**LifeStance Health Doctoral Psychology Internship Program 2023-2024**

**Program Overview**

Thank you for your interest in LifeStance Health doctoral psychology internship program. LifeStance Health offers a one year, 1800-hour full-time doctoral internship that emphasizes learning about the nature of psychopathology using diagnosis, assessment, and an array of treatment approaches. The training program at LifeStance Healt6h attempts to provide the Intern with the opportunity to begin assuming the professional role of the psychologist consistent with the practitioner-scholar model. This model focuses on the integration of knowledge the Intern has acquired with the practical application of knowledge through skills in clinical activities. It is the goal of LifeStance Health to build on and expand the Intern’s current level of abilities and skills to increase professional competencies and the ability to function as an independent practitioner. Several qualities will promote the best fit for this opportunity. Applicants should have some knowledge of evidence-based practices and have an interest in providing brief and long-term focused therapy. Additionally, Intern applicants should have an interest in working with a wide variety of presenting problems (depression, anxiety, parent-child problems, personality disorders, trauma, bipolar disorders, etc.) and populations (child/adolescent, adults, couples, older adults). Interns can expect to work with underserved populations and must have an understanding and appreciation for cultural and economic diversity. Currently, Interns are serving clients with Medicaid, Providence and Kaiser insurance and those who elect to cash pay for services.

LifeStance Health (2084) has two positions for the upcoming internship year. Interns can expect to work 40 hours per week including one evening a week until 7 and on Saturday. LifeStance Health requires a minimum of 400 intervention hours, completion of coursework, completion of competency exams and dissertation proposal approved by the time applications are due. Due to the disruption caused by COVID-19 we will review applicants who were unable to complete their practicum hours and/or have their dissertation proposals approved. We ask that applicants include a statement that indicates the requirements were not met due to COVID-19.

The internship at LifeStance Health is fast paced and works best for Interns that are self-directed, motivated and thrive in a clinical environment that focuses on collaboration, efficacy, and best practices. We look for Interns that have intermediate clinical skills in working with adults and experience or desire to gain skills working with adolescents and children. We require Interns to conduct group therapy; initially as a co-facilitator with training staff. Interns may choose to facilitate a group on their own or co-facilitate with other providers after the mid-year evaluation.

**LifeStance Health**

LifeStance Health is a behavioral healthcare company focused on providing evidence-based, medically driven treatment services for children, adolescents, and adults suffering from a variety of mental health issues in an outpatient care setting, both in-person and through its digital health telemedicine offering.

At LifeStance Health, patient care is paramount – the driving force in everything we do. LifeStance Health is committed to state-of-the-art clinical excellence, to partnership and collaboration with other treating health care providers to ensure continuity of care, to the utilization of data to individually tailor services for continual improvement in outcomes, and to empowering patients to make informed choices and help them achieve their goals. This is offered in a compassionate and safe environment that provides education, support, and best practices in integrated care.

LifeStance Health is a national provider of behavioral healthcare services with operations across the country. Founded in 2017, LifeStance Health brings together psychiatrists, psychologists, nurse practitioners, and licensed therapists to provide comprehensive mental health treatment services for patients of all ages. Every LifeStance Health team member is dedicated to providing the utmost in compassionate care and treatment to serve the specific needs and concerns of each individual patient. We believe in a truly healthy society where mental and physical healthcare are unified to make lives better. We are collaborative, building enduring relationships to achieve more together. At LifeStance Health, there’s no one-size-fits-all approach to mental health. We tailor our care plans to fit each person’s unique needs. LifeStance Health offers both in-person and telehealth appointments and accepts most insurance plans.

**Formerly** **Western Psychological and Counseling Services, PC.**

Western Psychological and Counseling Services (WPCS), established in 1986 as a for-profit company, was acquired by LifeStance in January 2021. LifeStance Health currently has 15 offices located throughout the Portland metro area, one office in Eugene and one in Corvallis. In addition, LifeStance Health has three offices located across the river in Vancouver, Salmon Creek and Camas Washington. LifeStance Health clinics offer morning, afternoon, evening, and Saturday appointments. LifeStance Health clinicians represent a variety of theoretical orientations and offer a variety of specialties. With over 350 clinicians and counselors working at LifeStance Health (regional), each level of licensure is represented. LifeStance Health employs psychiatrists, psychiatric mental health nurse practitioners, psychologists, licensed clinical social workers, licensed marriage and family therapists, licensed professional counselors, and chemical dependency counselors. In addition, LifeStance Health employs postdoctoral psychology residents and master’s students in social work and psychology programs.

