



WINTER HAVEN HOSPITAL FOUNDATION

APA-Accredited Psychology Internship Program A Partnership with



Goal of the Program Site:

1. This program aims to train psychology interns to become generalist psychologists, who are well-equipped to provide brief intervention, psychotherapy, assessment, and consultation services in healthcare settings.
2. Interns will build skills in working on an interdisciplinary team, including medical physicians, medical residents, nursing staff, a clinical pharmacist, a masters-level therapist, a social worker, and a neurorehabilitation team (speech, occupational, and physical therapists).
3. Interns will gain some experience in providing clinical supervision to psychology students, in order to build skills and confidence in providing supervision.
4. Our program is located in the beautiful Winter Haven, Florida, which is a growing yet underserved community in Central Florida. There is a significant need for mental health providers in Polk County, Florida, which this internship site seeks to help fulfill.

Broad Overview: Interns will split their time between two primary settings: an outpatient primary care office and an outpatient neuropsychological assessment clinic located in the Winter Haven Hospital. There may be additional opportunities to provide consultations in both the main Winter Haven Hospital and the Winter Haven Women's Hospital.

- In the primary care setting, interns will work with patients across the lifespan and provide consultation services to medical physicians and residents, warm handoff services, brief interventions, individual therapy under a short-term therapy model, group therapy, and abbreviated assessments. Interns will also complete frequent comprehensive psychological assessments of children and adolescents, including Autism and ADHD evaluations.
- In the Outpatient Neurorehabilitation Program, interns will provide neuropsychological services to adults -- primarily neuropsychological assessments. Examples of types of assessment include: assessment of dementing conditions, traumatic brain injury, stroke, neurological conditions (e.g., Parkinson's, multiple sclerosis, ADHD), concomitant mental health concerns, and pre-surgery psychological evaluations. Primary skills to be developed over the course of the internship include clinical interviewing (with neuro focus) and neuropsychological testing, interpretation, and report-writing. There will be some opportunities for short-term psychotherapy with neuro patients, and for consultation with the broader neurorehabilitation team (speech, occupational, and physical therapies).





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Primary Care Clinic:

- The Family Health Center, 1201 1st St S., Suite 100A, Winter Haven, FL 33880
- Located in a modern, community-based facility and academic medical setting. It is the home to Florida State University College of Medicine's Family Medicine Residency program. Additionally, advanced doctoral psychology students, pharmacy residents, and medical students complete training experiences within the clinic. For further information on the Family Medicine Residency Program, please feel free to visit our website at:

<https://med.fsu.edu/familymedicineresidencywinterhaven/Home>

- Our clinic provides the broad spectrum of family medicine, from birth to middle age to later life and death/dying. A wide range of services are provided within the clinic, including behavioral health, newborn to adult care, non-operative orthopedics, contraceptive care, obstetrics and prenatal care, office procedures and minor surgery, osteopathic manipulation (OMT), pharmacy consultation, sports medicine, ultrasound, and women's health care.
- Dr. Shannon Smith, Licensed Psychologist (PY10219), serves as the primary supervisor for psychology interns in this clinic.
- Additional faculty members of the Family Medicine Residency Program will also be involved in some learning activities. Information on the residency faculty members can be found at: <https://med.fsu.edu/familymedicineresidencywinterhaven/faculty>





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Service Type	Estimated % of Patient Contacts in Primary Care	Key Service Characteristics
Brief Intervention	15-20%	Interns will provide brief intervention services to patients across the lifespan within the primary care clinic. These are typically short visits (15 to 30 minutes) and are typically focused on the psychological condition or working with behavioral sequelae of medical conditions. Some examples include: smoking cessation strategies, sleep hygiene, healthy eating strategies, motivational interviewing for behavior changes, safety planning, and mindfulness-based intervention for anxiety/depression.
Individual Psychotherapy	20-30%	Interns will maintain a caseload of individual therapy clients. Due to the demand of services, our clinic operates under a short-term therapy model. Most patients are seen for a course of 3 to 8 sessions, once every 2 to 3 weeks, depending on patient needs. Interns will conduct intake interviews to identify patient concerns and collaboratively create a treatment plan with the patient.
Couples Psychotherapy	0-5%	On occasion, there may be opportunities to provide couples therapy services, should a referral arise.
Group Psychotherapy	5-10%	<p>Depending on policies related to COVID-19 restrictions, there will be opportunities to engage in group therapy. Group therapy possibilities are wide and could include: interpersonal process groups (Understanding Self and Others), psychoeducational groups (e.g., ACT for Anxiety, Social Skills Group for Autism), and support groups (e.g., Grief and Loss, Trans and Non-Binary Group, Parents of Children with Autism). Interns will be actively involved in identifying group therapy needs within the clinic and assist in creating groups. This will provide the opportunity for interns to develop groups that may align with their interests (e.g., anxiety, disordered eating).</p> <p>To further develop group facilitation skills, interns will have the opportunity to co-facilitate a monthly Balint Group for family medicine residents. Balint Group is a professional support group that involves residents receiving support around the challenges of residency and difficult patient cases. Interns will co-facilitate a Balint Group with a physician faculty member.</p>
Psychological Assessment	20-30%	The psychological assessment program is an emerging program within the clinic, which is in response to a limited number of assessment psychologists in the area. There is a significant need for assessment services, especially in the area of Autism Spectrum Disorder. Therefore, interns will be providing a range of psychological assessments in the clinic, which will be largely focused on assessing children and adolescents. Assessments will largely include Autism and ADHD evaluations; however, there will likely be opportunities to assess for additional concerns. Examples of assessment measures that will be utilized include: WISC-V,



