Welcome to APA 2012

• ANST is the student/trainee neuropsychology organization, sponsored by APA Division 40.

• This is ANST’s 10th year and we are extremely proud of its progress in helping students on their path to becoming clinical neuropsychologists.

• ANST has a Chair and multiple officers, as well as an ever-increasing number of members.
What can ANST do for me?

• ANST has a website, listerv, and Facebook group so you can receive important information and connect with others.

• ANST also sponsors a network of 36 chapters around the U.S. and Canada, led by ANST representatives.

• ANST also sponsors regular conference programming at APA, INS, NAN, and AACN.
• Internships in clinical neuropsychology:
  
  – John Beauvais, Ph.D.
  
  – Kim Gorgens, Ph.D.
  
  – Sandra Brown, Ph.D.
What experiences should an applicant obtain in graduate school?

• Core domains are: assessment, intervention, consultation, supervision, research and inquiry, consumer protection, and professional development

• Professional activities that involve diverse cultural, ethnic, and linguistic populations

• Integrated reports/assessment
How much therapy experience should I have if I'm going into neuropsych?

- RELEVANT HOURS (>1000)
- Balance of assessment and therapy
- Competitive
  - DCT will be able to tell you as much
Does research in neuropsych matter?

• Research matters!
  – Institutional research even better

• That said, ‘scientific’ or ‘research’ activities in neuropsychology can vary widely

• Relevant to site
Does my dissertation topic (neuropsych vs. clinical psych) matter for internship?

• Can you spin it as ‘brain-behavior’?
  – e.g. How does it relate to your interests in neuropsychology?
• Network
  – Secret of the student universe
• Student memberships
  – Conferences
  – Presentations
• Work to get strong letters from strong writers
• APAGS workbook
• APPIC will field questions
What if I decided on neuropsych fairly late in grad school -- what do I do?

How should I take into account a neuropsych postdoc when looking at internships?

- Do the site have a captive postdoc?
- Are the faculty the same?
- Is there a pipeline from this site to the fellowship you want?
How do I take into account board certification requirements for internship?

- Houston Conference approved training for ALL young ducklings
- Early entry option
  www.abpp.org
Internship Placement in Clinical Neuropsychology

John Beauvais, Ph.D.
VA Connecticut Healthcare System
Yale University School of Medicine
Facts Versus Theory in gaining an Internship Placement in Clinical Neuropsychology

What is a fact? What is a theory?

If you follow all these recommendations you will get your goal?
- No one can be absolute, but we hope it will improve your chances!!

Now let’s go back in time to get some context....
1987, INS - Division 40 Task Force

“A Clinical neuropsychology internship must devote at least 50% of a 1-year FT training experience to neuropsychology. In addition, at least 20% of the training experience must be devoted to General Clinical Training.”

- should be associated with a hospital setting which has neurological and/or neurosurgical services to offer to the training background (i.e., not strictly a psychiatric setting)

- document highlights expected didactic and experiential training
1997: The Houston Conference

Coming together of individuals from all aspects of training and professional status to help define the skills required to be called a Clinical Neuropsychologist

Entire journal in Archives of Clinical Neuropsychology (1998) is dedicated to explaining the history leading to the conference, procedures, delegate selection, committees, and so forth.
The purpose of the internship is to complete training in the general practice of professional psychology and extend specialty preparation in science and professional practice in clinical neuropsychology. The percentage of time in clinical neuropsychology should be determined by the training needs of the individual intern. Internships must be completed in an APA or CPA approved professional psychology training program. Internship entry requirements are the completion of all graduate education and training requirements including the completion of the doctoral dissertation.”
Model of Integrated Education and Training in Clinical Neuropsychology.

Figures demonstrate how specialty knowledge and skills (horizontal dimension) are acquired at various levels of training (vertical dimension).

Person A has greater acquisition during their doctoral work. Person B has greater acquisition during internship and residency.
Association for Internship Training in Clinical Neuropsychology (AITCN)

Mission:
- To advocate for and promote the concerns of internship training in clinical neuropsychology.
- To provide information about internship education and training and related activities in clinical neuropsychology.
- We are not an accrediting agency!!!
AITCN Member Programs Minimum Qualifications

- APA- or CPA-accredited internship

- At least 20% time on neuropsychology with medical and psychiatric patients

- Seminars and educational activities related to clinical neuropsychology

- Supervision by full-time clinical neuropsychologist

- Adjunctive activities for socialization, acculturation, and diversification of the intern
Steps to Pursuing an Internship with some Neuropsychology Focus

CoA - Broad and general versus specialty focus at internship level
  - Some neuropsychology training important

Where can information be found?
  - AITCN website (uthsc.edu/AITCN)
  - APPIC website
  - Division 40 website
  - Neuropsychology Central (updated?)