**Service Overview**

LifeStance Health provides traditional Outpatient Mental Health services at all clinics in the Portland Metropolitan area and in Washington. LifeStance Health also provides autism testing and behavioral services, school-based services, ADHD assessment and treatment for children, adolescents and adults, and behavioral health services.

**LifeStance Health’s Outpatient Behavioral Health Program**

LifeStance Health provides traditional outpatient mental health services and chemical dependency services to children, adolescents, adults, and older adults. LifeStance Health also provides case management and skills training services to Medicaid clients. Outpatient mental health services include diagnostic assessment, individual, group, couples or family therapy, consultation, medication evaluation and management, psychosocial education, family education and support, and case management. All LifeStance Health clinics in Oregon are State certified under Oregon Administrative Rules to provide non-inpatient mental health treatment services. Additionally, LifeStance Health maintains Certificate of Approval for Children’s Outpatient services. LifeStance Health has been reviewed and credentialed by most health plans in the Metro area. This process includes a review of documentation to ensure it meets national and state standards. LifeStance Health has been certified by the State of Oregon to provide mental health and substance use services through a rigorous review process for nearly two decades.

LifeStance Health is committed to providing mental health services that promote positive outcomes. We utilize the Center for Clinical Informatics' ACORN set of tools to provide research-supported feedback from the client to LifeStance Health. We use this feedback to guide treatment, as well as improve our overall service system.

**Mission Statement and Aim of Program**

LifeStance Health is committed to providing mental health services that promote positive outcomes. Our mission is to help people lead healthier, more fulfilling lives by improving access to trusted, affordable, and personalized mental healthcare.

Our Values:

Delivering Compassion

Building Relationships

Celebrating Difference

The aim of the LifeStance Health doctoral internship program is to facilitate growth and training of generalist psychologists who are committed to, and competent in treating a wide array of psychological disorders with adherence to best practices and ethical standards in a culturally responsive manner. Interns have the opportunity to begin assuming the professional role of the psychologist and upon completion of the internship, have the foundation necessary to for an entry-level professional. The doctoral internship program at LifeStance Health is dedicated to providing quality training and education to Interns so they in turn, may provide quality mental health care and enrich the lives of those who seeks our services. We are committed to providing the most up to date, trauma informed, culturally sensitive, strength based and individualized treatment to promote positive outcomes. We seek to assist with the professional development of Interns in the same manner; focusing on individual differences and being culturally sensitive and taking a strength-based approach to promote positive outcomes. LifeStance Health understands the importance of a collaborative approach, be it in working with clients or assisting in the development of a psychologist.

**Internship Training Goals**

The Psychology Doctoral Internship at LifeStance Health is designed as a general internship and is seen as a component of the doctoral training process in Clinical Psychology. The internship at LifeStance Health attempts to provide the Intern with the opportunity (in terms of setting, experience, and supervision) to begin assuming the professional role of the psychologist consistent with the scientist/practitioner model. This role entails the integration of previous training and a further development of scientific, professional, and ethical bases involved in professional functioning. It is the goal of LifeStance Health to build on and expand the Intern’s current level of professional abilities and skills in order to increase professional competencies and the ability to function independently in professional practice. In short, LifeStance Health implements a developmental approach to training that builds on the Intern’s previous knowledge and experience with increasing complexity over the internship year.

The training program emphasizes learning about the nature of psychopathology using diagnosis, assessment, and an array of treatment approaches. LifeStance Health values combining best practice standards in conjunction with a consideration of the Intern’s current level of competency and theoretical orientation when assessing the needs of the client. It is our objective to expose each Intern a wide variety of patient populations. In addition, Interns will have the opportunity to work on a multi-disciplinary team. Multiple supervisory experiences will be provided as well as diverse learning opportunities. Interns will be expected to actively participate in case conferences and clinical decisions and will be considered highly regarded and respected members of the clinical staff. As noted, Interns function as members of the clinical staff at LifeStance Health. Once their level of competency and training needs have been assessed, and they are aware of the policies and procedures of LifeStance Health, they perform all clinical functions for which they are qualified. Training and professional development activities continue throughout the year to prepare the Intern to function as a competent generalist psychologist. Internship at LifeStance Health is devoted to direct, clinical service, primarily through individual and group therapy. Interns develop an individualized plan that incorporates the goals of the intern with the goals of the agency.

