the opportunity to evaluate and treat individuals who are Not Guilty by Reason of Insanity (NGI) or Incompetent to Proceed (ITP). They will perform competency evaluations and risk assessments, conduct competency groups, and will write a minimum of 1 competency report to the court and the opportunity to write a non-restorable report to the court, depending on availability.

### ***Assessment Training***

During the assessment training, interns will complete at least four (4) comprehensive assessments, using mainly malingering, memory, personality, IQ, adaptive functioning, and/or and neuropsychological measures.

### ***Therapeutic-Interventions Training***

On the therapy training interns will have the opportunity to lead one DBT/CBT group weekly, as well as carry a caseload of up to six individual therapy patients a week. Additionally, during this training the interns will begin writing a variety of reports (e.g., step-down to civil/community; non-restorable; and annual reports to the court).

### ***Specialized Behavior Plan and NGI Training***

With specialized behavior plan training, interns will learn to develop, implement, and track the effectiveness of individualized behavior plans. They will help train staff in the implementation of the behavior plans and provide continued consultation to the teams in regards to the behavior plans. They will have the opportunity to observe and collect data in the setting where the behavior occurs most often, distribute rewards to the patients who earned them, and provide support to treatment teams who are monitoring on-unit plans. This training also includes risk assessments for NGI patients, as well as the opportunity to write at least four step down reports.

Thus, diversity of training is promoted through successful completion of the training goals, a variety of therapy and assessment experiences, interactions with eight varied treatment units, and interaction with multiple supervisors and clinical staff throughout the hospital. Interns will have

the opportunity to work with a diverse patient population and will be expected to show respect and sensitivity to individual differences involving culture, race, religion, and sexual orientation.



### **Program's Core Training Components**

Interns will be expected to carry out the duties of the Department of Psychology as assigned to them by their Primary Supervisor and Director of Training. These duties include, but are not limited to the following: psychological evaluations, individual and group therapy, individual and group forensic psychoeducation, psychological assessments, and specialized behavioral interventions. Interns may **only** take assignments/referrals from their supervisors and the Director of Training. The core training areas are as follows:

1. **Forensic Training:** As part of the forensic training interns have the opportunity to evaluate and treat individuals who have either been adjudicated by the court as Not Guilty by Reason of Insanity (NGRI) or Incompetent to Proceed (ITP). While on the forensic training, interns will facilitate weekly competency restoration groups and provide individual competency restoration sessions, as needed, for individuals who have been found Incompetent to Proceed. They will assist in competency assessments and evaluations and risk assessments, and will write Initial Forensic Psychological Assessment (IFPA) reports. Because the patient population consists of forensically committed individuals, a portion of the assessment and didactic seminars will be devoted to the discussion of forensic issues. Interns will be exposed to competency to stand trial assessments and malingering evaluations. Interns may be provided with the opportunity to assist a psychologist with the completion of readiness for release evaluations for individuals adjudicated Not Guilty by Reason of Insanity (NGRI) and risk for violence assessments. Interns will have the opportunity to observe his/her supervisor testify as an expert witness in medication and/or criminal court.
2. **Clinical Interventions/Therapy:** As part of the clinical therapy training interns will have the opportunity to provide therapeutic interventions to a culturally diverse inpatient population with severe and persistent mental illness. The psychology internship program is committed to the goal of producing practitioners who not only are aware of the importance of understanding cultural issues when providing competent treatment, but who also actively

integrate cultural considerations into all aspects of treatment (e.g., case formulation, forming and maintaining the therapeutic alliance, the appropriateness of specific interventions, etc.). Interns will carry a caseload of up to six patients for whom they will provide individual therapy. Interns will be aware of evidence based treatment methods through seminars or specially assigned cases where manual/protocol-driven interventions can be delivered. By the end of the internship year, interns are expected to have developed proficiency in the following areas:

#### Individual Therapy:

- (a) Conceptualizing cases according to a stated theoretical model
- (b) Integrating culturally-relevant information into case conceptualization and treatment
- (c) Developing basic therapeutic rapport and treatment engagement
- (d) Planning and implementing empirically based interventions
- (e) Evaluating the effectiveness of interventions
- (f) Adjusting interventions according to a patient's needs

#### Group Therapy:

Experience facilitating groups is a valuable and important clinical training experience during the internship year. Thus, interns will have the opportunity to have a variety of group experiences. Interns will facilitate one group per week, specifically a psychoeducational DBT/CBT group. Experience providing group psychotherapy will solidify skills in the following areas: (a) facilitating group process and (b) using group dynamics and process toward positive treatment outcomes.

