



**THE WATERSHED ADDICTION TREATMENT PROGRAMS**

**PSYCHOLOGY INTERNSHIP PROGRAM**

**BOYNTON BEACH, FLORIDA**

[www.thewatershed.com](http://www.thewatershed.com)

*The Watershed is term meaning “after which everything else changes”. It is also a term meaning “where from water emanates”. The Watershed was chosen as the Company name because after a person receives treatment for their addictions, it is our hope that everything else has changed for them as they begin their road to recovery.*

## **OUR BACKGROUND**

The Watershed is recognized as a leading treatment provider offering medical detoxification and rehabilitation for those suffering from the disease of alcoholism and drug addiction. Watershed patients receive an unprecedented level of care by highly skilled professionals who know how to help people find long-term recovery.

The Watershed was incorporated in February of 1998 by a small group of addiction professionals and investors in order to meet a chronic and desperate need for addiction treatment services. The Watershed's founders had a vision of creating the best addiction treatment and rehabilitation possible in a way that is affordable to the greatest number of people.

The Watershed admitted our first patient on May 1st of 1998 and has since treated over 18,000 people. Over the past nine years the executive management team and founders of The Watershed have remained committed to our passion and vision...helping the sick and suffering alcoholic and addict.

In November of 1998, The Watershed acquired our first free-standing alcohol and drug detox, rehab and treatment facility in Boca Raton. In January of 2003, The Watershed opened our Clear Lake, Texas addiction detoxification, treatment and rehabilitation facility in south west Houston (which recently closed in January 2009).

In October of 2005, The Watershed opened our newest in-patient addiction detoxification, treatment and rehabilitation facility in Boynton Beach, Florida. We have grown in the past nine years from a capacity of 8 patient beds to 198 in-patient addiction detoxification, treatment and rehabilitation patient beds and 36 extended care addiction treatment beds.

## **THE INTERNSHIP PROGRAM**

The Watershed Predoctoral Internship Program offers a comprehensive training experience in Chemical Dependency and Dual Diagnosis with an adult population. The training program is designed to prepare doctoral candidates through clinical experiences, instruction, and supervision for transition from student to professional within the field of psychology. Interns will work closely within multidisciplinary teams and learn to manage the numerous and complex issues surrounding the mental health treatment needs of those suffering from drug and/or alcohol addictions.

The internship program will include a primary placement at the Watershed's Boynton Beach facility. The Boynton Beach facility is a 120-bed detoxification and rehabilitation treatment program for male and female adults suffering from drug and/or alcohol addiction. The facility houses 40 females and 80 males. In addition, interns may spend a portion of their internship at the Watershed's Partial Hospitalization Program (PHP).

The internship program is a 2,000 hour program of training and supervised experience which spans twelve months. The program is operated in accordance with the standards of the Association of Psychology Postdoctoral and Internship Centers (APPIC) and the American Psychological Association (APA). The program is APPIC approved however is not accredited by the APA.

## INTERNSHIP GOALS

The Watershed internship's principal goal is to provide doctoral candidates in psychology a well-rounded experience with exposure to a wide variety of client issues, primarily within the domain of chemical dependency. The professional growth and development of Interns is enhanced by consistent supervision, varied clinical responsibilities, and continued didactic training. At a minimum, Interns are expected to gain knowledge regarding the disease of addiction and treatment and recovery from substances; to achieve competence in a variety of therapy modalities (individual therapy, group therapy, and family therapy), treatment planning and consultation, as well as demonstrate a clear understanding of the ethical and professional responsibilities of a psychologist.

Throughout the internship year, Interns will be involved in a variety of clinical services including individual and family therapy, group therapy, assessment, and crisis intervention. In order to provide exposure to a broad range of clinical experiences and modalities, the following goals will be emphasized:

- To obtain and demonstrate knowledge regarding the disease of addiction
- To demonstrate competence in providing psychotherapeutic services and interventions
  - To learn the skills necessary to establish and maintain rapport with patients
  - To demonstrate competence in providing direct service and the ability to conceptualize cases and present at clinical rounds.
  - To demonstrate knowledge of DSM multiaxial classification and the ability to appropriately diagnose patients.
  - To demonstrate the ability to complete required documentation and proficiency in creating treatment plans with appropriate interventions.
- To develop an integrated and ethical professional identity as a psychologist
  - To seek and utilize appropriate supervision
  - To possess the skills to work in a multidisciplinary setting
  - To demonstrate knowledge of ethical principles and state laws
- To develop sensitivity to individual differences and to the special needs of patients from different cultural or ethnic groups

## INTERNSHIP SETTINGS

The Watershed of the Palm Beach, Boynton Beach Facility: The Interns primary placement will be at the Boynton Beach facility. This facility is a 120-bed (40 female, 80 male) detoxification and rehabilitation treatment program for adults suffering from drug and/or alcohol addiction. In addition to chemical dependency, many of the patients suffer from co-occurring mental health disorders. Services received by the patients of The Watershed include biopsychosocial evaluations, psychotherapy (individual, family, couples and group), crisis intervention, psychological testing, case management, aftercare planning, and medication management. The multidisciplinary staff consists of psychologists, psychiatrists, clinical social workers, counselors, medical doctors, nurses, and behavioral health technicians.