**Clinical**

Interns will have between 15-20 hours of their schedule dedicated to seeing clients in individual and group therapy. There is time allotted for paperwork and other administrative tasks. Interns typically to split their time between two offices. Virtual sessions will continue to be offered and Interns can expect one to two days being dedicated to virtual sessions. Interns work Tuesday through Saturday. A sample of the weekly schedule is included below. Interns are given time to work on dissertation as needed.

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| --- | --- |
| **Hour** | **Activity** |
| **Tuesday** | |
| 9:00 – 10:00 | Patient |
| 10:00 – 11:00 | Patient |
| 11:00 – 12:00 | Patient |
| 12:00 – 1:00 | Patient |
| 1:00 – 2:00 | Lunch |
| 2:00 – 3:00 | Patient |
| 3:00 – 4:00 | Patient |
| 4:00 – 5:00 | Paperwork |
| **Wednesday** | |
| 10:00 – 11:00 | Patient |
| 11:00 – 12:00 | Patient |
| 12:00 – 1:00 | Patient |
| 1:00 – 2:00 | Lunch |
| 2:00 – 3:00 | Patient |
| 3:00 – 4:00 | Paperwork |
| 4:00 – 5:00  5:00 – 5:30 | Group Therapy |
| 5:30 – 6:00 | Paperwork |
| **Thursday** | |
| 9:00 – 10:00  10:00 – 11:00 | Group Supervision With a Licensed Clinical Psychologist |
| 11:00 – 12:00 | Commute to the East Gresham Office |
| 12:00 – 1:00 | Staff Meeting |
| 1:00 – 2:00 | Lunch |
| 2:00 – 3:00  3:00 – 4:00 | Professional Development Seminar/Didactic Seminar |
| 4:00 – 5:00  5:00 – 6:00 | Individual Supervision With a Licensed Clinical Psychologist |
| **Friday** | |
| 9:00 – 10:00 | Assessment/Diversity Seminar |
| 10:00 – 11:00 | Assessment/Diversity Seminar |
| 11:00 – 12:00 | Patient |
| 12:00 – 1:00 | Patient |
| 1:00 – 2:00 | Lunch |
| 2:00 – 3:00 | Patient |
| 3:00 – 4:00  4:00 – 5:00 | Paperwork |
| **Saturday** | |
| 9:00 – 10:00 | Provide Supervision to Practicum Students |
| 10:00 – 11:00 | Patient |
| 11:00 – 12:00 | Patient |
| 12:00 – 12:30 | Lunch |
| 12:30 – 1:00 | Paperwork |
| 1:00 – 2:00 | Patient |
| 2:00 – 3:00 | Patient |
| 3:00 – 4:00 | Paperwork |

**Assessment**

* Diagnostic (Adult/Child)
* Limited Personality Assessment (Adult/Child)
* Suicide/Self-harm Assessment (Adult/Child)
* Outcome measurements (ACORN)
* ADHD Assessment

**Theoretical Orientations/Treatment**

* Cognitive Behavior Therapy
* Psychodynamic Therapy
* Dialectical Behavior Therapy
* Crisis Intervention
* Family Systems
* Psycho education
* Motivational Interviewing
* Humanistic
* Interpersonal

**Modalities**

* Individual
* Group
* Family/Couples
* Parent Training

**Supervision and Training**

Interns will receive two hours of individual supervision and two hours of group supervision per week and will rotate to new supervisors midway through the year. Peer supervision will occur at least once weekly and/or as needed with the practicum student and will start after the six-month mark of the training year. The time will vary according to the need of the practicum student but will include a minimum of 45 minutes to discuss intakes. Individual supervision of practicum students will start after six months and will occur weekly for one hour.

