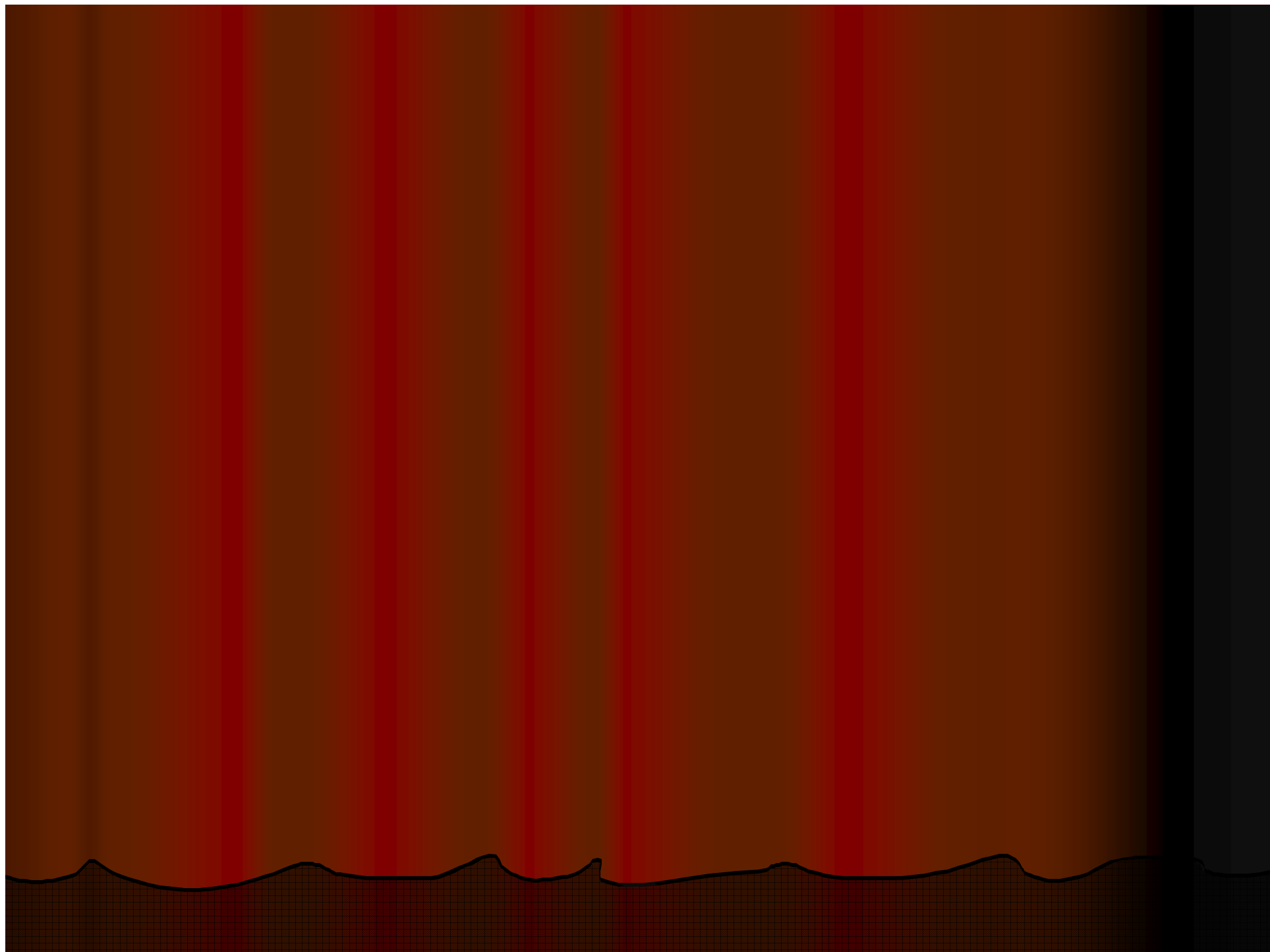


Applying to Internships in Behavioral Medicine

Panelists:

Justin Nash, Ph.D., Alan Delamater, Ph.D.,
Stephen Rao, Ph.D., Elizabeth Kuhl, MS