Application Process: The Match

APPIC does not provide specific data about how many people apply to neuropsychology focused internship slots.

A survey was conducted last year and hopefully results will soon be forthcoming. What we do know is....
APPIC Data

Currently:

how many sites offer majors in NP? 146 ADULT, 67 CHILD

how many sites offer minors in NP? 332 Adult, 217 CHILD

Debate: How many should I apply to?

According to data provided by APPIC, applying to more than 15 internships did not appear to increase the chances of being matched. They recommend to apply to between 11 and 15 sites.
2011 APPIC Match Data

Average total expenditure: $1812

Number of applications: 16.0

Mean intervention hours: 573

Mean assessment hours: 148

Percentage with geographic restrictions? 41%
2011 APPIC Match Data (General)

1. If applicants endorsed, at the “strongly agree” level, that they worked closely with other students in my program through the process…their match rate was 85% (mid to upper 70’s for other responses)

2. If applicants had completed their dissertation proposal prior to submitting their application, match rate was 84% (71% match rate if later)

3. If an applicant had one or more publications in refereed journals, their match rate was 86% (78% if the number was zero)
Number of professional presentations at regional, state, national, or international meetings/conferences:

<table>
<thead>
<tr>
<th>Number of Presentations</th>
<th>Match Rate</th>
<th>n</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zero</td>
<td>75%</td>
<td>553</td>
</tr>
<tr>
<td>One</td>
<td>76%</td>
<td>244</td>
</tr>
<tr>
<td>Two</td>
<td>75%</td>
<td>203</td>
</tr>
<tr>
<td>Three</td>
<td>81%</td>
<td>151</td>
</tr>
<tr>
<td>Four</td>
<td>82%</td>
<td>119</td>
</tr>
<tr>
<td>Five</td>
<td>86%</td>
<td>141</td>
</tr>
<tr>
<td>Six or more</td>
<td>89%</td>
<td>805</td>
</tr>
</tbody>
</table>
Fellowship match has much more meaningful data on predictors of match success in neuropsychology -- important variables we believe to be true (in addition to graduate program training experiences) are:

To be discussed by Dr. Kim Gorgens!!!
Acknowledgement

Thanks to members of the AITCN executive committee, Drs. Michael Horner and Maureen Lacy, for preparation of some of the slide information contained in this talk.
SURVIVING THE INTERNSHIP APPLICATION PROCESS

SANDRA BROWN Ph.D., ABPP
CLINICAL PROFESSOR
UCSD SCHOOL OF MEDICINE
OUTLINE

- WHEN TO BEGIN AND HOW
- FACTORS TO CONSIDER IN SUBMITTING AN APPLICATION
- DEVELOPING A STRONG APPLICATION
- PREPARING FOR THE INTERVIEW
- THE INTERVIEW: BEING OUTSTANDING WITHOUT STANDING OUT
- THE FOLLOW UP
- TAKING THE NEXT STEP(S)
WHEN TO BEGIN AND HOW

1. BEGIN NOW!

2. MEET WITH YOUR ADVISOR TO IDENTIFY YOUR STRENGTHS AND WHAT THE NEXT STEPS SHOULD BE IN YOUR TRAINING

3. PLAN WITH YOUR ADVISOR TO IDENTIFY INTERNSHIPS THAT MEET YOUR TRAINING NEEDS

4. CONSULT WITH YOUR TD ABOUT INTERNSHIPS
   — INTERNSHIPS PREVIOUS GRADUATE STUDENTS IN YOUR PROGRAM HAVE COMPLETED MIGHT FAVORABLY VIEW YOUR APPLICATION
WHAT SHOULD I CONSIDER IN LOOKING FOR AN INTERNSHIP?

• INTERNSHIPS THAT BUILD ON YOUR GRADUATE TRAINING AND ALLOW YOU TO TAKE THE NEXT STEP IN YOUR CAREER

• A RESEARCH CAREER OR A CAREER THAT IS PRIMARILY CLINICAL?