Interns will participate in two hours of didactic seminar each week which consists of a core group if didactic topics as well as various topics based on the individual training goals of the Interns. Didactic is held at the Gresham office and off-site if needed. Additional time for travel is allotted as needed for off-site training. The didactic schedule is included in the training manual that is provided at orientation.

The diversity seminar and the assessment seminar occur bimonthly on alternating months. The seminars are two hours in length and will cover a variety of topics and include guest speakers. The schedule for the seminars in included in the training manual that is provided at orientation.

Interns will participate in a bimonthly professional development and self-care seminar that is two hours in length. This seminar will be held off-site. Travel time is allotted in addition to the 2-hour seminar length. Interns will participate in assessment seminar on a bimonthly basis that is two hours in length. This seminar will cover the use of assessment in clinical practice and is facilitated by a licensed psychologist. There will be a bimonthly diversity seminar that will cover a variety of topics and will be facilitated by various professionals within LifeStance Health and the community.

Group co-facilitation-Interns will participate as a group co-facilitator of a process or skills-based group with a licensed psychologist or psychology resident. Groups are typically 90 minutes in length and an additional 30 minutes is allotted for group preparation and debriefing after group.

Interns will attend weekly staff meetings that are one hour in length. Interns will attend the staff meeting at the location where they spend most of their clinical time. There are dedicated times during the month for case consultation in staff meetings; in addition, informal consultation occurs on an ongoing, as-needed basis with colleagues in the building.

Town Hall meetings occurs at least once per year and are from three to four hours in length. Town Hall meetings typically cover topics such as ethics/legal, diversity and addressing specific populations or conditions. In addition to the Town Hall meeting, LifeStance Health offers elective trainings where providers share the cost (Interns attend at no cost). These topics vary but can include working with trauma, specific theoretical orientations, and specialized training in diagnosing and assessing ADHD. During this time, Interns can consult and collaborate with colleagues.

There are four mandatory trainings Interns are required to attend. These trainings occur throughout the year and vary in length. Topics include: ***Medical Necessity, Fraud, Waste and Abuse, HIPPA &FICARE (feedback informed care.***

**Training activities and didactics**

Interns will participate in weekly, two-hour Didactic seminars. Topics include, but are not limited to:

* Diversity Issues
* Modalities for treatment
* Ethics
* DSM-5 Diagnosis
* Treatment planning and case conceptualization
* Research and the utilization of outcome data
* Evidence base practices versus practiced based evidence
* Addictions
* Crisis Intervention
* Primary care integration with mental health
* Psychotropic medication, psychopharmacology
* Collaborative meetings with multi-disciplinary staff
* Quality Review of charts
* Electronic Health Record

**General Responsibilities of the Intern Training Program**

***The Intern Training Program***

1. The training program will provide Interns with the information regarding relevant professional standards and guidelines as well as providing appropriate forums to discuss the implementation of such standards.
2. The training program will provide Interns with information regarding relevant legal regulations which govern the practice of psychology as well as providing appropriate forums to discuss the implementation of such guidelines.
3. The training program will provide written evaluation of the Intern’s progress with the timing and content of such evaluations designed to facilitate Intern’s change and growth as professionals. Evaluations will address Intern’s knowledge of and adherence to professional standards, their professional skill competency, and their professional functioning as it relates to the delivery of professional services.

In accepting the above responsibilities, the internship program will maintain ongoing communications with the Intern’s graduate program regarding the Intern’s progress during the internship year. The training program will provide appropriate mechanisms by which inappropriate Intern behavior affecting professional functioning is brought to the attention of the Intern. The training program will also maintain intern procedures, including grievance and due process guidelines, to address and remediate perceived problems as they relate to the professional standards, professional competency and/or professional functioning. Once the Intern satisfactorily completed the internship year, a Certificate of Completion will be awarded.

**Intern Rights and Responsibilities**

It is the sincere intent of LifeStance Health to provide an environment that ensures they receive fair and equitable treatment. In addition, LifeStance Health strives to provide a straightforward procedure to resolve grievances in a manner that allows for the continuation of learning and mentoring for the Intern. A copy of the grievance and due process policies can be requested by contacting the Training Director at joni.moon@LifeStance.com.

