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# Pre-Doctoral Psychology Internship Program

Metropolitan Detention Center

Los Angeles, California

Accredited By:  
American Psychological Association  
Commission on Accreditation  
Office of Program Consultation and Accreditation  
750 First Street, NE  
Washington, DC 20002-4242  
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## LOS ANGELES

Los Angeles is California's largest city, both in terms of territory and population. The current population is estimated to be approximately 3.5 million filling 465 square miles. Los Angeles is not a city in the traditional sense of the word. Instead, it is a collection of intermingling communities, each contributing their own identity and character.

Los Angeles offers many unique attractions that contribute to its character. These sights are desirable locales for both LA residents and international tourists. From Beverly Hills, best known for the exclusive Rodeo Drive and the luxurious homes, to downtown urban Los Angeles, there is a successful blend of diverse cultures, peppered with distinctive arts, foods, and way of life.

Los Angeles boasts a mild climate with temperatures averaging 70 degrees. The Pacific Ocean borders the western coast and offers hundreds of miles of beaches. You can swim, surf, snorkel, bicycle, or fish at most of the state's beaches. Or, you can traverse the trendy boardwalks by foot, skateboard, or in-line skates.

Los Angeles is considered to be one of the nation's major theatrical cities. Presentations range from comedic theater in one of the well-known comedy clubs, to more serious productions on famous stages. Many small theaters throughout the area also present dramas that range from the classical to the contemporary. In addition to live theater, first-run films are available at almost any one of the hundreds of movie theaters.

Los Angeles also provides opportunities for shopping, dining, entertainment, and education. The city and its surrounding communities have many attractions, including Disneyland, Knotts Berry Farm, Universal Studios, Farmer's Market, Mann's Chinese Theater, and many more.

The Metropolitan Detention Center is located in downtown Los Angeles within easy walking distance to historic Union Station, colorful Olvera Street, and the extraordinary Chinatown. It is centrally located near the 110, 101, and 5 freeways.

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## **PSYCHOLOGY SERVICES AT THE METROPOLITAN DETENTION CENTER LOS ANGELES**

The mission of the Metropolitan Detention Center at Los Angeles (MDC-LA) is to serve as a holding facility for individuals arrested for violation of federal laws awaiting court actions. In essence, it is a federal jail with a holding capacity of approximately 1,000 inmates, housing both males and females. Approximately 100 of the inmates have already been sentenced and are serving their time at MDC-LA. The inmates are of various racial, ethnic, educational, and socioeconomic backgrounds. They also present with a wide range of mental and emotional conditions, including affective and adjustment disorders, substance abuse, personality disorders, psychosis and dementia.

### **Psychology Services Mission Statement and Training Model**

The primary mission of Psychology Services within the Bureau of Prisons is to provide appropriate psychological, psycho-educational, and consultative services to inmates and staff. Psychological services within this institution are designed to ensure that every inmate with a documented need and/or interest in psychological treatment has access to a level of care comparable to that available in the community.

The MDC-LA intern training philosophy is consistent with the Practitioner-Scholar model. The program emphasizes the development of psychology interns who actively integrate the science of Psychology and evidence-based practices into their clinical interventions and treatment. Intrinsic in the MDC-LA model is the belief that clinical practice should be a reflection of sound findings in the research and science of Psychology. Our didactic training sessions and research review seminars are consistent with current developments in the field. Training staff emphasize the use of clinical applications which are based on empirically derived principles and combine theory and experience.

### **Services and Programs**

The services provided by the Psychology Department at MDC-LA are primarily brief in nature. They include psychological screenings of newly admitted inmates, brief treatment of adjustment symptoms, crisis intervention, and suicide risk assessment and prevention. We also conduct forensic evaluations for the federal courts, psychological assessment for other referral questions, drug abuse treatment, and consultation with staff for inmate management concerns and personal issues. Some opportunities exist to provide brief and long-term treatment in individual and group formats.

## **Special Programs Administered by the Psychology Department**

**Forensic Program** - The Psychology Department at MDC-LA is designated as one of the Forensic Study Centers in the Bureau. As a Study Center, the department conducts court-ordered evaluations on inmates from all over the country to assess competency to stand trial and insanity during the commission of an offense. Court testimony on these evaluations is sometimes required of Psychology Service staff members.

**Drug Abuse Program** - The Drug Abuse Program at MDC-LA consists of drug education groups and nonresidential drug treatment. It begins with an educational component and is followed by a more process-oriented phase. In the latter phase inmates are encouraged to examine the role substance abuse has played in their lives.

