

## Training Opportunities in Psychological Services

Psychological Services offers training for doctoral students in clinical or counseling psychology who are completing:

- Therapy externships
- Advanced therapy externships
- Post-doctoral fellowship training

### About Harper College

William Rainey Harper College is a dynamic institution committed to providing the highest caliber educational opportunities for our students. Harper is a community college located in the Northwest Suburbs of Chicago. The College offers associate degree and certificate career programs, transfer degree programs and continuing education courses to a diverse student population.

### Training Opportunities

A minimum of two Therapy or Advanced Therapy Externships are offered annually. Applicants must be from APA (American Psychological Association) accredited programs. Training is a one-year commitment for twenty hours per week, on an academic calendar.

Post-doctoral training positions are available on an annual basis, with hiring generally in late Spring. Visit [www.harpercollege.edu](http://www.harpercollege.edu) and navigate to: **Human Resources/ available positions.**

### About Our Students

A wonderful aspect of training at Harper is the diversity of the student body. Students from many walks of life and different parts of the world come to our campus. A wide breadth of diversity is seen along the lines of race, ethnicity, religion, age, sexual orientation, intellectual development, socioeconomic status, (dis)ability status, health, and educational and career goals. This diversity is reflected in the student clientele of Psychological Services.

Clinically, students present with depressive and anxiety disorders, trauma, personality disorders, substance abuse, psychotic disorders, grief and bereavement, eating disorders, self-injury, and body image concerns, sexual orientation and sexual identity issues, identity development, psychological reactions to medical conditions and disabilities, dissociative disorders, etc.

Our Department liaisons and collaborates with many centers and programs on campus, including Access and Disability Services, the Harper Police, the Career Center, the Women's Program, Academic Advising and Counseling, instructional faculty throughout Academic Affairs, athletic coaches and trainers, and student clubs and organizations. We are housed within the campus Health Services. We provide behavioral medicine interventions and consultations to the Health Services medical team, consisting of a nurse practitioner, nurses, consultant physician, and health educator. We work collaboratively with the Health Services team to develop and provide programming within the framework of prevention, and take a comprehensive approach to college student health and wellness.

### About Psychological Services

Psychological Services, one of many campus support services, was added to our campus in 1971, and is designed to empower students and to enhance their learning experiences both in and outside of the classroom, as well as to serve a consultative function with the academic faculty.

In 1999, Psychological Services merged with the College's Health Services in the spirit of promoting a preventive, holistic, and comprehensive approach to student health, wellness, and success.

Five primary services are offered to actively enrolled students taking 6 or more credit ESL hours in fall or spring semester, and 3 or more credit hours in summer, including:

- Brief psychotherapy, with a session limit of 12 sessions per student;

- Psychological assessment and evaluation
- Crisis interventions
- Consultation
- Wellness, outreach, prevention, and health promotion activities

### **About the Externships**

Our Externs are on campus for 20 hours a week for the academic year. Externs carry a caseload of 8 students at a time. Externs also conduct therapy intake assessments, and are involved in prevention and wellness promotion activities on campus. Externs are exposed to crisis interventions, consultative services, and crisis counseling. Group and individual supervision are provided weekly, by the supervising psychologist and the post-doctoral fellow, for a minimum of 4 hours, in addition to special didactic training opportunities on campus. Many informal supervision and consultation activities take place in our center.

Students interested in serving a diverse clinical population from the perspectives of brief, humanistic/existential-phenomenological, cognitive-behavioral, interpersonal, family systems, and behavioral medicine are encouraged to apply. Please note that this is *not* a site emphasizing psychodynamic training.

### **Applications for Training Positions**

Deadlines: Psychological Services follows the general guidelines and deadlines established by the Association of Chicagoland Externship and Practicum Training (ACEPT). Materials are updated with local and accredited graduate schools and universities every fall. Please consult with the Director of Training in your respective programs for these dates, which vary according to each calendar year.

Required application materials include a statement of interest about working in college counseling, current vita, current official transcripts, and three letters of recommendation, two of which need be from current references familiar with the applicants' direct clinical work. **All materials must be submitted in one packet.** Incomplete packets will not be reviewed.

We will contact students selected to interview at our site.

