ASCEND
BEHAVIORAL HEALTH

SIERRA MEADOWS
BEHAVIORAL HEALTH

OASIS
EATING DISORDER RECOVERY

Central Valley Behavioral Health

Doctoral Internship in Clinical Psychology

2027-2028

Doctoral Internship

Central Valley Behavioral Health (CVBH) operates a full-time internship in Clinical Psychology. CVBH is a member of the Association for Psychology Postdoctoral and Internship Centers (APPIC). Applications and supplemental materials must be submitted through the APPIC Application for Psychology Internships (AAPI). Application supplemental documentation is required as follows:

- Please submit either a treatment summary, OR
- An evaluation report that includes test administration

CVBH utilizes the National Matching Service (NMS) internship matching program. We will faithfully follow all the guidelines set forth by NMS. Our program has 3 NMS match numbers, 1 for each program track.

258711 – Adult Track
258712 – Child/Adolescent/Pediatric Track
258713 – Eating Disorder Track

Doctoral internships are offered to students who are enrolled in doctoral programs in clinical psychology and who have completed all coursework, as well as all clinical practicums involving basic assessment, interviewing, psychological testing, and supervised psychotherapy training.

Introduction

CVBH is a psychological corporation with affiliated corporations under the ownership of Matthew Tatum, PsyD. The overall company is comprised of Ascend Behavioral Health (Pediatric Programs), Sierra Meadows Behavioral Health (Adult Programs), and Oasis Eating Disorders Recovery (Teen and Adult Programs).

Our organization specializes in intensive residential and outpatient treatment for adult and pediatric patient populations. We provide therapy intervention and psychological assessment services at nearly all levels of care. Sierra Meadows Behavioral Health (SMBH), the adult patient services program, operates a Residential Treatment Program (RTC) across two 6-bed houses, a Partial Hospitalization Program (PHP), and an Intensive Outpatient Program (IOP). Ascend Behavioral Health (ABH) operates one 6-bed RTC, a PHP, and an IOP program for adolescents 12-17 years old, and a Junior IOP program for children ages 9-12 years old. Oasis Eating Disorder Recovery operates a PHP and IOP program for adult patients and transitional age youth (TAY) whose primary presenting problems are related to eating disorders.

CVBH treats patients with psychopathology ranging from the mildly to severely disturbed. Because we provide intensive services, our patients are receiving treatment in the hopes of facilitating integration from hospitals and residential treatment centers back into their homes, or in hopes to avert hospitalizations or placements in residential treatment.

We are a for-profit corporation and provide services on a fee-for-service basis. However, we also have active programs to assist patients with financial hardship. The company also operates an affiliated not for profit counseling center, the Birdie Lou Counseling Center, which provides free care to its patients.

Levels of Care

Residential Treatment Center (RTC)
This level of care is a step below hospitalization and is considered in-patient treatment. Our RTC programs operate 6-bed houses and length of stay typically ranges from 25-45 days. Patients at this level of care are often in active crisis and are generally unable to maintain safe living outside of the structure of residential treatment. Patients are often acutely suicidal, unable to manage adaptive living, or present with other intense risk factors necessitating in-patient treatment. Treatment includes group, individual, and often conjoint therapy.

Partial Hospitalization Program (PHP)
This represents the highest level of care at the outpatient setting. PHP is a step below in-patient care and is needed for patients who are struggling with severe mental health symptoms such as chronic severe depression, anxiety, suicidality, etc. Patients attend programing for 6 hours per day, five days per week. Treatment includes group therapy, adaptive living skills, individual sessions, and conjoint sessions with family when appropriate or necessary. Typical length of treatment is 4 - 6 weeks.

Intensive Outpatient Program (IOP)
This represents a step-down from PHP and involves treatment consisting of 3-4 days per week, for 3 hours per day. This level of care is designed for patients requiring more intense treatment than typical outpatient care provides. Patients are often struggling with chronic symptoms and may also have histories that include self-injurious behavior or suicidal ideation. Typical length of treatment is 1½ - 3 months.

Outpatient (OP)
While our company does not at present provide typical outpatient therapy, which is generally 1 - 2 sessions for one hour each, we do provide outpatient group therapy or continue providing individual sessions to patients who have graduated from higher levels of care and require ongoing support during their transition to traditional outpatient care with an individual therapist.

A Critical Learning Experience

Central Valley Behavioral Health is offering a doctorial internship that is designed to provide the following:

- 12-month full-time Doctoral Level Internships with minimum 2,000 hours of supervised professional experience.
- The Doctoral Internship is an essential training experience required by clinical psychology doctoral programs and professional legislative bodies.

It is the expectation that over the course of the year the intern will develop from a student-based orientation to a more independent practitioner orientation.