• DETERMINE IF FACULTY INTERESTS ARE SIMILAR TO YOUR OWN
WHAT NOT TO CONSIDER IN LOOKING FOR AN INTERNSHIP

• GEOGRAPHY, GEOGRAPHY, GEOGRAPHY, GEOGRAPHY
DEVELOPING A STRONG APPLICATION

• MEET WITH YOUR ADVISOR PRE, MID AND IMMEDIATELY BEFORE SUBMITTING YOUR APPLICATION

• PUT EFFORT INTO THE ESSAYS

• IDENTIFY NUMBER/TYPES OF PATIENTS YOU’VE SEEN

• IDENTIFY NUMBER/TYPES OF ASSESSMENTS YOU HAVE DONE
DEVELOPING A STRONG APPLICATION PART II

• GIVE LETTER WRITERS A SUFFICIENT AMOUNT OF TIME TO WRITE YOUR LETTER

• HAVE YOUR ADVISOR AND ONE OF YOUR CLINICAL SUPERVISORS REVIEW YOUR CV

• LIST PUBLICATIONS AND PRESENTATIONS
PREPARING FOR THE INTERVIEW PROCESS

• READ THE BROCHURE FOR EACH INTERNSHIP AND PREPARE A FOLDER FOR EACH SITE

• AVOID CALLING TRAINING DIRECTORS IN ADVANCE OF THE INTERVIEW

• REVIEW FACULTY PROFILES/INTERESTS

• CONSULT WITH YOUR PEERS

• PREPARE A LIST OF QUESTIONS

• REVIEW QUESTIONS WITH YOUR ADVISOR
PREPARING FOR THE INTERVIEW PART II

- PRACTICE, PRACTICE, PRACTICE!

- RE-FRAME AREAS OF WEAKNESS INTO OPPORTUNITIES FOR PROFESSIONAL GROWTH AND DEVELOPMENT

- GET ADVICE ON HOW TO PRESENT YOURSELF

- ARRANGE YOUR SCHEDULE TO ALLOW YOU TO SPEND AS MUCH TIME AS NEEDED AT EACH SITE
THE INTERVIEW

• FOLLOW DIRECTIONS, FOLLOW DIRECTIONS, FOLLOW DIRECTIONS!

• YES, YOU ARE INTERVIEWING FACULTY BUT FACULTY, IN MOST CASES, WILL BE GUIDING THE INTERVIEW

• DON’T ASK OR EXPECT TO GO OVER THE TIME ALLOTED FOR YOUR INTERVIEW: ASK IF YOU CAN CONTACT INTERVIEWER LATER FOR ADDITIONAL QUESTIONS
THE INTERVIEW PART II

• BE FLEXIBLE. BE INTERESTED. BE OPEN.

• HAVE QUESTIONS READY FOR THE CURRENT INTERNS.

• BE CERTAIN TO THANK INTERNS FOR THEIR TIME
THE INTERVIEW PART III

• DON’T ASK A LOT OF QUESTIONS THAT CAN BE EASILY ANSWERED BY HAVING READ THE BROCHURE.

• DO ASK QUESTIONS THAT REFLECT INTEREST IN:
  1.) YOUR OWN TRAINING AND
  2.) IN THE SPECIFIC TRAINING THAT THE INTERNSHIP OFFERS

• BE CLEAR ABOUT BOTH YOUR TRAINING GOALS AND YOUR CAREER GOALS—HAVE ANSWERS TO THESE QUESTIONS THOUGHT OUT IN ADVANCE
THEMES THAT ARE LIKELY TO EMERGE

• WHY ARE YOU INTERESTED IN THIS TRAINING PROGRAM?

• WHAT ARE YOUR TRAINING/PROFESSIONAL GOALS?

• WHAT ARE YOUR RESEARCH INTERESTS?

• HOW PRODUCTIVE HAVE YOU BEEN IN YOUR LAB?

• DISCUSS YOUR DISSERTATION/LATEST PAPER
THEMES THAT ARE LIKELY TO EMERGE

PART II

• WHAT HAS YOUR EXPERIENCE BEEN IN IMPLEMENTING SOME TYPE OF EVIDENCE-BASED INTERVENTION?

• WHAT TYPES OF ASSESSMENTS HAVE YOU DONE AND IN WHAT SETTINGS?
THEMES THAT ARE LIKELY TO EMERGE PART III

- FAVORITE PATIENT/CLIENT TO WORK WITH AND WHY?
- LEAST FAVORITE PATIENT/CLIENT TO WORK WITH AND WHY?
- WHAT TYPE OF SUPERVISION DO YOU PREFER?
- YOU MAY BE ASKED TO INTERPRET DATA OR FORM A CASE CONCEPTUALIZATION
- THE GROUP INTERVIEW: BE PERSONABLE BUT BE PRIVATE
NEXT STEPS

• FOLLOW DIRECTIONS ABOUT FUTURE CONTACT

• SEND THANK YOU NOTES/EMAILS

• IT IS APPROPRIATE TO ASK FOLLOW UP QUESTIONS
WHAT TO DO IF YOU DON’T MATCH

• HAVE A PLAN OF ACTION BEFORE MATCH DAY

• AVOID CALLING TRAINING DIRECTORS

• IF YOU FEEL COMPELLED TO CALL TD’S, ASK YOUR ADVISOR TO MAKE THE CALL

• REMEMBER, YOU ARE IN GOOD COMPANY AND AN EXTRA YEAR OF TRAINING AND/OR COMPLETING YOUR DISSERTATION WILL LIKELY MAKE YOU MORE COMPETITIVE
SUMMARY

• START EARLY

• DO YOUR RESEARCH

• BE ORGANIZED

• BE PREPARED

• HAVE FUN!