Please submit applications containing all materials in one packet, to:

Caryn Levington, Psy.D.  
 Director of Training, Health and Psychological Services  
 William Rainey Harper College, A-364  
 1200 West Algonquin Road  
 Palatine, Illinois 60067-7398

### **About Our Graduates**

Graduates of the Harper College Health and Psychological Services training programs have gone on to many excellent training and employment sites, including:

- California Polytechnic University
- Chicago Center for Counseling and Psychotherapy
- William Rainey Harper College
- Northwestern University
- Elmhurst College
- State University of New York, Buffalo Campus
- National Indian Health Services, Montana
- University of Colorado, Boulder Campus
- Grand Valley State, Michigan
- Lake Forest College
- University of Chicago
- University of Southern Florida
- University of Iowa
- University of North Carolina Counseling Center, Chapel Hill
- University of Wisconsin, Madison

- Local area private practices
- Loyola University, Chicago
- University of Oregon, Eugene Campus
- The Chicago School of Professional Psychology
- Project Turning Point
- Roosevelt University
- Oakton Community College
- Village of Hoffman Estates Health & Human Services
- Alexian Brothers Medical Center/Behavioral Health Services
- Village of Hoffman Estates, Health and Human Services
- Purdue University, Calumet Campus
- Purdue University, West Lafayette Campus
- Tri-County Mental Health Services
- The College of William and Mary
- Veteran's Administration Hospital, New Jersey

### **Some graduates reflect on their training experiences...**

As a doctoral intern at Harper College, I received superior training. This experience was extremely valuable because of the clinical supervisors' training philosophy, the cultural diversity of the clients, and the broad scope of clinical issues presented. Working with clients from diverse populations, including students from differing ethnic backgrounds, international students, students with disabilities, and gay/lesbian/bisexual students, was an especially valuable part of my training.

In addition, Harper provided me with the opportunity to work therapeutically with clients who had an exceptionally broad base of clinical issues. I was both surprised by the variety of presenting problems at a community college, and pleased with the opportunity to work with clients who exhibited a plethora of clinical concerns.

It is also important to know that if an extern has an area of specialty (e.g., health psychology, sports psychology, disability, etc.), the supervisor assigns clients within that specialty area to the extern to help further his/her expertise.

I cannot say enough good things about the supervision I received from the clinical supervisor. Her supervision style, coupled with her depth and breadth of clinical knowledge, allowed me to develop my therapeutic skills and competence as a psychologist. She is a remarkable professional with whom to work, and she is skillful at assuring each trainee receives precisely what he/she needs to feel connected within the Harper community and to have a successful training experience. My year at Harper was one for which I will always be grateful and reflect upon fondly. I do not believe I could have received a more comprehensive training program anywhere else that was so perfectly individualized to my needs for professional growth.

**Dr. Lisa Hollingsworth**

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My experience at Harper College both as a doctoral extern and as a postdoctoral resident was one of the most fulfilling and wonderful training experiences I have had. I had the opportunity to grow both as a clinician and as an individual. The supervision under Dr. Levington was excellent and I always felt supported and trusted in the therapeutic context. I had several opportunities to not only provide therapy services but to expand and provide outreach and develop programs in my areas of interest. I felt very prepared for the professional world when I left Harper after my postdoctoral year and will always reflect on my time at Harper as one of the most influential in my career. Dr. Levington created an atmosphere in which I was provided the opportunity to grow and develop my skills. She is one of the most supportive and caring supervisors I have experienced and I believe that her guidance and clinical skills helped me develop a strong understanding of various Axis I diagnoses and intervention skills for working through crises on campus. She has been a remarkable influence on me professionally and I truly believe Harper is the type of setting in which a clinician can grow and develop.

**Dr. Monica Saavedra**

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I was fortunate enough to have completed both my Internship and Post-Doctoral training years at Harper College's Health and Psychological Services Center under the same supervisor. What I found most remarkable about these training years was not only the wide range of training experiences, but also, the excellent supervision.

My training at Harper gave me the opportunity to work with students who were very diverse in terms of age, race, ethnicity, SES, sexual orientation, disability status, clinical issues and goals. I believe that working with such a diverse population is truly a unique training opportunity and greatly contributed to my growth as a professional psychologist.

