

Frequently Asked Questions

1. [I understand that UC Santa Cruz is based on the College system. What does this mean and how does this system impact interns?](#)
 2. [What are you looking for in an intern?](#)
 3. [How are primary supervisors assigned?](#)
 4. [Do I have my own office and computer?](#)
 5. [Do interns get the opportunity to supervise or teach?](#)
 6. [What types of groups are offered by Counseling and Psychological Services?](#)
 7. [Are interns required to be on-call on night or weekends?](#)
 8. [Will I have opportunities to specialize in certain clinical areas?](#)
 9. [What opportunities are available in providing outreach and consultation services?](#)
 10. [Are there opportunities for testing?](#)
 11. [I have never provided brief therapy or crisis intervention before. Will I receive training in these areas?](#)
 12. [What is the ethnic makeup of the UC Santa Cruz student population?](#)
 13. [Is there support for professional development activities?](#)
 14. [What are the stipends and benefits offered by UC Santa Cruz?](#)
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1. I understand that UC Santa Cruz is based on the College system. What does this mean and how does this system impact interns and Counseling and Psychological Services (CPS)?

UC Santa Cruz is made up of 10 cluster colleges, with nine of the colleges each having their own separate residential housing. All undergraduates, whether they live on campus or off campus, are affiliated with one of the UCSC colleges (Cowell, Stevenson, Crown, Merrill, Porter, Kresge, Oakes, Eight, Nine, and Ten). Although students take classes in any number of colleges and academic departments throughout the campus, core courses within each college provide a common academic base for first-year and transfer students. Graduate students are affiliated with their academic departments and are not affiliated with a specific college.

Counseling and Psychological Services has a Central Office in the student health center building on campus. This is our main hub for counseling services for students. Students are seen here by CPS staff and interns for triage and crisis services. Our main group room and general meeting and training room are also at our central office. In addition, the CPS director, an intern(s), the Case Manager, and often a postdoctoral fellow are housed at our Central Office.

Counseling staff is housed at nine of the ten colleges and in Family Student Housing; we do not yet have staff for College Ten. What can be a bit confusing is that CPS staff provide clinical services to students from any college, not just to students in the college that they are housed because our clinical services operate in a centralized fashion. Students call or come into our Central Office to request an appointment, and are then scheduled for an intake appointment with either a

CPS staff or intern at any of our office locations. The Counseling Psychologist at each college provides consultation services to the staff and faculty at the college where they are located.

Interns have the opportunity to be housed **either** in our Central Office or at one of the colleges directly besides one of the CPS staff. The Colleges where interns are commonly located include Kresge College, Merrill College, and Porter College. Interns in the colleges will have a unique experience working with the CPS staff providing outreach and consultation to the staff and faculty at that college. The college consultation is done in a team, with the intern never having full responsibility for the college consultation. In addition, although interns may be housed at a particular college, they also provide general outreach and consultation to a variety of campus units and organizations (examples include: the Women's Center, Disability Resource Center, GLBT office, International Students office, Career Center, and different student ethnic resource centers). The intern(s) housed in the Central Office will have the experience of both working in a centralized counseling center and in a student health center. The intern (s) who is placed in our central office has the same opportunities in providing outreach to the general campus, and will also be paired with the Counseling Psychologist at Cowell College to participate in college outreach and consultation.

To get a better view of the UC Santa Cruz campus try out the [UCSC Virtual Tour](#).

Often intern candidates are concerned about how much contact they will have with the CPS staff. Even though we have a decentralized (or hybrid) counseling center, an essential component of any APA accredited training program is to provide opportunities for socialization with both staff and peers in the profession of psychology. We provide many opportunities for this to occur. Although a bulk of the staff are housed out in the colleges, interns and staff meet regularly for meetings and collaboration. The CPS staff and interns meet two times a week on Tuesday and Thursday for regular meetings. Interns meet regularly three times a week for training seminars. Interns also meet regularly with different CPS staff for primary supervision, secondary supervision, group co-facilitation, planning and committee meetings, and general consultation. Interns report that they are often in their offices only about 50 percent of the time, with the other time being filled with supervision, trainings, and meetings. Last, interns work very closely with the CPS staff they are housed next to in the college or the Central office.

[Back](#)

2. What are you looking for in an intern?

A majority of our predoctoral interns have previous clinical and practical experience in counseling centers, a strong interest in conducting brief therapy and crisis management, and a commitment to outreach and educational programming and consultation. As a staff and a unit, we value diversity and a community

psychology model of intervention. We look for interns who are flexible, work collaboratively in a team setting, and who are committed to lifelong development of multicultural competence. Finally, we are always looking for applicants who would be a good fit for our training program.

[Back](#)

3. How are primary supervisors assigned?

During the Orientation period, interns have the opportunity to meet with available supervisors to get to know the different supervisors and their supervisory styles. Interns then rank their preferences and discuss them along with their training needs with the Training Director. The Training Director makes the final assignments taking into consideration intern preferences and training needs for the year. Secondary supervisors are chosen by the intern in a process where interns discuss their preferences with their fellow interns and the Training Director so overlaps between choices of interns for secondary supervisors can be negotiated.