Partial Hospitalization Program at The Watershed: The Watershed's Partial Hospitalization Program (PHP) is step-down program to assist patients in reintegrating into their community by helping them to develop life skills, coping skills and to manage triggers in a least restrictive level of care. Patients in the PHP program are expected to be abstinent from all illegal drugs and alcohol. Most patients at The Watershed's PHP level of care are referrals from the Boynton Beach and Boca Raton facilities. The PHP program runs 7 days a week from 8:30 a.m. to 5:00 p.m. at the Boynton Beach facility. Patients at PHP receive individual, family, and group psychotherapy, an updated treatment plan, assistance with continued aftercare planning, and medication management. The PHP program consists of 38 patients, both male and female, that reside in apartment style accommodations. Patients attend community 12-step meetings, do their own food shopping, and participate in more independent activities.

## CLINICAL EXPERIENCE

Approximately 40% of the Intern's time will be devoted to direct clinical service. The Intern and their primary supervisor will develop individual goals and objectives conjointly. All Interns are required to gain experience in the following areas:

Psychotherapy: Interns will provide therapy in a variety of modalities including individual, family, couples, and group. Each patient on the Intern's caseload will be seen for individual psychotherapy at least once per week. In addition, family therapy will be conducted with each patient and an appointed person of contact weekly, either in person or via telephone. Proper documentation of sessions is required, along with creating appropriate treatment plans and interventions.

Group Therapy: Interns will facilitate or co-facilitate a primary group consisting of members of their caseload. In addition, each Intern will facilitate or co-facilitate groups on a variety of topics including relapse prevention, self-esteem, anger management, life skills, and assertiveness.

Interventions: Interns will have the opportunity to participate in interventions with patients and members of the multidisciplinary team. These interventions may be arranged to help patients work through their denial and/or ambivalences about treatment and recovery with the hopes of patient remaining in treatment.

Psychological Assessments: Interns may have the opportunity to complete psychological evaluations during the training year. Interns receive supervision, consultation, and feedback on their assessments from a licensed clinical psychologist.

Consultation and Supervision: Interns may have the opportunity to provide supervision to practicum students on an as needed basis throughout the year.

## **SUPERVISION**

Interns receive two hours of individual, face-to-face supervision plus one hour of group supervision per week with a doctoral-level, licensed psychologist. These meetings will entail the discussion of cases and related clinical topics, reviewing progress in the training program, an evaluation of the Interns training needs, and discussion of professional development issues. In addition, Interns will receive daily group supervision during clinical rounds and/or case staffing.

## **STIPEND AND BENEFITS**

The Watershed Addiction Treatment Programs funds two full-time psychology internships. Medical and dental insurance is available. Interns can accrue 19.5 paid time-off (PTO) days per year (subject to supervisor).

## **SEMINAR AND DIDACTIC TRAINING**

In addition to their individual supervision, Interns participate in seminars and training to further enhance their development of specific clinical skills and to promote further understanding of significant professional and clinical issues.

At the start of the internship year, Interns will complete a 3-day orientation to become acquainted with The Watershed Treatment Programs. In addition, this orientation provides Interns with inservice trainings on a variety of topics including Confidentiality, Ethics, Cultural Diversity, Aggression Control and Prevention Training. Throughout the internship year, Interns will attend seminars and trainings on additional topics including AA and The 12-Steps, Family Dynamics, Eating Disorders, Trauma, Relapse Prevention, Dual Diagnosis, Medication Management, Co-Addictions, Professional Development and other mental health issues. Interns will also participate in daily clinical rounds/case staffing (approximately 5 hours per week). Within these rounds, Interns receive group supervision and are encouraged

to present cases to a multidisciplinary team of therapists, case managers, psychiatrists, doctors and nurses providing care to the same patients. There may also be opportunities for Interns to attend conferences on a multitude of topics throughout the year.

## **APPLICATION PROCEDURE**

In order to be eligible for internship at The Watershed, applicants must have completed three or more years of pre-internship training in an accredited doctoral program in psychology. The applicant must have successfully passed a comprehensive exam and completed all doctoral program course requirements.

Application materials required of each applicant include:

- A completed APPIC Application for Psychology Internship (AAPI)
- A curriculum vitae
- Official transcripts of all graduate work
- A letter of eligibility from the applicant's director of clinical training
- Three letters of reference submitted by persons familiar with your clinical work.

All materials should be send electronically through the AAPI Online service.

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Psychology Internship Program  
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If you require additional information, please e-mail Dr. Weiss at [lweiss@thewatershed.com](mailto:lweiss@thewatershed.com).

The 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 prior to Uniform Notification Day.