Chair: Stephanie Fitzpatrick, MS



C.V. Preparation and Interviewing for Clinical Internship

Alan Delamater, PhD, ABPP

University of Miami

Miami, FL



CV Format

- Name and Date
- Personal Information: Contact info, current position, citizenship (marital status, date of birth, social security number)
- Education: Institution, degree, date
- Work Experience: academic (institution, position, dates), non-academic (employers, responsibilities, dates), military (branch, rank, dates)

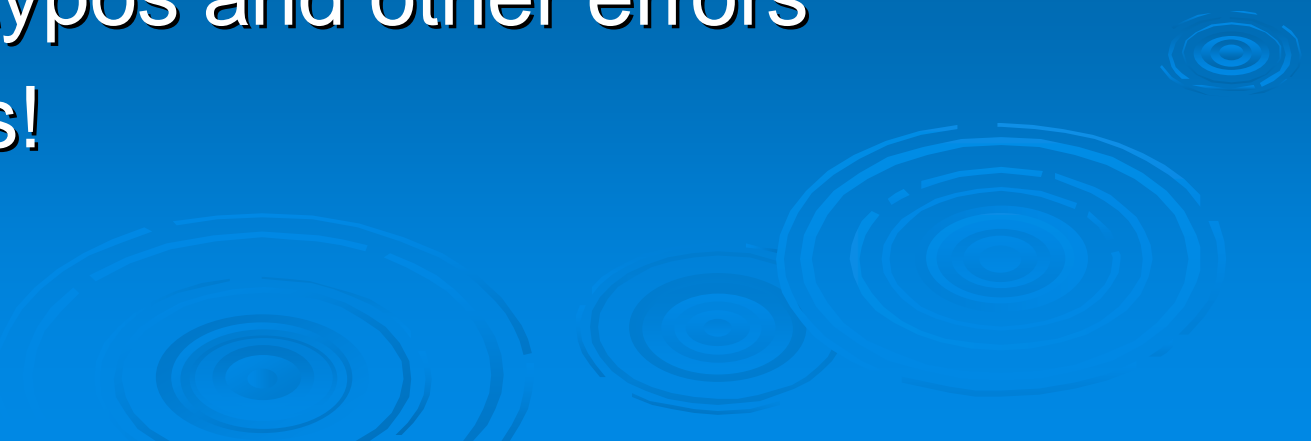
CV Format

- Clinical Experience: Name of rotation, facility, dates, responsibilities, type of presenting problems and approaches used supervisor(s)
- Research Experience: Name of project, facility, dates, responsibilities, supervisor
- Publications: APA style references (journal articles, book chapters, abstracts); separate sections for “under review” and “in preparation”; other published work (ie, non-psychology)
- Professional Presentations: APA style paper or poster presentations at regional or national scientific meetings

CV Format

- Other Professional Activities: grants, editorial responsibilities
- Honors and Awards
- Professional Organizations
- Teaching: name of class, institution, dates
- Service: committee work, community activities
- Other information: certifications, special abilities, foreign languages spoken

CV Discussion

- Do not pad
 - List essential information only
 - Keep practicum descriptions fairly brief
 - Delete unnecessary information (eg, high school jobs and clubs)
 - Check for typos and other errors
 - No pictures!
- 

Interviewing for Internships

- Necessary and essential part of the application process
- Extremely important as a criterion for selection (also important are letters of rec, clinical practica, and research experience)
- Reciprocal process: they interview you, you interview them
- Do your homework! Know about the program, faculty, APIC guidelines, and interview policy

Interviewing for Internships

- Anticipate common questions and rehearse or role-play responses (eg, what interests you in our program, describe dissertation research, career goals, where you want to be in five years, conceptualization of recent case)
- Anticipate uncommon questions (eg, what you like to do outside of psychology, a favorite book, personal interests or hobbies, journal article or book that you consider a landmark study or that you learned a lot from)

Interviewing Tips

- Prepare questions to ask—lack of questions may indicate lack of interest
- Style/process is important, not just content—how you say, not just what you say!
 - Don't be negative, opinionated, anxious
 - Don't gossip or complain
 - Don't be long-winded or laconic
 - Don't try too hard to impress