***Interns are expected to:***

Be aware of and abide by the guidelines as stated in the *APA Ethical Principal Psychologists and Code of Conduct, Standards for Providers of Psychological Services, Specialty Guidelines,* and any other relevant, professional documents or standards which address psychologists’ ethical, personal and/or legal responsibilities.

Be aware of and abide by the laws and regulations governing the practice of psychology as included in appropriate legal documents. Such documents include are not necessarily limited to the Oregon State Board of Examiners of Psychology Law.

Be aware of and abide by the policies and procedures of LifeStance Health.

Complete the internship within the twelve month period. Individuals who are unable to do so due to extenuating circumstances, may petition for an extension.

It is recognized by the training program that mere knowledge of and exposure to the above guidelines and standards are not sufficient. Interns need to demonstrate the ability to integrate relevant professional standards into their own repertoire of professional and personal behavior. Examples of such integration include a demonstrated awareness of ethical issues when they arise in work with clients, appropriate decision making in other ethical situations, and awareness of ethical considerations in their own and other’s professional work.

***Professional Competency and Evaluation***

By the time the internship is complete interns are expected to:

1. Demonstrate knowledge of psychopathology and of developmental, psychosocial, and psychological problems.
2. Increased identification and understanding of theoretical orientation.
3. Proficiency in making DSM-5 diagnoses.
4. Demonstrate knowledge of the special issues involved in working with a minority and disadvantaged population.
5. Knowledge and application of appropriate ethical and legal standards in clinical and professional activities.
6. Demonstrate diagnostic skills and methods of diagnosis including psychological assessment, interview assessment, risk assessment concepts and consultation.
7. Demonstrate knowledge and skills in treatment, including psychotherapy (various modalities), case management, group psychotherapy, crisis intervention, use of outcome measures, coordination of care with PCP’s and other professionals in the community.
8. Increased self-awareness and ongoing self-evaluation of clinical skills and limitations.

Interns will be evaluated on the following professional wide competencies:

1. Research
2. Ethics and legal standards
3. Individual and cultural diversity
4. Professional values and attitudes
5. Communication and interpersonal skills
6. Assessment
7. Intervention
8. Consultation and Interprofessional/Interdisciplinary Skills
9. Supervision

The above competency expectations imply that the Intern will be making adequate progress in the above areas (as assessed by periodic evaluations) and that the Intern will achieve a minimal level of competency by the completion of the internship which will enable them to successfully complete the internship and at least approached the ability to function independently as a psychologist. A copy of the evaluation form may be requested by contacting the Training Director at joni.moon@LifeStance.com

**Location of Internship**

The psychology internship program is located in Portland Oregon.

*Portland, Oregon is the second-largest city in the Pacific Northwest and the largest in Oregon. Portland is home to about 660,000 people and the Portland Metropolitan Area has close to 3 million people, making it the 17th most populous metropolitan area in the United States. Portland is known for its lack of sales tax, rainy season, environmental consciousness, craft breweries, wineries, food carts, good public transportation, and easy access to outdoor recreation*. <https://www.greatvancouverhomes.com/communities/portland-neighborhoods/>

*Located 110 miles from the Pacific Ocean, Portland lies between two mountain ranges, the Cascade Range to the east and the lower Coast Range to the west, in the Willamette River valley, one of the world's most fertile river valleys. The city is divided by the Willamette River, which flows into the Columbia River just to the north. Winters are rainy in Portland, with 55 percent of the annual rainfall occurring between the months of November and February, but the marine air keeps temperatures moderate, and the summers are mild, with temperatures rarely over 90 degrees.*

<http://www.city-data.com/us-cities/The-West/Portland-Geography-and-Climate.html>

Interns will be placed at one or split time between two LifeStance Health clinic locations in Oregon. The following cities in the Portland metro area have clinics: Beaverton, Gladstone, Gresham, Happy Valley, Lake Oswego, Portland, Tigard, Tualatin and Hillsboro. In addition, there are offices in Camas, Salmon Creek and Vancouver, Washington. All offices are easily accessible by freeways and mass transit. Interns call the East Gresham office of LifeStance Health “home-base” and sometimes are assigned to other offices for two days a week. LifeStance Health offers a full range of services to individuals covered under commercial insurance plans, Medicare, and Medicaid (Oregon Health Plan). Interns work primarily with clients covered by the Oregon Health Plan, Kaiser, and on occasion, those who elect to cash pay for services. LifeStance Health offices are open Monday through Friday with some offices being open on Saturday. Interns are expected to work later evening hours and on Saturdays in order to meet the needs of the client and provide accessibility to the community.