**Suicide Prevention Program** - The Suicide Prevention Program entails identification of, and intervention with, inmates who are at risk for suicide. The procedures include screening of incoming inmates for suicide risk, ongoing staff training for identification of inmates at risk for suicide, special housing to prevent self-destructive behavior, and a training program for inmate companions to provide 24-hour observation of individuals identified as high risk for suicide.

**Mental Health Program** - The Mental Health Program concentrates on those inmates placed in the Special Programs Unit. These inmates typically need closer observation than those in the general population. This program requires Psychology Services to have a close working relationship with the medical department because many of these inmates take psychotropic medication.

**Employee Assistance Program** - This program allows staff members experiencing personal or family mental health problems to obtain confidential treatment from a psychologist on staff or through referral to an appropriate community practitioner.

### **Staff and Resources**

Currently, MDC-LA has five full-time, licensed psychologists, and one full-time psychologist who is license eligible. Psychology Services is centralized within the institution, which contributes to a professional atmosphere and a close working relationship with colleagues. A full-time administrative assistant provides the staff with clerical support. A large conference room is available for meetings, seminars, and group treatment. Each staff member and intern has an office and personal computer.

#### **Lisa Hope, Psy.D. - Chief, Psychology Services**

Dr. Hope received her doctorate from Pacific University in 2000, and is licensed in California. She completed her pre-doctoral internship at MDC-Los Angeles. She worked as a Staff Psychologist and Mental Health Programs Coordinator at MDC Brooklyn until April, 2003. She

worked as a Forensic Psychologist at the MDC-Los Angeles until 2012, when she assumed the role as Chief. Her interests are in working with chronically mentally ill offenders, suicide prevention, interpersonal approaches to treatment, psychopathy, forensic evaluations, geropsychology, neuropsychology, and crisis support.

### **Rebecca Delgado, Psy.D. – Internship Program Coordinator**

Dr. Delgado received her doctorate from Pepperdine University's Graduate School of Education and Psychology in 2009, and is a licensed psychologist. She completed a BOP pre-doctoral internship at FCI Fort Worth, and during that year also conducted an outplacement at FMC Carswell. Following internship, she worked as a staff psychologist at MDC Brooklyn until December of 2012. Dr. Delgado's clinical interests include crisis intervention, rapid assessment and diagnosis, forensic evaluations, and treatment with personality disorders and severe mental illness. Her theoretical orientation is primarily cognitive behavioral.

### **Tiffany Smith, Psy.D. - Forensic Psychologist**

Dr. Smith received her doctorate from the California School of Professional Psychology - Alameda Campus in 2003, and is licensed in California. She has worked in city, county, state, and federal correctional jurisdictions, providing psychological services to male and female, adult and juvenile offenders since 1998. She served on a Board of Directors with the Los Angeles Police Department helping to establish and foster involvement between the community, local schools, and law enforcement. Her professional interests include media psychology; forensic evaluations; psychopathy; female offenders, particularly adolescents; and gender-specific treatment.

### **Lesli Johnson, Ph.D. - Forensic Psychologist**

Dr. Johnson received her doctorate in Counseling Psychology from Oklahoma State University in 2010, and is a licensed psychologist. She completed her pre-doctoral internship at FMC Devens in 2010. Following internship, she worked as a Staff Psychologist at FCI Danbury until June 2013. Her clinical interests include forensic evaluations, treatment of chronically mentally ill offenders and sex offenders, group facilitation, juvenile offenders, and psychopathy.

### **Samantha Shelton, Psy.D. – Forensic Psychologist**

Dr. Shelton received her doctorate in 2000 from the Forest Institute of Professional Psychology in Springfield, Missouri. She began her career with the Bureau of Prisons in 2001 and has served as the DAP Coordinator at federal prisons in Beaumont, Texas, Las Vegas, Nevada, and Los Angeles, California. She was also the coordinator for the CODE (Challenge, Opportunity, Discipline, and Ethics) program at the Federal Correctional Complex in Victorville, California. Currently she is one of three forensic psychologists, at the MDC-LA, and supervises the mental health rotation. Her professional interests include substance abuse treatment, working with the chronically mentally ill and personality disorders, and group facilitation.

