

ONE-YEAR TRAINING PROGRAM FOR POSTDOCTORAL FELLOWS

At the Institute for Girls' Development
A Postdoctoral Member Agency of the California
Psychology Internship Council (CAPIC)



About the Institute:

The Institute for Girls' Development was founded in 2004 by Melissa Johnson, PhD. The Institute is dedicated to empowering girls, gender fluid youth, families and circles of community through three initiatives:

- We promote excellence in **psychotherapeutic and assessment services**. Our asset-based model of comprehensive services is based on current research on girls' and women's development and effective psychotherapeutic interventions. We are committed to collaborating effectively with our community and our colleagues in education, health and mental health to provide the therapeutic environments that help girls thrive.
- We provide empowering **community programs** for girls, gender fluid youth, and families. Our workshops have provided thousands of youth and their parents with growth- fostering experiences. Workshops are provided through schools and youth programs.
- Our **Professional Training Institute** helps mental health and health professionals, educators and youth program leaders utilize best practices in helping girls build hardiness, mindfulness, and connections.



The Institute for Girls' Development is a Postdoctoral Member Agency of the California Psychology Internship Council (CAPIC). CAPIC Postdoctoral Member Agencies are recognized by the California Board of Psychology (BoP) for the accrual of Supervised Professional Experience (SPE) hours toward licensure as a psychologist.

The Institute is well-known and well-respected in the San Gabriel Valley and Los Angeles county communities. Our specialists take pride in providing high quality treatment, assessment, community education and training in a collaborative team practice.

INSTITUTE TEAM

Training Supervising Faculty (alphabetical)

- Monica Valdivia Aguilar, MA, LMFT – Clinical Director, Young Women's Specialty Practice, Co-director of the DBT Specialty Practice, and Senior Supervisor for pre-licensed Masters' level clinicians
- Vicki Chiang, PsyD – Clinical Director, Child and Adolescent Specialty Practice
- Chris D Cooper, PhD – Clinical Director, Assessment Specialty Practice
- Grace Goodman, PsyD – Supervisor, Program Evaluation and Advancement Coordinator, and Perinatal and Postpartum Program Coordinator
- Melissa J Johnson, PhD – Training Director, Founder and CEO
- Danielle Neddo, PsyD – Supervisor, DBT

THE INSTITUTE TRAINING MODEL

Our organizational model as a psychological corporation shares many characteristics of a group private practice. Clinicians who are gaining supervised experience at the Institute will work side by side with licensed clinicians from various guilds.

Four Specialty Practice Areas:

- Child and Adolescent Specialty Practice (CASP)
- Dialectical Behavior Therapy (DBT) Specialty Practice
- Assessment Specialty Practice
- Young Women's Specialty Practice

Supervisees have the opportunity to receive some experience and training in each of the specialty practices. Supervisees will typically do the majority of their training in 1 – 2 of these specialty areas.

Our Philosophy of Supervision and Training:

Our supervisors each bring their own style, personality and approach to their work. You and your supervisors will discuss these approaches in more depth, including how they will be integrated into the supervision process. In general, Institute supervisors draw from the following:

- Developmental models
- Multicultural competency
- Feminist approaches
- CBT
- Third wave behavior approaches such as DBT, ACT and other mindfulness-based models
- Interpersonal neurobiology
- Positive psychology
- Body aware/body centered approaches
- Practice management skill building
- Community education and community partnership building

We incorporate theory and research as well as our own phenomenological experience in the provision of competency-based supervision.

TRAINING AND PROFESSIONAL DEVELOPMENT EXPERIENCES AT THE INSTITUTE

Supervisees will have regularly scheduled supervision and training throughout their training. Here are some of the training activities:

- Orientation and Training Meetings
- Weekly individual supervision to meet Board requirements
- Weekly group supervision/consultation
- Case Presentations
- Supervision and training in Group Process
- Supervision and training in Supervision
- Weekly DBT consultation group, if the supervisee is involved in the DBT Subspecialty training
 - Including monthly consultation with Dr. Charles Swenson, our DBT consultant.
- Assessment Team meetings, if the supervisee is on the Assessment Specialty Team
- Research & Reading Group
- Staff Meetings
- Guest speakers and trainings
- Practice development training
- Support for CEU's
- Mindfulness Sitting Group

OUTLINE OF CLINICAL TRAINING ACTIVITIES

We provide a training sequence that builds on skills and competencies needed to prepare for independent practice. In addition, the Institute provides socialization into the mental health profession through mentoring, didactic exposure, role modeling, enactment, observational/vicarious learning, supervision and consultative guidance. The Institute therapists work collaboratively together in team consultation and creative program development. Planned activities address the integration of current and evolving psychological knowledge, principles, theories, legal and ethical concerns, responsible practice management skills, community involvement and public speaking skills. The emphasis in our practice is services to girls, young women, and families. Upon completion of training, post-doctoral candidates will have had the opportunity to:

- Work with a range of clients (ages and challenges).
- Gain experience with a range of modalities (individual, family, parent consulting, group work, couple therapy).
- Expand skills, competence, and confidence in effective models of therapy including mindfulness approaches, strength-based models, and feminist/diversity-oriented perspectives.
- Identify and potentially develop a sub-specialty area.
- Learn more about incorporating assessment into clinical work, as is appropriate for one's license.
- Engage in program development.
- Learn supervision fundamentals (optional).
- Develop connections with the community through networking opportunities and treatment coordination.
- Understand the elements of group practice.
- Deliver empowering skills-based workshops to the non-clinical population in our community. This includes the opportunity to add to engaging and creative ways of teaching skills to community youth.



LENGTH OF TRAINING

We have designed this program as a one-year training program. Candidates in good standing have the opportunity to stay beyond their one-year postdoctoral training commitment. That said, this is the basic structure and time frame for our program. This can be individualized as needed.

First Year:

We require an initial one-year commitment. There are opportunities for clinicians in good standing to continue at the Institute after completion of the postdoctoral training year and licensure.

Post-licensure:

We value the long-term commitment of our team members and welcome those in good standing who are interested in continuing at the Institute for their professional work.

COMPENSATION PACKAGE

- Base Salary: \$32,000
- 2 weeks Paid Vacation
- 7 Paid Holidays
- Sick pay
- Group Health Insurance Plan; Dental and Vision Insurance
- 401K Plan
- Annual Educational and Professional Stipend

TO APPLY

- Provide a cover letter, explaining your interest in this training position. Include your curriculum vitae and 3 letters of reference.
- Email to Dr. Melissa Johnson, CEO at HR@InstituteForGirlsDevelopment.com.
- In the subject line, specify your primary interest – Training: Child and Adolescent Specialty Practice (CASP) OR Training: CASP with DBT Subspecialty

