



CLINICAL PSYCHOLOGY INTERNSHIP PROGRAMME

1. PREAMBLE

This programme sets out to provide both theoretical and practical grounding for the Intern to become a competent Clinical Psychologist at the end of the internship. The Intern shall be exposed to the philosophy, theory and techniques of the practice through guided reading and practical experience. The Intern shall be assessed from time to time and feedback given, as well as further guidance. The intern shall be supervised by a registered Clinical Psychologist who has been registered for at least two years.

The Intern is advised to apply himself/herself at all times during the training for her to benefit fully from the programme. The training can be terminated anytime should it become clear that the Intern lacks the capacity to attain the levels of competence intended, or should his/her conduct suggest that he/she is ethically ill-suited for incorporation as a Clinical Psychologist. Summarized below is the content of the programme which forms the vehicle for the achievement of the objectives of the programme. The content comprises cardinal areas of the practice and is by no means exhaustive. Diversions shall be made from time to time to impart finer skills and orientation where such becomes desirable.

Let it be noted that this training is sanctioned in terms of the Health Professions Act. This guide should be read in conjunction with the Allied health Practitioners council of Zimbabwe regulations (2016).

Most common problems referred to clinical psychologists are

- personality disorders
- Issues and disorders in old age e.g dementia
- Conversion and somatoform disorders
- trauma and post traumatic stress disorder
- Affective mood disorders e.g clinical depression and dysthmic disorders, bipolar disorder
- anxiety disorders and panic attacks
- self harming disorders
- interpersonal relationships (family social etc)

- sexual dysfunctions
- marital and couple issues
- eating disorders
- schizophrenia
- bipolar affective disorders
- substance induced psychosis
- Alcohol and substance abuse
- stress
- domestic conflicts
- temporal lobe epilepsy
- psychosis or brief reactive psychosis
- child abuse
- developmental child psychopathology
- Crises e.g parasuicide
- Training of other health professionals
- Supervision and mentoring of interns(after registering as a full-fledged practitioner)

Major reading topics: Theory, research and practical applications

Abnormal psychology

- diagnosis and classifications of psychiatric and psychological disorders
- clinical psychology texts
- different diagnostic manuals
- various approaches to psychotherapy
- psychopharmacology
- health psychology
- neuropsychology
- research methods
- developmental psychology
- personality theories, research and application
- NB As wide range of relevant journals and research articles as possible

Practical competencies to be developed

case history documentation

- screening
- clinical assessment
- diagnosis
- psychometric testing

- psychotherapeutic techniques (for different ages, groups and individuals)
- Other clinical psychological interventions e.g. psychodrama, grief therapy, cognitive behavioral therapy etc.
- multi-disciplinary work methods
- interdisciplinary approaches to work
- Development of locally relevant assessment and testing tools.
- case management
- development of locally relevant intervention measures
- report writing
- psychodrama
- professional ethics
- record keeping
- Community outreach and interventions
- referral and networking
- training and supervisory techniques

APPROACHES

The wider the range the better for the intern to be able to be competent in different settings with diversity clients

FIELD WORK/ PLACEMENT

- support groups Trauma / emergency clinics
- outpatients psychiatric departments
- primary health care clinics
- district hospital
- provincial hospitals
- major referral hospital
- programmer for people recovering from addictions
- psychiatric wards / hospitals (for the whole socio-economic range)
- Survivors of abuse, violence and other trauma
- rehabilitation centers for children, women, adults, the aged, persons with disability etc

Placements should be managed to maximize the intern's observation of and interaction with registered psychologists at work. Organizations that employ psychologists for their professional expertise should be approached to facilitate such exposure.

APPROACHES

The wider the range, the better for the future practitioner to competently deliver in a variety of settings.

ASSESSMENT

Assessment of the Internship File will be based on the following criteria.

No	No of Reports <i>*all cases to have at least 2 sessions*</i>	ITEM	EXPECTED COMPETENCIES	Possible mark	Actual mark
1.	1	Substance Induced Psychosis/ Alcohol And Substance Abuse	<ol style="list-style-type: none"> 1. Comprehensive History taking 2. Assessment 3. Problem formulation 4. Effective intervention 5. Innovativeness 	20	
2.	1	Child Psychopathology/Child Abuse	As above	20	
3.	1	Parasuicide/ Self Harming Disorders/ Eating Disorders	As above	20	
4.	1	Domestic Conflicts/ Marital And Couple Issues	As above	20	
5.	1	Schizophrenia/ Psychosis/Brief Reactive Psychosis	As above	20	
6.	1	Sexual Dysfunctions	As above	20	
7.	1	Anxiety Disorders/ Panic Attacks/PTSD	As above	20	
8.	1	Conversion And Somatoform Disorders	As above	20	
9.	1	Issues And Disorders In Old Age/Dementia Etc	As above	20	
10.	1	Mood Disorders/Depression Etc	As above	20	
11.	1	Bipolar Disorder	As above	20	
12.	1	Bereavement	As above	20	
	Section A	Total Marks		240	
13.	1	Group Therapy Report (At Least 5 Sessions With Reports)	The intern should be able to show an ability to initiate conduct and terminate group therapy (20 marks per session)	50	
	Section B	Total Mark		50	
14.	12	Readings (One Summary Of Readings For Each Case Submitted Above (2000 Words)	Summary of reading to reflect <ol style="list-style-type: none"> 1. Overview of disorder 2. Prevalence of Disorder +etiology 3. How to assess the disorder 	5 marks /summary	

			4. Psychological Interventions used and efficacy (specifying the different approaches)		
	Section C	Total Mark		60	
15.	1	Community Outreach And Interventions	Report to show 1. Targeted Audience, Targeted psychological problem 2. PowerPoint presentation tackling psychological problem 3. Session assessment by participants	20	
	Section D	Total mark		20	
		TOTAL		370	
		PERCENTAGE		100	
Overall percentage		Decision			
60 – 100		Approved for Registration			
50-59		Resubmit as per instruction			
40 – 49		Registration is Deferred for 5 months			
0 – 39		Not Approved for Registration			

BOARD EXAMINATION

After completion of the internship period and passing of the internship file, the intern will sit for an oral board examination which shall be guided by the following dimensions.

Dimension		Sub-dimension
1	Communication skills	Ability to express oneself clearly in interactions
		Professional etiquette and grooming
		Overall (out of 10)
2	Internship Practice	Internship placement experience – Ability to explain relevance of Institution used for internship to psychology discipline practice
		Knowledge of intern's publication or readings – intern's understanding of their publication or readings

		Understanding of reports in the file – Intern to explain some of the reports that they submitted.
		Challenges faced during internship and how they were resolved
		Innovative systems or models developed during internship
		Overall (out of 30)
3	Assessment approaches	Knowledge & Principles of Psychological Assessment relevant to discipline
		Knowledge of available tools, their properties, strengths and weaknesses
		Ability to select relevant tools for specific interventions and justification
		Ability to interpret results appropriately
		Cultural sensitivity of clients
		Overall (out of 20)
4	Intervention	Ability to correctly diagnose problems as they present
		Ability to select relevant interventions for given problems
		Ability to formulate a relevant intervention and follow its normal processes
		Ability to effectively monitor and evaluate intervention for effectiveness
		Overall (out of 20)
5	Applied ethical and professional reasoning	Awareness of legislation and professional guidelines in Psychology
		ZPA, HPA/AHPC specific ethical guidelines
		Knowledge of Scope of practice for chosen field
		Knowledge and application of ethical issues involved
		Ability to handle ethical dilemmas in chosen field
		Overall (out of 20)
Overall Rating (out of 100)		