Although much of my time was spent providing students with individual therapy I also had the opportunity to sit on several committees (Lesbian, Gay, Bisexual, Transgender Advocacy Team & Attention Deficit Disorder/Learning Disability), provide outreach presentations on a variety of topics (Anxiety Disorders, Internet Addiction, Psychiatric Disabilities, Working with Students with Disabilities, Crisis Intervention), teach a course in Humanistic Psychology and attend professional development seminars. My supervisor always encouraged me to explore my areas of interest and worked with other departments at Harper to ensure I could be exposed to these training experiences.

During my time at Harper I was always impressed by the integrative approach that is taken when working with students. Psychological Services works very closely with several departments on campus (Disability Services, Career Center, Women's Program, Health Services) to ensure that a student is receiving the services necessary to be successful. Our positive working relationship with many campus departments gave me the opportunity to consult with various faculty and staff on campus, provide specialized outreach presentations and greatly increased my knowledge regarding the services available to students.

The supervision at Harper was excellent. My supervisor was very committed to supervision and training and values all theoretical orientations. She successfully tailored my training experience here at Harper to meet my needs, ability, and interests. Her depth and breadth of knowledge and her style of supervision greatly contributed to the development of my clinical skills and my professional growth. Overall, I believe my training at Harper allowed me to build upon my strengths and refine my clinical skills in such a way that I felt very prepared to function in an academic or clinical setting in the future.

**Dr. Tara Kacmarcik**

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Harper College's rich diversity of students offers an amazing training year for any aspiring psychologist. The students present with so many different issues that one is never without a challenge. The students differ in age, race, ethnicity, SES, religion, gender, sexual orientation, physical disability, and clinical presentation. Working within a team atmosphere allows one to feel supported in the services provided. The supervision provided by the clinical supervisor is of the highest caliber.

My experience at Harper has been nothing but stellar! The clinical supervisor is amazing. Her supervisory style allows you to grow as a clinician with a unique style while incorporating important theoretical concepts. The team approach allows for each person to be supported in the most appropriate way. Working with the Health Services team provided an invaluable element to Psychological Services. As a member of this team, I appreciated being supported for what I could add to it.

If you are interested in working with the college population, Harper provides you with an excellent training opportunity. This is a site that anyone interested in working with this population would be remiss to overlook!

**Dr. Felicia Tornabene-Coleman**

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I was fortunate and honored to receive an Internship at Harper College. My year was full of excitement, personal and academic growth, challenges and inspiration. My Internship offered ample opportunity to gain clinical skills, supervision and consultation experience, collaboration with campus wide committees and exposure to administrative functions. I value my experience at Harper because of the tremendous supervision and mentoring I received, the lasting collegial relationships I made and the outstanding diverse clinical exposure I received.

The clinical opportunities at Harper are endless and I left my Internship feeling confident that I could utilize my experience to be clinically responsive to any student based issue that may occur on college/university campuses.

Mostly, I value the extensive experience I gained from working with the college population which included persons of traditional college age all the way through those of nontraditional age, well into their 60s. The multitude of clinical issues impacting the community college student also offered invaluable experiences. During my Internship year, I had the opportunity to work with persons struggling with adjustment type issues as well as others suffering

with more severe struggles with eating disorders, domestic issues, suicidality, psychosis, alcohol and drug abuse, sexual assaults, and problems with disabilities.

I feel very strongly that I gained unprecedented experience and exposure to the community college student as well as the functionality of a college setting that prepared me for my career in higher education.

**Dr. Phyllis Mogielski-Watson, M.A., L.C.P.C., N.C.C., C.A.D.C.**

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I was fortunate to have trained at Harper College Health and Psychological Services. The training environment and the supervision I received were exceptional. I found vast opportunities that allowed me to bring together my interests while providing challenging and exciting clinical work; all of which has led to considerable professional and personal growth.

There is something very special about Harper that is difficult to define. I believe that most trainees would agree that this training experience is one not soon forgotten, and awfully hard to top. It is rare to find an environment with such diverse experiences with the opportunity to be supervised by a truly gifted and supportive clinician. Indeed these are the ingredients of a solid training experience that provide a foundation for further professional identity development.

I would encourage anyone who is open to learning, willing to work hard, and wanting to be a better clinician to apply for a training position at Harper College Health and Psychological Services.

**Dr. Alisa Matteson Mundt**

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