[Back](#)

4. Do I have my own office and computer?

Yes, Interns have their own private offices. They are housed either in our Central Office in the Health Center or out in one of the Colleges. Currently, Kresge, Porter, and Merrill Colleges have intern offices. Each intern office is equipped with a PC computer that has access to the Internet and each intern has their own e-mail account. Each intern also has a web cam in their office for recording of client sessions.

[Back](#)

5. Do interns get the opportunity to supervise or teach?

UC Santa Cruz does not have a Clinical or Counseling Psychology graduate program on campus, and thus unfortunately there are no opportunities for interns to supervise practicum students. We do provide a five session training series on supervision that focuses on both the theories and practice of supervision, and integrate a peer supervision model in the seminar. With regards to teaching, interns have many opportunities to present invited guest lectures to various psychology related courses at UC Santa Cruz, often on topics of depression, eating disorders, trauma, and the mental health issues of college students. In addition, since a major training goal of our internship is developing competence in a community psychology model of service delivery emphasizing outreach and consultation, interns have many opportunities to teach/present when conducting outreach and educational programs.

[Back](#)

6. What types of groups are offered by Counseling and Psychological Services?

Counseling and Psychological Services offers a variety of therapy and educational groups throughout the year. Our most common groups include: Anxiety, Depression, Eating Awareness, General Therapy - Understanding Myself and Others, GLBT, Women's Groups (undergraduate and graduate), and Survivors of Sexual Abuse. We also conduct groups for students of color, rape survivors, men, and students with disabilities. Interns typically co-facilitate a group with a senior staff member each quarter. In addition, interns may develop groups on their own, and may also co-facilitate groups with fellow interns during spring quarter.

[Back](#)

7. Are interns required to be on-call on night or weekends?

No. CPS utilizes an After Hours Crisis Service Program which responds to student in distress on nights and on the weekends. The service also provides consultation to faculty, staff, family, and friends who are concerned about UCSC students in distress. Interns are not required to carry beepers during their internships for night or evening on call.

[Back](#)

8. Will I have opportunities to specialize in certain clinical areas?

Interns will definitely get the opportunity to specialize in providing brief therapy, crisis intervention and crisis management, and group therapy. Interns will also be able to specialize in behavioral health stress reduction techniques. Last, interns have the opportunity to develop special expertise working with a multiculturally diverse college student population. In order to tailor the internship to each intern, there is flexibility in several components: developing outreach and educational programs in your area of interest, choosing clients with specific clinical presentations for your caseload, therapy group co-facilitation, and collaborating with different units on campus.

[Back](#)

9. What opportunities are available in providing outreach and consultation services?

There are numerous opportunities available to conduct outreach and consultation while on internship here. Given the cluster college model of UCSC, CPS staff and interns who are housed in the colleges are well situated to provide consultation and outreach programs to College staff and students. CPS staff are very involved in activities in the colleges, from advising residential staff how to deal with

student situations, consulting about developing an education program, debriefing a crisis situation, or implementing a variety of workshops to students in the college. Our main office also receives numerous requests throughout the year to provide workshops to students and campus groups, such as from the Women's Center, Educational Opportunities Program, the GLBT Student Office, Disability Resource Center, AOD and HIV program, and International Programs. Some CPS staff are also very active in working with a campus group called Coalition for Student Academic Success, in providing educational programming and consultation to assist in student retention efforts on campus. Interns provide 2-3 hours per week of outreach and consultation activities.

[Back](#)

10. Are there opportunities for testing?

There are a number of assessment instruments available to interns to utilize in brief therapy with students, including the Strong Vocational Inventory, the Myers Briggs Type Inventory, the Beck Anxiety and Depression inventories, the EDI, and the MMPI-2 clinical work with students. Interns are required to integrate assessment instruments into one clinical case during the year.

[Back](#)

11. I have never provided brief therapy or crisis intervention before. Will I receive training in these areas?

Yes. Interns receive significant training in brief therapy and crisis intervention during intern orientation, in training seminars and the ongoing crisis seminar, and in individual and group supervision.

[Back](#)

12. What is the ethnic makeup of the UC Santa Cruz student population?

The total enrollment for fall 2007 was 15,825 students, of which 14,381 were undergraduates and 1,444 were graduate students. The ethnic composition of UCSC's freshman class for fall 2007 was as follows:

| Ethnicity | Undergraduates |
|---------------------------------|-----------------------|
| Euro-American | 47% |
| Asian American/Pacific Islander | 25% |
| Chicano/Latino | 18% |
| African American | 3% |
| American Indian | 1% |

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| Not Stated (U.S. Residents) | 6% |
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In addition, CPS also serves a large number of lesbian, gay, bisexual, and transgendered students.

[Back](#)

13. Is there support for professional development activities?

Interns are encouraged to pursue professional development activities while on internship. Interns are given five days of professional development during the internship year, and can use the time for conference attendance and professional meetings, dissertation completion, graduation, and job interviewing. Interns regularly attend the annual Northern California Training Directors Conference where they meet trainees from other northern California internship programs. Interns and staff often attend the OCCDHE (Organization of Counseling Center Directors in Higher Education) annual conference, a conference that brings together counseling center staff from colleges and universities in California. In addition, the Bay Area offers a wide variety of workshops and conferences within an easy commute of Santa Cruz.

[Back](#)

14. What are the stipends and benefits offered by UC Santa Cruz?

See [Stipends and Benefits](#) for further information.

[Back](#)