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		<p>WPPSI-IV, WAIS-IV, WJ-IV Achievement, ADOS-2, ADI-R, CARS-2, SRS-2, BASC-3, the Vineland, and WRAML-3. Interns will conduct the clinical interview, administer and interpret assessments, write the psychological report, and conduct the feedback session with the family.</p> <p>In addition to comprehensive assessment batteries, interns will be involved in mental health screening (e.g., PHQ-9, GAD-7) and administration of cognitive screening measures (e.g., MOCA). These assessment measures will help guide the medical provider in treatment planning.</p> <p>Interns may also be able to provide assessment services to assist transgender and non-binary patients obtain transition-related medical services (e.g., HRT, gender affirming surgeries). The most recent version of the WPATH Standards of Care will be utilized (Version 8 is projected to be released in December 2021 and will be utilized by the time interns start the program).</p> <p>To assist with referral to psychiatry services at the Center for Behavioral Health, interns may occasionally conduct biopsychosocial evaluations with patients.</p>
Consultation Services	15-20%	<p>Interns will serve as behavioral health consultants to an interdisciplinary team, including medical physicians, medical residents/students, a clinical pharmacist, nursing staff, and a social worker. Consultations may include seeing patients conjointly with medical providers, hallway consultations, and warm handoffs.</p> <p>Our clinic has recently started the Healthy Changes Clinic, which is an interdisciplinary medical service to assist patients and their support system with complicated medical concerns. These appointments include a psychologist, a clinical pharmacist, and a medical physician working closely together with the patient and their family in a 45-minute appointment. This allows for greater depth into providing assistance to the patient on a wide range of concerns, such as uncontrolled diabetes, emerging symptoms of dementia, and chronic pain.</p>
Supervision of Practicum Students	15%	<p>Our clinic provides a practicum training experience to one advanced doctoral student from Florida Institute of Technology (FIT) every semester. Students complete two consecutive semesters. Interns will have opportunities to provide supervision to the practicum student. Some possible supervision experiences include: facilitating individual supervision meetings, collaboratively providing services (e.g., behavioral health services in clinic, working as a team to complete a comprehensive assessment), and providing feedback on clinical documentation. The primary licensed psychologist supervisor will oversee the supervision relationship.</p>



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Outpatient Neurorehabilitation Program:

- Located inside the Winter Haven Hospital, 200 Avenue F NE, Winter Haven, FL 33881
- The Outpatient Neurorehabilitation Program is a collaborative team, including a neuropsychologist, speech therapists, occupational therapists, and physical therapists.
- The clinic offers a wide range of psychological evaluations and short-term psychotherapy services for patients of the Outpatient Neurorehabilitation Program.
- This portion of the internship program will facilitate a significant amount of growth in psychological assessment skills, including clinical interviewing, neuropsychological testing, interpretation of psychological measures, and report writing.
- Dr. Jeffrey Reddout, Licensed Psychologist, serves as the primary supervisor for psychology interns in the Outpatient Neurorehabilitation Program.



Service Type	Estimated % of Patient Contacts in Neuro Program	Key Service Characteristics
Individual Psychotherapy	5-10%	Interns will be able to provide short-term psychotherapy services with patients of the Outpatient Neurorehabilitation Program.
Neuropsychological Assessment	75-85%	<p>Psychological assessment is a primary focus of the training experience in this clinic. Assessment batteries will be administered to adult patients and will primarily include neuropsychological assessments. Examples of types of assessment include: assessment of dementing conditions, traumatic brain injury, stroke, neurological conditions (e.g., Parkinson's, multiple sclerosis, ADHD), concomitant mental health concerns, and pre-surgery psychological evaluations.</p> <p>Some of the assessment measures you will utilize include: WMS-IV, WCST, WAIS-IV, Trail-Making Test (Parts A & B), DKEFS, MMPI-3, and additional tests from the Halstead-Reitan battery.</p> <p>Interns will develop strong skills in administration, scoring, and interpretation of neuropsychological test instruments, neuropsychological assessment report writing, and skills relating to neuropsychological intake, feedback, and therapies.</p>
Supervision of Practicum Students	5-10%	Our clinic provides training experiences to doctoral psychology students. Interns will have opportunities to provide supervision to a practicum student in their provision of psychological assessment.