**Seretha Eiland, Psy.D. – Drug Abuse Program Coordinator**

Dr. Eiland, received her doctorate in 2010, from the Illinois School of Professional Psychology, Chicago, Illinois. She completed her post-doctoral residency at Florida State Hospital with a focus on Forensic Assessment. Dr. Eiland began her career with the Bureau of Prisons in 2012 at USP, Marion where she and her staff activated the Residential Drug Abuse Program. She has continued to serve as a DAP Coordinator for the Bureau at FPC Duluth, and currently here at MDC, LA. Dr. Eiland's professional interests include working with underserved populations, particularly prostituted and incarcerated women, substance abuse treatment, trauma based therapy, and treatment issues related to re-entry. Her theoretical orientation is primarily client-centered; however she has great appreciation for an integrative approach to treatment.

**PSYCHOLOGY INTERNSHIP PROGRAM AT THE  
METROPOLITAN DETENTION CENTER  
LOS ANGELES**

**Accreditation**

The MDC-LA Psychology Internship Program received accreditation from the American Psychological Association (APA) in 1995. The Internship Program also follows the criteria outlined by the Association of Psychology Postdoctoral and Internship Centers (APPIC).

The MDC-LA internship is considered a full-time position and offers a stipend of approximately \$54,500 for the program year. It assumes forty hours a week of direct clinical services, assessment, research, consultation, and supervision activities. Release time for attending dissertation defense, meetings of the intern's research committee, and professional conferences can be arranged with the Internship Program Coordinator and the Chief Psychologist.

**Objectives and Philosophy**

The training offered by the MDC-LA Psychology Internship Program is designed to provide a well-rounded training experience leading to the development of a clinical generalist. The training objectives are influenced by the mission of the agency and community standards. The aim of the Psychology Internship Training Program is to train entry-level professional psychologists who also function competently in the correctional environment. To accomplish this aim, the program provides training as preparation for professional practice, consolidating the knowledge, skills, and abilities acquired through graduate training. We also stress the development of competence in research; ethical and legal standards; individual and cultural diversity; professional values and attitudes; communication and interpersonal skills; assessment; intervention; supervision; and consultation and interpersonal/interdisciplinary skills. Interns are

selected based on their preparation for more intensive work in these areas, their ability to provide psychological services, and their capacity for professional growth.

The MDC-LA Psychology Internship Program is a comprehensive learning experience in a multidisciplinary institutional setting with emphasis in the areas of corrections and forensic work. Interns are exposed to a variety of clinical situations, with different supervisors and a range of client problems. It is an intensive experience, structured to enhance the intern's abilities, aid in the acquisition of new skills, and facilitate autonomy in practice with appropriate consultation.

### **Training Activities**

**Supervision and Training** - Each intern will be involved in training 40 hours each week at MDC-LA. The 40 hours are apportioned accordingly; two hours of individual supervision by a licensed psychologist, two hours for group supervision and training, four hours per week of department rounds, and more than 20 hours of providing direct clinical services and related activities.

**Assessment** - Interns have the opportunity to enhance their diagnostic and assessment skills by evaluating inmates entering the institution for emotional or mental problems. Court-ordered psychological evaluations are also conducted and can involve the administration of a full battery of tests, including intelligence, neuropsychological, and personality tests. Diagnostic testing may also be conducted when treatment and diagnosis are in question.

**Treatment** - As part of training, interns provide long-term and brief treatment under the supervision of staff. The services to inmates range from crisis intervention and case management with acutely psychotic and suicidal individuals, to more traditional approaches with individuals who manifest personality or behavioral disorders. A broad range of diagnostic groups present for treatment, including adjustment disorders, affective and anxiety disorders, substance abuse, personality disorders, dementia, and psychosis.

**Consultation** - Interns are supervised in providing consultation to staff concerning management of mentally disordered inmates on housing units, conflict negotiation and resolution, suicide prevention, and victim's assistance to staff. Opportunities are also provided to participate in staff training activities.

## THE TRAINING PROGRAM

### Areas of Supervised Experience and Program Activities

The Psychology Internship Program consists of three main rotations each covering a period of approximately four months. The rotations include:

General Population  
Forensic Evaluations  
Mental Health

In addition to the individual rotations, each intern will be involved in a few activities that will continue over the course of the year. The general intern program requirements, with the estimated time spent engaged in the activities each week and over the course of the year, are listed below.