By the time an intern completes their training at CVBH, he or she will be equipped to perform psychological services at a post-Doctoral level. The goal of the internship program is to facilitate the professional development of an intern from student to an individual capable of practicing as a psychologist.

To encourage the transition, the intern develops, with his or her primary supervisor, an Intern Learning Plan (ILP) at the outset of the internship which will be reviewed quarterly. The ILP allows the intern to state goals for the quarter in areas of competency. Additionally, the intern and supervisor complete a written evaluation of the developing intern's progress at a midterm period (usually January) and a final evaluation is completed at the end of the internship.

Senior Staff

Matthew Tatum, PsyD
Chief Executive Officer & Chief Clinical Officer
Matthew Tatum, PsyD received his Doctorate in Clinical Psychology from Rosemead School of Psychology. Early in his career, he played a key role in helping develop two integrated behavioral health departments for Federally Qualified Health Centers in Fresno County. In 2015 he assumed the Executive Director role at First Steps Recovery. There he grew a single, six bed residential drug and alcohol treatment center into a six bed detoxification facility, 16 bed residential treatment center, partial hospitalization and intensive outpatient program, and 30 bed sober living program. Expanding services such as this is a passion and life's work for Dr. Tatum. His goal for Sierra Meadows is to expand services to the entire Central Valley and be able to provide care for all those in need.

Jason Christopherson, PsyD, ABPP
Vice President of Pediatric Clinical Services and Clinical Training
Dr. Jason Christopherson is a Board Certified Child & Adolescent Clinical Psychologist through the American Board of Clinical Child and Adolescent Psychology (ABCCAP), a division of the American Board of Professional Psychology (ABPP). He is the Clinical Director for Ascend Behavioral Health across all levels of care. He has worked as a pediatric specialist for over 10 years. He is trained in a wide variety of psychotherapeutic approaches and has extensive training performing comprehensive diagnostic and neuropsychological testing. Dr. Christopherson is the Executive Director of the Department of Clinical Training and the head of the Continuing Education (CE) committee for Central Valley Behavioral Health, which is an APA Approved sponsor for continuing education programing.

Annie Fujikawa, PhD
Director of Clinical Training
Dr. Annie Fujikawa holds a doctorate in clinical psychology from Rosemead School of Psychology at Biola University. Prior to joining Sierra Meadows Behavioral Health as our Clinical Director overseeing our residential treatment centers, she was an associate professor of psychology at Fresno Pacific University. During her time there, she earned an Excellence in Teaching award. She also worked at Link Care Foundation where she was the Director of Missions and Member Care.

Alicia Houts, PhD
Supervising Psychologist
Dr. Alicia Houts Alicia Houts, Ph.D. earned her doctorate degree in clinical psychology from the California School of Professional Psychology at Alliant International University. Dr. Houts has worked with diverse populations across different socioeconomic backgrounds, cultures, and age ranges, including infants/toddlers, children, adolescents, and adults. She provides individual, dyadic, and family therapy, as well as psychodiagnostic assessments.

Louisa Gee, LMFT
Vice President of Adult Clinical Services
Louisa was born and raised in Scotland and attended the University of St. Andrews, where she earned her MA in Social Anthropology. After finishing school, she emigrated to the United States and earned her MA in Marriage, Family, and Child Counseling. She is devoted to working with attachment, grief and loss issues, and helping clients learn to accept and embrace their emotions. She has extensive experience providing Dialectical Behavioral Therapy (DBT).

Clinical Psychology Internship Program

The clinical psychology internship is a sequential, developmental, skills-focused process with the goal of facilitating each intern transitioning from student to professional practitioner. The skills that are the focus of training involve assessment, diagnostics, psychotherapy, psychological testing, crisis assessment/intervention, documentation, treatment planning, and involvement in the profession.

Internship Training Components

The internship program achieves its goals through the following methods:

- Individual & Group Psychotherapy in multiple levels of care
- Intake Assessments
- Didactic Training
- Individual & Group Supervision
- Consultation with Staff & Outside Providers
- Involvement with the San Joaquin Valley Psychological Association

Training Program

Interns are invited to apply for one of three separate and distinct training tracks within our overarching program, the Pediatric Track,

the Adult Track, and the Eating Disorder Track.

Interns can expect their time allocated in the following ways:

- 60% of the time in direct services
- 20% of the time in supervision, consultation, or didactic training
- 15% of the time for clinical documentation and report writing
- 5% of the time in professional development

The training program is structured yet allows the intern flexibility to participate in activities designed to meet his or her individual interests and training goals. Interns are also encouraged to coordinate with the Training Director to schedule time, if needed, for dissertation, professional examinations, or continuing education courses.