Interns are provided office space at their assigned location that is equipped with necessary furniture and space to conduct intakes and therapy. The offices are equipped with a computer for charting, internet access for research purposes and accessing resources, and telephones. Interns have access to group rooms that include adequate space for conducting groups, computer and internet access as well as a projector. All offices include access to a kitchen/breakroom, a staff only restroom, and a printer/fax/copier. All offices have front office staff members who can assist with scheduling, scanning documents and providing clients with tablets to complete the outcome measure. Interns are provided with mailboxes for interoffice and external communication as well as a voicemail box.

**Population**

LifeStance Health provides services to a wide array of clients throughout Portland and surrounding areas. LifeStance Health provides services to older adults, adults, adolescents, and children. These services include individual therapy, group therapy, couples therapy, family therapy, medication evaluation and management services, case management services, skills training, behavioral health psychology, culturally specific services, ADHD services, autism, and school based mental health services. Interns work with clients covered by Medicaid, Providence and Kaiser insurance and cash pay clients.

Clients who access services at LifeStance Health present with a wide array of mental health concerns and diagnoses. Diagnoses include, but are not limited to, depression, anxiety, PTSD, bipolar disorder, trauma related disorders, and adjustment disorders. Children present with concerns related to ADHD, ODD, anxiety, depression, adjustment, school related problems, trauma related problems, and autism. Clients who present with Severe Persistent Mental Illness (SPMI) such as unmanaged schizophrenia and other psychotic disorders are referred to appropriate agencies in the community.

**Qualifications**

Qualified applicants must be doctoral students in clinical or counseling psychology and have psychotherapy experience. This includes a minimum of **400 intervention hours** and completed 4 years of graduate training by the beginning of internship. Experience with providing services to children and adults is preferred, but not necessary. Qualifying examinations must be completed by application deadline and dissertation proposal must be accepted by interview date. We will not review applications that fall short of these requirements.

**Applying for Internship**

LifeStance Health adheres to the internship application, selection and notification policies and procedures in accordance with the standards of the Association of Psychology Postdoctoral and Internship Centers (APPIC). LifeStance Health participates in the National Matching Service as approved by APPIC. LifeStance Health’s NMS number is 208411. All application materials must be submitted online via the applicant portal described in the AAPI Online section of the APPIC website. LifeStance Health follows APPIC policies regarding internship offers and acceptances. The APPIC selection policies are available through the APPIC website, and are listed in the printed APPIC Directory. Our 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. The 2023-2024 APPIC Match Policies are available on the APPIC web site: <http://www.appic.org/>. Please check the APPIC website to view any updated application deadline and interview dates.

**Selection Procedures**

The application deadline for the 2023-2024 match is Friday, December 1, 2023 at 11:59 PM, PST. Applicants will be notified of their interview status by December 15, 2023. Interviews will take place the second, third and fourth week of January 2023. All applications are screened by members of the Internship Committee. Committee members conduct interviews and provide recommendations to the Internship Training Director for APPIC match rankings. Interviews are two hours in length; this includes one hour with members of the training committee and one hour with the current Interns. All interviews will be held virtually. The Training Director makes the final ranking decisions and submits them to the National Matching Service. Interns are contacted on match day by the Training Director confirming the match.

**Intern Compensation**

Compensation is $ 29,120.00 for the year and interns complete approximately 1800 hours over a 12-month period that typically starts and ends the first week of September. All training time credited to internship is post-practicum and pre-doctorate. Interns receive sick time and are eligible for health insurance (note LifeStance Health pays 75%, interns pay 25%). Interns can expect a maximum of 50% of their time providing face-to-face services to clients. Interns schedule will be 40 hours per week or as otherwise determined by intern agreement. The interns schedule will be arranged between the intern and the clinic placement. LifeStance Health clinics are open late (8 pm) five days a week and interns will be expected to work late shifts and Saturday as assigned.