1. One long-term therapy case will be maintained. Videotapes will be made of these sessions for review in individual and group supervision.
2. Each intern will assist in the provision of group treatment to inmates enrolled in the non-residential drug abuse treatment program. A drug education course is also conducted with inmates who are identified based on their instant offense.
3. Each week the psychology interns will complete initial intakes for the Cadre Unit. This consists of interviewing the inmate, reviewing records, making appropriate recommendations, and completing a summary intake report.
4. Interns will be responsible for assisting in training inmates who have been selected as inmate companions in our Inmate Companion Program. These trainings take place quarterly throughout the year.
5. A mock trial is held at the end of the training year. Each intern will be expected to testify on a case that they were assigned while on the forensic rotation.
6. Each intern is responsible for developing and implementing several workshops or training sessions for staff during the year. One of these trainings will be conducted during institution Annual Training, and will cover the topic of diversity. Interns are also expected to present their dissertation topic to the Psychology Department staff, and to create one additional didactic on a topic of their choice before the end of the year.
7. There will be extensive individual supervision, group supervision, and training seminars held weekly.



## **GENERAL POPULATION ROTATION**

Supervisor: Rebecca Delgado, Psy.D.

The general population rotation focuses primarily on providing general mental health services to inmates. Most of the work consists of screening and assessing the needs of the inmates, referring inmates for psychiatric consultation, conducting brief psychotherapy, providing case management, responding to inmate's requests for services, consulting with correctional and medical staff, and participation in the Admissions and Orientation Program for inmates.

### **Rotation Content Areas**

**Psychology Services Inmate Questionnaire (PSIQ)** - Each inmate completes the PSIQ (a screening questionnaire) upon arrival at the institution. These forms are forwarded to Psychology Services and reviewed for pertinent information. Each inmate who reports a history of mental health treatment, past or present suicidal thoughts, current symptoms, significant drug abuse history, or just requests to be evaluated by psychology staff, will be seen. An assessment will be conducted and services provided based on the inmate's needs. It is anticipated that approximately 15-20 screenings will be conducted each week by the psychology intern.

If it is determined that individuals need to be followed by Psychology Services, the psychology intern will complete the initial evaluation, discuss the case with their supervisor, and either pick-up the case for their caseload (for case management or individual therapy) or refer to another staff member. Inmates with significant mental health history who may have difficulty adjusting in general population will be assessed for the Special Programs Unit or Segregation.

**Written Requests for Psychology Services** - Inmates also communicate a need for psychology services by completing a Written Request Form (also known as a "cop-out"). It is anticipated that the General Population intern will respond to several written requests each week.

**Crisis Intervention** - This department is often called to respond to crisis situations. This may mean that an inmate is in the process of acting out or has just received upsetting news from home. This psychology intern will be involved in crisis intervention work.

**Case Management** - Because the population at MDC-LA is constantly in flux, it is difficult to provide on-going psychotherapy to many inmates. The goal for Psychology Services is to screen most inmates for psychological disorders and conduct case management so they can remain stable while at this institution. Psychology interns acquire a case management caseload from screening forms, written inmate requests, and crisis calls. Some of these inmates will need to be seen more than once a week while others will only require monthly follow-up.

**Evaluations for Risk of Abusiveness/Victimization**- Inmates who have a sexual abuse history, either as the victim or perpetrator, may require additional services from Psychology Services to

maintain their stability and the safety of other inmates. A screening is conducted with each inmate endorsing any such history to aid in making appropriate housing assignments, and to provide necessary follow-up services related to their abuse histories.

**Special Housing Unit (SHU)** - The institution's Special Housing Unit (SHU) houses inmates who have been placed on a closely monitored, locked-cell status due to administrative or disciplinary issues. This includes inmates who have exhibited significantly disruptive behavior in the general population or have protective custody concerns. Inmates housed on this unit for longer than thirty days receive a formal monthly review by Psychology Services. The general population intern will assist in completing the monthly interviews as well as any additional needed psychology services.

### **Suggested Reading for the General Population Rotation**

Dattilio, F. , & Freeman, A. (2000). *Cognitive-behavioral strategies in crisis intervention*. New York, NY: Guilford Press.

Hare, R. (1993). *Without conscience: The disturbing world of the psychopaths among us*. New York, NY: Guilford Press.

Hayes, P. (2002). *Addressing cultural complexities in practice*. Washington, DC: American Psychological Association.

Lilienfeld, S., Lynn, S., & Lohr, J. (Eds.). (2003). *Science and pseudoscience in clinical psychology*. New York, NY: Guilford Press.

Miller, W., & Rollnick, S. (2002). *Motivational interviewing: Preparing people for change*. New York, NY: Guilford Press.

Olin, J., & Keatinge, C. (1998). *Rapid psychological assessment*. Hoboken, NJ: John Wiley & Sons, Inc.

### **FORENSIC EVALUATION ROTATION**

Supervisor: Lesli Johnson, Ph.D.

