OUTLINE OF TRAINING PROGRAM

Vantage Point
CENTER FOR PSYCHOTHERAPY

APA ACCREDITED INTERNSHIP TRAINING PROGRAM

Vantage Point Center for Psychotherapy
1011 22nd St, Sacramento, CA 95816
P: (916) 284-1416
E: therapy@vppsychotherapy.com

ADMISSIONS CRITERIA

Applicants must be currently enrolled in an APA/CPA accredited doctoral program in counseling or clinical psychology and advanced to candidacy by the start of internship. Applicant's dissertation proposal should also be accepted before applying. Applicants must have counseling and psychotherapy experience under appropriate supervision. A minimum of 500 intervention and assessment hours is highly recommended.

PROGRAM LEARNING AIMS

We facilitate the development of psychologists who can practice competently and independently in several domains. Our program emphasizes strengthening skills in areas relevant to community mental health in the Sacramento region. This includes developing proficiency in conducting individual and group psychotherapy with a diversity of sexual orientations, gender identifications, and cultures with teens and adults. Interns will be proficient in crisis intervention with diverse populations and communities.

Additionally, in accordance with the standards of accreditation, we facilitate the learning and development of the nine profession wide competencies: Research; Ethical and Legal Standards; Individual and Cultural Diversity; Professional Values, Attitudes, and Behaviors; Communication and Interpersonal Skills; Assessment; Intervention; Supervision; and Consultation and Interprofessional/Interdisciplinary Skills.

The goal of the program is to also help Interns develop specialized experience with one of the following areas during their training, if they so desire:

1. Eating Disorders
2. OCD/Anxiety Spectrum Disorders
3. LGBTQIA Clients

The specific program aims are as follows:

1. To foster the professional development, identity, and values necessary for effective and ethical practice as a psychologist.
2. To develop the skills and competencies necessary for entry-level professional practice with diverse populations, with an emphasis on the development of professional skills.

COMPLETION REQUIREMENTS

- Meet minimum levels of achievemnt across all profession-wide competencies
- Complete at least 1500 hours toward licensure
- Actively participate in didactic serminar
- Complete one semiar presenation
- Complete one formal case presentation in group supervision

HOURS AND BENEFITS

The center's hours of operation are between 8am-8pm Monday through Saturday. Interns are not required to work weekends but are asked to hold at least one evening hour (after 5pm) of clinical services. Services will be rendered in a hybrid model: in-person and virtually via telehealth. Interns will learn how to use our electronic health records program—TherapyNotes. Interns are expected to work 40 hours a week, and will earn no less than 1500 hours in their internship year, per California Board of Psychology training guidelines.

Interns in the 2027-2028 cohort will start on August 9, 2027 and paid a salary of $38,563. Full medical and dental insurance is provided to the interns.

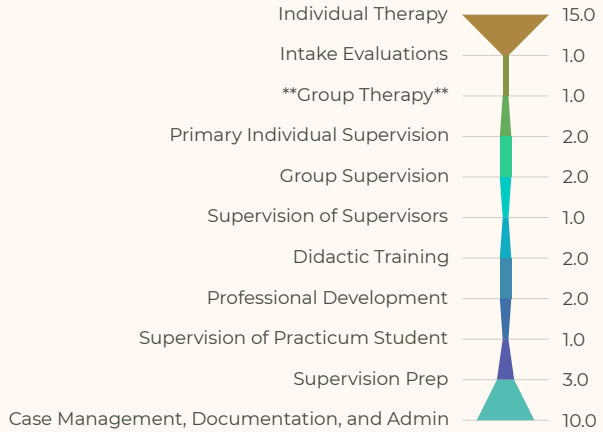
CLINICAL SERVICES

Intake/Clinical Assessment
Interns will receive training on conducting initial intake appointments at VANTAGE POINT and will begin conducting intake evaluations early in the training year.

Individual Therapy
Interns will conduct individual therapy for a majority of their time. Interns will work with people of age ranges 12-70, and all ethnicities, social economic statuses, religious and sexual orientations, and gender identities during their time at VANTAGE POINT. They can expect to carry a total caseload of around 22-28 clients and are expected to avergae 17-18 direct service hours per week.

Group Therapy
Interns have the opportunity to participate in the VANTAGE POINT group therapy program. VANTAGE POINT offers several general and topic/population-specific groups throughout the year. **Group therapy is not a requirement, but an opportunity should an intern desire to participate.**

SAMPLE WEEKLY GENERAL SCHEDULE/ACTIVITY LOG



SUPERVISION AND TRAINING

Vantage Point
CENTER FOR PSYCHOTHERAPY

Please do not hesitate to reach out with any questions.

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WOMEN OWNED

We are an APA Accredited Training Program

Questions related to the program's accredited status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation American Psychological Association 750 1st Street, NE,
Washington DC 20002
Phone: (202) 336-5979
Email: apaaccred@apa.org
Web: www.apa.org/ed/accreditation

TRAINING DIDACTICS AND SEMINARS

Interns participate in two hours of weekly didactic training seminars. Didactic trainings focus on increasing Interns' competence in a variety of professional issues and clinical topics, several of which are specific to working with issues such as practice within different theoretical models, practice with a variety of presenting concerns and clinical populations, and ethical and professional development issues. VANTAGE POINT focuses training on issues around diversity and multiculturalism and areas of specialty such as eating disorders, trauma, and anxiety disorders.

SAMPLE SCHEDULE

August 28th	Integrating Affirmative Therapy with Suicide Prevention Interventions
September 4th	Case Conceptualization
September 11th	Creating and Sharing Collaborative Treatment Plans

INDIVIDUAL SUPERVISION

Interns will receive two hours per week of primary individual supervision of their clinical and professional work by a CA-licensed psychologist. The supervisor will work closely with the Intern to design an individualized, graded learning experience within the context of the requirements and expectations of the training program. Interns and their supervisors will explore their areas of strength and expertise as well as collaboratively determine areas of professional growth and identify learning objectives for the training year. Individual supervision will include not only discussion of Interns' direct and indirect clinical service activities, but will also address issues of professional development, professional identity, and professional enculturation to the field. Interns will have the opportunity to receive specialty training in the areas of eating disorders, OCD/severe anxiety disorders, and assessment.

GROUP SUPERVISION

Interns receive two hours of group supervision each week for the entire year. The group supervision will be conducted by CA-licensed psychologist. Group supervision is held in-person every other week and online on alternating weeks.

During group supervision, Interns will discuss clinical work and professional issues, as well as conduct case presentations with the goals of receiving support, feedback, and recommendations from their peers and the facilitator Interns are also encouraged to use this group supervision to celebrate successes with clients, to display examples of good clinical work, to discuss professional oncerns that impact their work with specific populations or presenting issues, to discuss professional development topics, and to address matters about the dynamic amongst the cohort.

The focus of this meeting is entirely on Interns' clinical work and professional development. Interns will be required to present formal case presentations in the meeting twice a year.

SUPERVISION OF SUPERVISION

Interns also partake in the supervision of practicum-level/AMFT trainees, to enhance their education and skill in the supervision competency. They will provide one hour of individual supervision weekly to a practicum student. To support this role, inters participate in a one-hour supervision of supervision group weekly with a liscened psychologist. This group is held online and is a mix of education, consultation, and support.