**Intern Supervision**

Interns will receive two hours of formal individual supervision and two hours of group supervision per week from LifeStance Health’s licensed psychologists. Supervision is always available on an as needed basis. Interns rotate supervisors midway through the internship year. Supervision includes discussion of crisis management, ethics, diversity, best practices, development as a psychologist, and case consultation. Supervision will be flexible and oriented around the learning interests of the individual intern while ensuring that all basic professional competencies are achieved. The focus of the supervision is to review intern’s client caseload, address concerns interns may have regarding clients or their work with clients, and to offer suggestions and recommendations to the intern. Interns may be asked to video/audio record clients they are struggling with and the recordings are reviewed in supervision. Interns are asked at the onset of internship what areas they would like to strengthen and learn more about and this is incorporated into the supervision. Examples of this include strengthening DBT or CBT skills, strengthening conceptualization and diagnostic skills, and addressing transference and countertransference.

**LifeStance Health’s Primary Clinical Supervisors and Training Facilitators**

**Joni Moon, Psy.D.**

Dr. Moon joined Western Psychological and Counseling Services in June 2006 and is a licensed clinical psychologist. Dr. Moon received her doctorate in Clinical Psychology from George Fox University and completed her internship and residency at Portland State University. Dr. Moon works with adults and uses an integrative approach with emphasis on Dialectical Behavior Therapy, Cognitive Behavioral Therapy, interpersonal skills, and works collaboratively with clients. Dr. Moon serves as the Training Director at LifeStance Health Psychological and Counseling Services.

**Grant Hart, Psy.D.-Didactic Facilitator**

Dr. Hart attended graduate school at the Arizona School of Professional Psychology at Argosy University, Phoenix, and graduated with a PsyD in Clinical Psychology in 2015. Dr. Hart completed practicum and internship work in community mental health clinics and psychological private practices. Additionally, Dr. Hart has experience working on acute inpatient units, in locked treatment facilities for juvenile offenders, and as a mobile crisis responder. Dr. Hart received formal training in the administration of clinical supervision during his graduate training. He works with adults in individual and group therapy. Dr. Hart facilitates professional development and didactic seminars with current doctoral interns and practicum students. This involves leading discussions surrounding readings and various didactic lessons, in addition to discussions related to trainees’ personal and professional growth as they move closer to graduation and ultimately psychology licensure.

**Monica Froman, Ph.D.**

Monica Froman is a licensed psychologist, who received her Doctorate in counseling psychology from the University of Minnesota. She practices at the Tualatin location and is the Site coordinator for the Tualatin office. Dr. Froman has specialties in working with trauma and ADHD and is competent as an individual therapist for adults and older adolescents with many different presenting concerns. She consistently runs regular DBT groups and utilizes common factors approach matching interventions to the needs of each specific client and regularly using outcome measures in order to assess progress. She uses multiple theories to inform her practice such as DBT, CBT, ACT, Interpersonal therapy, EFT, and Attachment-based and Narrative approaches.

**Additional Support**

Interns are sometimes placed at two locations. The Gresham office is considered “home base” for the interns and the majority of their time is spent there. If the intern is placed at another office it is only for one or two days of the work week. LifeStance Health has licensed psychologists at each site for the intern to consult with while on-site in the case of a crisis or need for immediate consultation and direction. Primary supervisors are available via phone, text message or email.

**Nondiscriminatory Statement**

LifeStance Health is committed to providing mental health services that are affordable, accessible and nondiscriminatory. We understand the importance of recognizing diversity and appreciate the differences and unique experiences of clients, staff, providers, and trainees. We welcome trainees from a variety of backgrounds and encourage those from diverse backgrounds and/or an interest in working with diverse issues that include, but is not limited to, ethnic, racial, sexual orientation, religion and SES to apply to our internship.

**LifeStance Health is committed to equal employment and opportunity without regard to age, ancestry, disability, national or ethnic origin, race, religious belief, sex, sexual orientation, gender identity, marital status, political belief, or veteran status. This policy applies to all areas of employment including recruitment, hiring, training, promotion, transfer, termination, layoff, compensation, benefits, and all other conditions and privileges of employment in accordance with applicable federal, state and local laws.**

For more information regarding the internship program or to request digital copy of training manual please contact:

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LifeStance Health Training Director

Joni.moon@LifeStance,com

503-669-4300

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