In the forensic evaluation rotation the intern participates in conducting court-ordered psychological evaluations with respect to the legal issues of competency to stand trial, insanity during the commission of an offense, and other evaluation questions posed by the court. The rotation is a four-month supervised experience that allows the psychology intern to develop skills and in-depth understanding in the areas of forensic evaluation procedures, federal criminal law, ethics in the practice of forensic psychology, and psychological assessment, including diagnostic

interviews, administration of various testing instruments, and psychological/forensic report writing.

The intern's experience on the forensic rotation will include direct observation of the supervisor conducting forensic evaluations; conducting forensic diagnostic interviews under direct supervision; learning the administration of unfamiliar tests; administration and interpretation of test batteries; conversing with court personnel concerning forensic cases; documentation of forensic evaluations; forensic report writing; and crisis intervention and suicide assessment and prevention with various emergencies that arise.

**Forensic evaluation** - The first month of the rotation involves becoming acquainted with the relevant forensic evaluation literature, direct observation of the process of conducting forensic assessments, and supervised experience in administration of psychological tests. The remainder of the rotation involves conducting complete forensic assessments under direct supervision, including administration of psychological tests, diagnostic interviews, contact with court personnel for information, and forensic report writing. During this rotation time will be spent reviewing the literature or required reading for the rotation, directly observing the evaluation process, and engaging in miscellaneous duties, such as case management and documentation, case formulation, psychological screening of inmates.

**Assessment** - The use of different objective tests, gathering of personal history, and reviewing various legal and medical records is a large portion of the forensic assessment process. Each week the intern will review assessment methods and review testing materials to apply to the

forensic assessment process, including the administration of four full batteries and at least two unfamiliar tests.

### **Required Readings for the Forensic Evaluation Rotation**

Blocker v. United States, 288 F. 2d 853 (1961).

Committee on Ethical Guidelines for Forensic Psychologists. (1991). Specialty guidelines for forensic psychologists. *Law and Human Behavior*, 6, 655-665.

Dusky v. United States, 362 U. S. 402 (1960).

Greene, R. L. (2010). *The MMPI-2/MMPI-2-RF: An interpretive manual* (3<sup>rd</sup> ed.). Pearson.

Grisso, T. (2003). *Evaluating competencies: Forensic assessments and instruments* (2nd ed.). New York, NY: Kluwer Academic/Plenum Publishers.

MacDonald v. United States, 312 F. 2d 847 (1962).

Shapiro, D. (1999). *Criminal responsibility evaluations: A manual for practice*. Sarasota, FL: Professional Resource Exchange.

United States v. Brawner, 471 F. 2d 969 (D.C. Cir., 1972).

United States v. Currens, 290 F. 2d 751 (3rd Cir., 1961).

United States v. Wilson, 263 F. Supp. 528 (D.C. Cir., 1966), 391 F. 2d 460.

### Suggested Readings

Alexander, G. J., & Schefflin, A. W. (1998). *Law and mental disorder*. Durham, NC: Carolina Academic Press.

Doren, D. M. (2002). *Evaluating sex offenders: A manual for civil commitments and beyond*. Thousand Oaks, CA: Sage Publications.

Ekman, P. (2009). *Telling lies: Clues to deceit in the marketplace, politics, and marriage* (rev. ed.). New York, NY: W.W. Norton & Company.

Goldstein, A. M. (2006). *Forensic psychology: Emerging topics and expanding roles*. Hoboken, NJ: Wiley.

Hare, R. D. (1993). *Without conscience*. New York, NY: Guilford Press.

Lezak, M. D., Howieson, D. B., Bigler, E. D. & Tranel, D. (2012). *Neuropsychological assessment* (5th ed.). New York, NY: Oxford University Press.

Lilienfeld, S. O., Lynn, S. J., & Lohr, J. M. (2004). *Science and pseudoscience in clinical psychology*. New York, NY: Guilford Press.

Melton, G., Petrila, J., Poythress, N., & Slobogin (2007). *Psychological evaluations for the courts: A handbook for mental health professionals and lawyers* (3rd ed.). New York, NY: Guilford Press.

O'Leary, K. M., Brouwers, P., Gardner, D. L., & Cowdry, R. W. (1991). Neuropsychological testing with borderline personality disorder. *The American Journal of Psychiatry*, 148, 106-111.