#### Specialized Behavioral Plans:

Interns will have the opportunity to participate in the Specialized Behavior Plan committee. They will learn how to develop, implement, and track the effectiveness of individualized behavioral plans. Interns will help train staff in the implementation of the behavior plans and continuously work with direct care staff in a collaborative effort.

3. Psychological Assessment and Diagnosis: In addition to Initial Forensic Psychological Assessment reports which are assigned on a rotating basis, interns will complete a minimum of four psychological test batteries during their internship while on the assessment Training. They will learn to draw sound diagnostic inferences and make recommendations relevant to patients' needs using clinical interviews, collateral information, and/or psychological assessment data. They will be able to write psychological reports that are guided by specific referral questions. Interns will work collaboratively with their supervisor in choosing an efficient, yet thorough, assessment battery that is uniquely designed to answer the referral question, while addressing the forensic implications.

4. Multicultural Awareness: Throughout internship the importance of understanding cultural issues when providing competent assessment and treatment is stressed. By focusing on diversity issues in training and supervision and providing psychotherapy and assessments to patients from diverse backgrounds (with appropriate supervision and consultation), interns will learn to actively integrate cultural considerations into all aspects of treatment and adjust assessment and treatment strategies to reflect an understanding of individual cultures, languages, abilities, values, and ranges of socioeconomic status. Interns will be expected to show respect and sensitivity to individual differences involving culture, race, religion, and sexual orientation.
5. Multidisciplinary Treatment Team Skills: Consultation is a core psychological skill. Interns will attend and participate in treatment team meetings on their assigned units. Interns conducting psychotherapy and assessment become consultants to the patient's treatment team. Interns will participate in a treatment team or as a consultant to several treatment teams, learning to consult effectively with peers and other professionals. Interns are expected to become proficient in contributing psychological expertise to the treatment team by the end of the internship year. Participation in the multidisciplinary treatment process will assist in refining the intern's clinical knowledge as well as developing their professional identity.
6. Ethics and Standards of Practice: In seminars and ongoing supervision, interns will review ethics, standards, and laws related to the practice of psychology. A portion of seminar time is devoted to discussion of the APA Ethical Guidelines and the Specialty Guidelines for Forensic Psychologists. During didactic training focused on ethics, interns will be exposed to ethical dilemmas confronted by psychologists and the thought process leading to final decision making with regards to treatment. Interns will develop sensitivity to the specific ethical concerns posed by a forensic setting, particularly with respect to confidentiality, role conflict, use of consultation, and the limitations of our empirical knowledge base.

Thus, diversity of training is promoted through participation in a variety of therapy and assessment experiences, forensic training, and interaction with multiple supervisors and clinical staff throughout the hospital.

### **Supervision**

The Department of Psychology consists of six (6) full time licensed, doctoral level psychologists, which includes the Director of Psychology. In addition, two (2) full-time postdoctoral psychology fellows, and two (2) full-time pre-doctoral interns work on psychiatric units providing a full range of psychological services and direct care to patients. The standards of practice for psychologists in the service include competence in the following areas: Psychological and neuropsychological assessment, psychological treatment interventions, suicide and violence risk assessment, behavioral planning, and treatment team participation and coordination. All psychology service members participate in the internship training program, with a variety of roles in supervising, teaching, mentoring, or training pre-and postdoctoral psychology interns and fellows. Interns will participate in at least four hours of supervision with a licensed psychologist each week.

The intern works directly with their primary supervising psychologist on forensic cases and work with the Clinical Director for supervision on clinical cases. Interns will receive at least two hours of individual face-to-face supervision with their supervisor, focusing on their forensic case load each week. Supervision will focus on the integration of research and practice in addition to mentoring and/or modeling on an ongoing basis. Interns will be assigned a Primary Supervisor who will meet with their assigned intern to provide consistency and to allow for a perspective on the intern's development. Interns are expected to complete a weekly activity log and return this to their Primary Supervisor each week during supervision. Collaboratively, the intern and the supervisor track the completion of clinical and forensic activities to make certain that they are keeping up with program requirements. Interns must bring the Tracking Sheet to each supervision session. All services that are provided by an intern are monitored and his/her documentation in the medical record is co-signed by the Primary or Clinical Supervisor, depending on the services rendered.

Interns will participate in two hours of face-to-face group supervision consisting of all the interns and the Director of Clinical Training weekly. Group supervision allows interns an opportunity to build cohesion as an intern class. Group supervision is intended to focus primarily on clinical issues such as the integration of research and practice, short-term therapy, caseload management, termination, and interpersonal dynamics, as well as professional development. Beginning sessions generally focus on adjustment to internship training followed by an increased clinical focus. Professional development is a primary focus in the second half of the year with assistance given to the job search process and obtaining a postdoctoral fellowship.