Interviewing Tips

- Appearance and first impressions are important—professional dress
- Be organized and on-time
- Be enthusiastic and interested in others
- Show you can fit in and be a team player
- Assume whatever you say will be repeated—be consistent
- Assume everything you do and say is important (there is no such thing as “small talk”)
- It’s all a matter of fit—you would not be interviewed unless you were qualified

Applying to Internships in Behavioral Medicine: A Student Perspective

Elizabeth S. Kuhl, MS
Eastern Michigan University

Topics

- Pre-application process
- Searching APPIC
- Application Materials
- Interviews
- Match
- Cost

Pre-application process

- Attend symposia sessions and internship fairs
- Network: training directors, faculty, interns
- Start tracking your hours
- Create your CV
- Frequent flyer miles/hotel reward programs
- Get as much of your dissertation done as possible

Eastern Michigan University Model

- July
 - overview of match process, CV, APPIC search
- August
 - essays 1 & 2, confirm letter writers, goals for internship, order transcripts
- September
 - Essays 3 & 4, finalized list of sites, APPI completed, table to letter writers
- October
 - Essay 5 & cover letters, supplemental forms, mail applications

Searching the APPIC listserv

- www.appic.org
- Agency Types
 - Armed Forces Medical Centers
 - Private General Hospitals
 - State/County/Other public hospitals
 - Consortia
 - Medical Schools
 - VA Centers
- Specialty areas
 - Health Psychology
 - Rehabilitation Psychology
 - Neuropsych Assessment
 - Primary Care
 - Pediatrics

**It is important to read about
each site as experiences
may not actually provide
behavioral medicine
training!**

APPI Forms

- Download from www.appic.org
- ALLOW PLENTY OF TIME
- Try not to compare your application to your peers
- Don't panic if you don't have experience in all clinical areas



Choosing sites

- Create a table to allow for easy comparison
- *Only* behavioral medicine vs. behavioral medicine rotation?
- Where did people in your area of interest do their training?
- How well do training experiences fit with your internship and long-term goals?
 - What do students do after internship year?
 - Does the site offer post-doctoral fellowships?
- How does your CV compare to site application criteria?

**Remember, it's only
for ONE year**

For your letter writers...

- Table of:
 - Sites/addresses
 - Application due date or date you need the letters by
 - Instructions provided by individual sites
- Copy of your CV
- Goals for the internship year
 - How site will allow you to meet goals
 - How internship will help you achieve long-term goals
- Courses, research activities, clinical cases, etc. where you have interacted with your letter writer

**Celebration #1:
You have all applications sent
ON TIME!**



Interviews

- Create a calendar with all interview dates
- Check email/phone around noon and 5:00
- Try to do all interviews on-site
- It only takes one...

Interviews

- Know the site
 - who you are interviewing with
 - interview schedule
 - directions to interview location
- You are qualified to be there
- Amiable with other applicants

Questions You'll be Asked

- How does our site meet your goals for internship?
- Tell me about your dissertation
- Where do you see yourself in 5 years?
- Cases
- Supervision preferences

Questions You'll be Asked

- Clinical strengths/weaknesses
- Cross-cutting clinical/research issues
- What do you do outside of psychology?
- What else can we tell you about our program?

Questions You Should Ask

- Best aspects of your training program
- Does hospital operate on medical record
- How do other professionals view psychology
 - How long has psychology been involved in specific clinics
- Describe supervision styles

Questions You Should Ask Interns

- How many testing/clinical cases at one time
- Hours per week/how are they spent
- Describe balance of work, dissertation, non-internship activities
- Any surprises?
- Benefits/cost of living

The Match

- Review rank list with mentors/advisors
- Rank your preference, not how you think sites will rank you
- Well-deserved anxiety
- Make sure you do something relaxing the night before
- Be prepared if you don't match
 - Help your peers
 - Know how the clearing house works
 - Reserve weekend

**Celebration #2:
You matched!!!!**



If you don't match...

- Give yourself time to recover
- Finish your dissertation
- Work on publications
- Continue to fill in training gaps

How much does applying cost?

Application Process	272.00
Interviews	913.00
Other	200.00
Total	1,385.00

Money Saving Tips

- Ask for items for birthday/holiday gifts
- Lump interviews by geographic area
- Use discount travel sites
- Hotel recommendations from internship sites
- Take advantage of free meals
- Contact friends, friends of friends, etc. for
 - Housing
 - Transportation