Quinsey, V. L., Harris, G. T., Rice, M. E., & Cormier, C. A. (2006). *Violent offenders:*

- Appraising and managing risk* (2<sup>nd</sup> ed.). Washington, DC: American Psychological Association.
- Roberts, C. F., & Golding, S. L. (1991). The social construction of criminal responsibility and insanity. *Law and Human Behavior*, 5, 349-376.
- Rogers, R. (2008). *Clinical assessment of malingering and deception* (3rd ed.). New York, NY: Guilford Press.
- Simon, R. I. (1992). *Review of clinical psychiatry and the law* (2<sup>nd</sup> ed.). Washington, DC: American Psychiatric Press.
- Tardiff, K. (1996). *Concise guide to assessment and management of violent patients* (2<sup>nd</sup> ed.). Washington, DC: American Psychiatric Press.
- Taylor, R. L. (2000). *Distinguishing psychological from organic disorders: Screening for psychological masquerade* (2<sup>nd</sup> ed.). New York, NY: Springer Publishing Company.
- Weiner, I. B., & Otto, R. K. (2013). *Handbook of forensic psychology* (4<sup>th</sup> ed.). Hoboken, NJ: John Wiley & Sons.
- Wexler, D. B. (1990). *Therapeutic jurisprudence: The law as a therapeutic agent*. Durham, NC: Carolina Academic Press.
- Widiger, T. A., & Shea, T. (1991). Differentiation of axis I and axis II disorders. *Journal of Abnormal Psychology*, 100, 399- 406.
- Yochelson, S., & Samenow, S. E. (1989). *Criminal personality* (Vols. 1-3). Northvale, NJ: Jason Aronson, Inc.
- Faust, D. (2011). *Coping with psychiatric and psychological testimony* (6<sup>th</sup> ed.). New York, NY: Oxford University Press.

**MENTAL HEALTH ROTATION**  
Supervisor: Samantha Shelton, Psy.D.

The Mental Health Rotation deals primarily with inmates on the Special Programs Unit (SPU). The SPU serves as a placement for individuals suffering from mental disorders, severe personality disorders, or medical conditions that require greater control, supervision, or monitoring than afforded on a general housing unit. This unit also serves to house suicidal

inmates on formal suicide precautions status. The primary goal for inmates placed on this unit is preparation for a successful transition into general population housing.

Responsibilities on this rotation will require the use of clinical interviewing skills to conduct initial evaluations and suicide risk assessments. Interns will also be involved in crisis intervention, brief psychotherapy, group therapy, case management, psychiatric and staff consultation.

### **Rotation Content Areas**

**Initial Evaluations** - A complete evaluation will be performed on each inmate who is placed on the SPU or those inmates identified as potential mental health inmates. The evaluation includes a clinical interview, a mental status exam, a review of the background information, behavioral observations, and psychological testing when necessary. A range of psychological assessment instruments are available for use, including traditional intellectual and personality measures, as well as more specific measures for symptom and suicide risk assessments. The goal is to identify individuals suffering from a mental illness and maximize treatment potential, while attempting to maintain the safety of the inmate and others.

**Suicide Assessments** - Inmates who are thought to have an imminent potential for suicide will be placed on SPU. Psychology Services staff will evaluate the risk potential of the inmate and if suicide potential is high, the inmate will be placed on formal suicide watch. Suicide prevention watch cases will be housed in one of the two cells designated for suicide prevention watch on the unit. Individuals on suicide prevention watch status will be managed according to the procedures outlined under the suicide prevention watch section of the SPU policies brochure.

The suicide risk and suicide watch forms, in addition to an intake screening form, are to be completed. If a formal watch is initiated, the inmate is seen for treatment on a daily basis. Transfer to observation status, the SPU general population, or another unit will occur once the inmate's risk potential has substantially diminished. He/she will remain on a psychology staff member's caseload throughout the duration of the stay at MDC-LA.

**Crisis Intervention** - Inmates often experience acute personal problems that require immediate attention, such as receiving a long sentence, divorce, or death of a family member. In addition, crisis intervention will be needed for suicidal, psychotic, or disruptive inmates. Psychology staff will often be called upon to assist in a difficult situation or for guidance in handling a mentally ill inmate.

**Brief Counseling** - The occurrence of brief psychotherapy depends on the needs of the inmate and length of his/her stay at this institution. However, inmates who are on suicide watch or in acute crisis will obviously need more intensive treatment. The intern's caseload will consist of approximately eight to ten cases on the SPU, with additional general population cases as

assigned. Individual brief counseling sessions will be documented, and the progress reviewed during individual supervision.

**Group Therapy** - The psychology intern on this rotation will become familiar with all the mental health inmates on the SPU. Group therapy will be conducted both alone and in conjunction with a staff psychologist for these inmates.