### **Didactic Training**

Interns will participate in didactic training sessions throughout their training year. The weekly didactic training covers a variety of subjects directly related to the field of Psychology. Some of the topics that will be taught in the didactic training include: Forensic issues (e.g., risk assessment, expert testimony) Ethical and professional issues (e.g., EPPP examination, boundaries) Assessment (e.g., HCR-20, I-2, SIRS, TOMM, M-FAST, MMPI-2), Multicultural Issues, and Therapy.



## **BENEFITS**

Interns are considered employees of Wellpath Solutions/SFETC and have a stipend of \$21,632 per year and are paid bi-weekly.

Interns are expected to begin their workday at 8:00 am and conclude it at 4:30 pm. They are entitled to 30 minutes of lunch in the middle of the day. They are expected to be at the hospital during these hours unless they have received explicit permission from the Director of Training and their Primary Supervisor. When an intern is sick or will otherwise be absent, he/she should directly notify their Primary Supervisor by telephone by 8:00 a.m. Interns must make sure to speak to a live person when calling in sick or running late. In addition, if an intern is running late and will be later than 8:15 a.m., they are required to call their Primary Supervisor or Training Coordinator and Training Director to inform them of such. Interns are expected, of course, to act as professionals and arrive on time.

Interns will receive all holidays observed by the hospital and 16 days Paid Time Off (PTO) during the training year. PTO days are used for personal days and sick leave. Interns cannot use any PTO days prior to completing 90 days of employment at SFETC. Interns may choose to save some of their PTO days in case they need to take time to interview for postdoctoral positions or other employment; however, all interns must remain until the end of the internship year. PTO **cannot** be used during the last two weeks of internship. Only under special circumstances will the Director of Psychology approve time off during the final two weeks of internship. Interns' title throughout the course of the year is that of "Psychology Intern". At the end of the year, and upon successful completion of all internship requirements, each intern is awarded a certificate of completion. All time away from the hospital needs to be documented on a Time-Off Request sheet and submitted to the Primary Supervisor for approval (Appendix G).

### **Insurance Benefits**

Interns will be offered the following: medical plan, dental plan, vision plan, life insurance, disability plans, flexible spending accounts, and 401(k). Please refer to the information available in the Wellpath employee handbook or from your Human Resources representative for more details on the above-mentioned benefits.

### **Free Lunch**

Interns receive a free lunch from the hospital cafeteria each work day. If they choose to participate in this program, they must put their names in a sign-in sheet located at the cafeteria every time they receive lunch.

Interns are entitled to a free lunch from the hospital cafeteria each work day. Interns will be required to sign a sheet at the cashier that they have received their free meal each day.



### **APPIC Membership**

Wellpath Solutions Inc./ SFETC is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC) and participates in the APPIC Internship Matching Program. Applications and the Applicant Agreement can be obtained from the APPIC website ([www.appic.org](http://www.appic.org)). Our program code is 1218. We have two funded Internship positions. As stipulated by APPIC policies, no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant. Results of the APPIC Match constitute binding agreements between applicants, internship programs, and APPIC that may not be reversed without APPIC's consent. Appointments of applicants to internship positions are contingent upon the applicants satisfying certain eligibility requirements. Such eligibility requirements are clearly specified below.



### **Application Procedure**

**Prerequisites for application:** Applicants are expected to have completed all required academic and practicum work prior to beginning the internship. Applicants must be registered in an APA-approved doctoral program in clinical or counseling psychology. This requirement *may* be waived for individuals enrolled in an equivalent program. We consider applicants for all positions without regard to race, religion, creed, color, gender, national origin, citizenship status, age, disability, marital or veteran status, sexual orientation, or any other legally protected status.

**How to apply:** A complete application should contain the following documents:

- Current curriculum vitae (CV)
- Latest academic transcript
- APPIC Application for Psychology Internship (AAPI)
- Three letters of recommendation
- One redacted psychological evaluation report



**Applications should be sent to:**

Yumay Grillo, Psy.D.  
Director of Psychology, Forensic Services, and Clinical Training  
**Wellpath, LLC**  
South Florida Evaluation and Treatment Center - SFETC  
18680 SW 376th Street  
Florida City, Florida 33034

**Match Process**

APPIC standards with regard to Match procedures are strictly followed. Match applicants are required to undergo background checks before appointment.

**Internship Handbook**

The Internship Handbook contains more detailed information regarding the program's training objectives competency goals, performance evaluations, due process and grievance and administrative policies and procedures.

**To obtain further information, please contact:**

Yumay Grillo, Psy.D.  
Phone: 786-349-6056  
Email: [ygrillo@wellpath.us](mailto:ygrillo@wellpath.us)

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