Clinical Interviewing

Interviewing skills are developed through performing program intake evaluations and when assigned new therapy patients. Intake assessments are an integral component of our services as they are the initial interface between our company and the public. This assists in developing time management, customer service, professional development, diagnostic assessment, and documentation skills in addition to basic interviewing and micro-counseling skills.

Psychotherapy Training

The main treatment modality in our therapeutic programs is group therapy, and consequently interns will receive significant training in performing group therapy interventions with patients who present with moderate to severe psychopathology. In addition, interns will manage a caseload of patients to focus on the development of individual and conjoint/family therapy skills.

Psychological Testing

Interns should expect to perform at least two comprehensive psychodiagnostic evaluations during their internship year. These evaluations may not match the patient population associated with one's training track, but every effort will be made to accommodate the professional developmental interests of the intern in the assignment of testing cases.

Seminars & Didactics

Additional training experience will be offered in the form of didactic seminars, which will include three weekly hour-long meetings with distinct focuses. These didactic training hours are described below:

- **Advanced Assessment Seminar** is a class focused on psychological test administration, interpretation, and report writing. The seminar will cover specific tests in part, but the main focus is on the integration of large amounts of test data to formulate a detailed understanding of complex patients.

- **Advanced Psychotherapy Seminar** is a class focused on conceptualization, intervention, and uniquely complex circumstances. This class integrates the ethical, legal, and psychological complexities of professional practice in clinical psychology.

- **Professional Practice and Scholarship** is a seminar that integrates all the skills that are being developed into the formal presentation of a single case to a treatment team that involves medical providers, therapy providers, case managers, and clinical supervisors.

Professional Development

Interns will participate in individual and group supervision in addition to experiences discussed thus far. Supervision and didactics are integrated experiences to assist the intern in developing the skills necessary to be competent professionals. Interns are expected to

attend all didactic classes. Interns will be provided a minimum of two (2) hours of individual supervision.

Intern Expectations

Interns will work with their primary supervisor to create an Intern Learning Plan in order to outline goals for the training year. However, there are some basic expectations for all interns in terms of behavior, work ethic, and performance:

- Interns are expected to carry themselves as professionals at all times. This includes being on time, dressing appropriately, completing documentation consistent with company policies on timeliness, and maintain an attitude of learning when provided corrective or constructive feedback

- Interns will never engage in inappropriate contact or interaction with patients, this includes an absolute prohibition on physical contact with patients beyond handshakes or "fist-bumps." Examples of inappropriate interaction would include hugging, back rubbing, or any form of sexual behavior.

- Interns will openly communicate with clinical and administrative supervisors regarding scheduling time off, or other unique circumstances that may impact his or her physical presence on site.

- Interns will participate fully in the mid-term and end of training evaluation process as well as provide feedback on official forms regarding his or her experience with the primary supervisor.

In addition, interns will be involved with the San Joaquin Valley Psychological Association (SJVPA), a sub-chapter of the California Psychological Association (CPA). Central Valley Behavioral Health is also approved by the American Psychological Association (APA) as a provider of continuing education for psychologists and other mental health professionals

Benefits

This 12-month, full-time internship pays an annual stipend of $35,152. Additionally, at the start of internship, each intern will receive a one-time $3,000 Healthcare Stipend to support the purchase of a healthcare plan. The purpose of this stipend is to help cover the health insurance premium of a health insurance plan for one year.

Each intern receives a total of 14 days of leave. Leave is to be split evenly between the first and second half of the internship year and only five days of consecutive leave will be permitted without express approval by the Director of Clinical Training in cases of special circumstances.

The Setting

Fresno is located in the heart of the Central Valley and is one of the fastest growing cities in the United States. Fresno has a population of over 500,000.

Fresno is centrally located in California and is approximately two hours from Yosemite and three hours from the Central California Coast and San Francisco. The cost of living is below that of any other major metropolitan area of California making it an affordable and comfortable place to live.

Central Valley Behavioral Health is located in a business-like atmosphere in an area with multiple healthcare offices in the close vicinity. The residential treatment houses are located in a suburban neighborhood approximately 15 minutes from the main company campus. Each of these 6-bed houses has been designed and furnished to be a therapeutic and inviting environment.

In terms of socio-economic status there is a considerable range of demographics. In terms of racial-ethnic demographics, our patients

generally reflect the cultural makeup of the Central Valley with a majority of patients coming from Caucasian or Hispanic backgrounds with a smaller percentage of patients coming from Black, Asian, or other racial/ethnic backgrounds.

Administrative

Once placed in the program, interns will be provided a training program Policies & Procedures manual which will include the grievance policies, and other administrative issues related to the training year.

Training Year

The 2027-28 Internship Training year begins on Monday June 28th, 2027 and ends on Friday June 30th, 2028.

Please address inquiries to

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