**Case Management** - Often circumstances require a case management approach. Thus, the interns' communication and consultation skills will be utilized. One of the requirements of this rotation will be attendance at the weekly mental health inmate meeting. During this meeting, staff review all high profile cases and the status of those inmates on the Special Programs Unit. Included in this meeting are representatives from the executive staff, the hospital, unit management, custody, and psychology.

**Psychiatric Consultation** - This institution has a consulting psychiatrist who provides four hours of psychiatric consultation each week. During the mental health rotation, the psychology intern will schedule psychiatric appointments and spend an average of four hours a week sitting in during the psychiatric consultations. Important information from the consults will be shared at the staff meeting.

### **Suggested Reading for the Mental Health Rotation**

- Bongar, B. (2002). *The suicidal patient: Clinical and legal standards of care* (2<sup>nd</sup> ed.). Washington, DC: American Psychological Association.
- Daley, D., & Moss, H. (2002). *Dual disorders: Counseling clients with chemical dependency and mental illness*. Center City, MN: Hazeldon Foundation.
- Hayes, L. (1995). *Prison suicide: An overview and guide to prevention*. Washington, DC: United States Department of Justice, National Institute of Corrections.
- Linehan, M. (1993). *Cognitive behavioral treatment of borderline personality disorder*. New York, NY: Guilford Press.
- Meloy, J. R. (2000). *Violence risk and threat assessment*. San Diego, CA: Specialized Training Services.
- Oldham, J., Skodol, A., & Bender, D. (Eds.). (2005). *Textbook of personality disorders*. Washington, DC: American Psychiatric Publishing.
- Sadock, B., & Saddock, V (Eds.). (2005). *Comprehensive textbook of psychiatry* (8<sup>th</sup> ed.).

New York, NY: Lippincott, Williams and Wilkins Publishing.

Sadock, B., & Saddock, V. (2007). *Synopsis of psychiatry*. New York, NY: Lippincott, Williams and Wilkins Publishing.

Simeon, D., & Hollander, E. (Eds.). (2001). *Self-injurious behaviors: Assessment and treatment*. Washington, DC: American Psychiatric Publishing.

Wright, J., Thase, M., Beck, A., & Lundate, J. (Eds.). (1993). *Cognitive therapy with inpatients*. New York, NY: Guilford Press.

Zuckerman, M. (2000). *Vulnerability to psychopathology: A biosocial model*. Washington, DC: American Psychological Association.

### **EMPLOYMENT OPPORTUNITIES WITH THE FEDERAL BUREAU OF PRISONS**

For over thirty years the Bureau of Prisons has relied on the Psychology Internship Program to provide a large proportion of the number of entry-level clinical and counseling psychologists required to meet staffing needs. Many of the psychologists currently employed by the Bureau began their careers after completing internships with the federal prison system.

Projections continue to indicate an increase in the inmate census over present levels. Additional psychologist positions are likely to be created, partly to respond to the mental health needs of these new federal prisoners. While we do not promise jobs automatically to those who are accepted into the Internship Program, we prefer to hire people who have already proven themselves to be competent practitioners in correctional environments. Therefore, we will look to our intern classes first in making employment offers.

Newly selected staff members who have just completed their doctoral programs, typically start at the GS-11 salary level. Upon successful completion of their first year, psychologists are automatically upgraded to the GS-12 level with further increases to the GS-13 and GS-14 levels possible.

In the Bureau of Prisons, psychologists enjoy a great deal of professional autonomy. We are the main providers of mental health services. Our departments are not subordinated to the decisions of psychiatrists. As a staff psychologist, you would have the opportunity to be involved in:

- Forensic Evaluations for the Federal Courts
- Psychological Evaluations of Candidates for the Witness Protection Program
- Hostage Negotiation Training



- Drug Abuse Treatment Programs
- Suicide Prevention Program
- Crisis Intervention Response Team for Trauma Victims
- Pre-Doctoral Internship Training Program
- Employee Assistant Program
- Inpatient Mental Health Program
- Staff Training

Annual continuing education is available as a part of each psychologist's professional development program. Many attend seminars, workshops, or the annual APA convention. Considerable latitude is allowed in making choices.

Psychologists also have the opportunity to choose the part of the country and, given the availability of positions, the type of facility -- maximum, medium, and minimum security -- in which they wish to work. Those who prefer more traditional settings may find the Bureau of Prisons' medical centers, such as those located in Springfield, Missouri; Rochester, Minnesota; Carswell, Texas; Devens, Massachusetts; or the psychiatric referral center at Butner, North Carolina, more desirable.

As federal employees, all new psychologists are covered by the Federal Employee Retirement System and pension plan. Federal employees also have the additional opportunity to contribute income to the Thrift Savings Plan (TSP), which is the government's version of a 401K plan. Bureau employees may retire after 20 years, provided they have reached the age of 50, and receive a full pension. The Bureau of Prisons is an equal opportunity employer. However, in accordance with Public Law 100-238, applicants for entry-level staff positions must not have reached their 37th birthday at the time of appointment. Waivers may be requested up to age 40.

## **APPLYING TO THE PSYCHOLOGY INTERNSHIP PROGRAM**

### **Requirements and Procedures**

The positions offered for the upcoming internship year are open to all students enrolled in APA accredited clinical and counseling doctoral psychology programs. In order to be internship eligible, students must have successfully completed all doctoral course work, other than the dissertation, by the beginning of the internship. The Bureau of Prisons is an Equal Opportunity Employer and encourages the application of minority students.

All applicants must be registered with the National Matching Services, Inc. in order to be eligible for this internship program. Positions will be filled strictly in accordance with APPIC policy and on-line application procedures. Applicants' eligibility for temporary federal employment

must then be verified via [www.usajobs.gov](http://www.usajobs.gov). In accordance with PL100-238, applicants for regular staff positions must be under the age of 37 at the time of initial appointment. Once an applicant has successfully completed this process, he or she may be invited for an in-person interview. Telephone interviews will not be granted.

Throughout the training year, interns will accrue four hours each of sick and annual leave, per pay period. Interns will also be allowed to request administrative leave for specific job-related purposes, and those requests will be considered on an individual basis by the Warden. Specific maternity and paternity policies are available in the Human Resource Management Manual (Chapter 6, Section 630.4). In general, interns who require maternity or paternity leave will be expected to first use all accrued hours of annual and sick leave. Additional time off will be determined on a case-by-case basis by the Warden. In the event of maternity or paternity leave, the Internship Program Coordinator will work closely with the intern to ensure all requirements for internship and clinical training hours are completed in a timely manner.

Positions will be filled through the APPIC Matching Service, and results will be communicated to both students and training sites on Match Day. This 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.

All BOP positions are considered "sensitive." Applicants must be U.S. citizens (and have lived in the U.S. for three of the last five years) and must successfully complete a security clearance procedure that includes personnel interviews, a background investigation, a physical examination, and urinalysis drug screen. Internship offers resulting from participating in the APPIC matching process are tentative and are contingent on security clearance. Prospective candidates may be asked to complete this portion of the interview process prior to the Association of Psychology Postdoctoral and Internship Centers (APPIC) match date. Successful completion of this process is a necessary prerequisite for employment as a BOP intern. The security clearance process may be completed at this institution or at any other BOP facility.

### **THE DEADLINE FOR COMPLETED APPLICATIONS IS NOVEMBER 1<sup>st</sup>**

All application materials must be submitted online by November 1, 2016; however, applicants are encouraged to submit their application materials as early as possible. You may apply to one or more of the Bureau of Prisons internship programs and your credentials will be evaluated independently at each site. Interviews will be conducted in January 2017.

### **All completed applications at MDC-LA will include:**

1. APPIC Application for Psychology Internship (AAPI). The AAPI is available from the APPIC web site at <http://www.appic.org/>. Please submit three letters of recommendation

with your online application.

2. One work sample with all identifying data eliminated. Select an adult client whose report, at a minimum, includes background information, current behavioral observations, results of psychological testing, and a formulation of the case.

Psychology Services at MDC-Los Angeles is proud of its Psychology Internship Program. We look forward to having an opportunity to talk with you about it. If you have questions before beginning the application procedure, please contact:

**Rebecca Delgado, Psy.D.**  
**Internship Program Coordinator**  
**Metropolitan Detention Center**  
**535 North Alameda Street**  
**Los Angeles, California 90012**  
**(213) 485-0439, Ext. 5437**  
**rdelgado@bop.gov**

#### **APPIC POLICY REGARDING INTERNSHIP MATCHING**

The Association of Psychology Postdoctoral and Internship Centers (APPIC) has developed guidelines for procedures used in student-internship matching. The guidelines have evolved over time and will continue to do so as APPIC remains responsive to the varied concerns around this issue. This 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.

The internship at MDC-LA is participating in the APPIC Internship Matching Program. **All applicants must obtain an Application Agreement Package from the National Matching Services, Inc. (NMS) and register for the matching program in order to be eligible to match to our program.**