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Additional Program Training Activities:

- **Teaching** – Interns will facilitate at least 2 didactic trainings for medical residents/physicians and other healthcare professionals over the course of the internship year. Should an intern desire additional teaching experience, interns would be able to facilitate additional didactic trainings. Topics can involve the intern’s clinical interest areas. Some potential didactic topics include: motivational interviewing, mental health screening measures in primary care, multicultural and advocacy training, rural mental health, LGBTQ+ healthcare, Autism Spectrum Disorder, ADHD, anxiety, depression, and eating disorders.
- **Scholarly Activities (optional)** – There are scholarly activities available for interns with a desire to engage in scholarly work during the internship year. Potential scholarly activities include: assisting with clinic research projects, co-authoring a publication, and/or presenting at a conference.
- **Community Outreach (optional)** – There may be opportunities to assist in community outreach activities. Polk County is a significantly underserved area for mental health and medical needs; therefore, the clinic actively engages in community outreach activities to further support individuals in the community. For example, the Winter Haven Hospital Foundation and clinic faculty are in the process of developing a mobile medical clinic that will travel and serve individuals in rural communities (e.g., Wahneta). Interns who are passionate about community outreach can work on outreach projects with the assistance of clinic faculty and staff. The types of community outreach events may be restricted by COVID-19 policies.

Supervision:

- **Individual Supervision** – Interns will meet at least one hour a week with each of the two primary supervisors over the full internship year. Individual supervision will occur using a wide range of modalities, including live observation, discussion of cases, reviewing testing protocols and psychological reports, processing ethical dilemmas, discussion of professional development issues (e.g., career path, postdoctoral training, licensure, EPPP), and self-reflective conversations to facilitate growth as a psychologist.
- **Group Supervision** – Interns will engage in multiple group supervision meetings, both through the Centerstone Consortium with interns from other sites/tracks and in the primary care clinic setting with the two Winter Haven Hospital interns. Group supervision will include: case presentations, supervision of the provision of supervision to psychology students, and group therapy supervision.



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Program Sample Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Primary Care Clinic – Brief Intervention & Consultation	Primary Care Assessment	Neuro Assessment	Intern Breakfast	Group Supervision
9:00				Virtual Didactics & Group Supervision through Centerstone	Primary Care Individual/Group Therapy and/or Healthy Changes Clinic
10:00					
11:00					
12:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	Primary Care Individual and/or Group Therapy	Primary Care Intakes & Feedbacks	Neuro Assessment and Feedbacks	Neuro Therapy Services	Documentation, Scoring, & Report Writing
2:00				Individual Sup. Primary Care	
3:00					
4:00	Documentation	Scoring & Report Writing	Scoring & Report Writing	Documentation	Wellness & Balint Groups



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The Winter Haven Area:

Winter Haven, known for its many lakes and picturesque scenery, is a true haven for those looking to live the “Florida lifestyle”. Winter Haven is home to the 24-canal connected Chain of Lakes, making it a mecca for watersports such as boating, waterskiing, paddle boarding and jet skiing. Visitors and residents enjoy various activities: fishing, eco tours, airboat tours, golf courses, lakeside dining, aviation tours, and drinking craft beer at the local brewery.

Winter Haven is also home to the theme park LEGOLAND, Cypress Gardens, Bok Tower Gardens, the historic Ritz Theatre, Theatre Winter Haven, and the Auburndale Speedway. The Winter Haven Fieldhouse and Conference Center will be the official practice location of the NBA’s Lakeland Magic, Orlando’s G-League team, and another spectacular addition to the area.



We are centrally located just 30 minutes from Disney World, 1.5 hours to Cocoa Beach and 1.5 hours to Clearwater Beach. Winter Haven is known as a Renaissance city, undergoing a revitalization of its historic downtown district. Winter Haven is future-focused, while still holding on to its authentic roots to create a unique destination. For a video tour of the Winter Haven area, please visit: <https://www.youtube.com/watch?v=3ITpEdKVuEM>





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Wellness:

As part of the training program at Winter Haven Hospital, psychology interns will be included in wellness-based activities that are delivered by the Family Medicine Residency Program. Every Friday afternoon from 4 pm to 5 pm, there is dedicated time for wellness. The wellness program is designed to support interns and medical residents in being mentally and physically healthy.

The activities rotate and cover a wide range of topics.

Some activities are presented in a didactic manner, while others are experiential and may involve roleplaying.

Additionally, some weeks are designed to give interns and residents a break, such as taking a walk by one of the local lakes, playing kickball, and watching funny comedy clips while eating movie theatre-themed snacks.

Examples of topics include:

- Building Your Support Network
- Compassion Fatigue
- Dealing with Medical Errors and Shame
- Imposter Syndrome
- Physical Fitness
- Mindfulness for Self-Care
- Owning Your Identity as a Psychologist
- Sleep During Internship
- Intuitive Eating
- Dealing with Difficult Patients
- Delivering Difficult News to Patients



In addition, approximately once a quarter, there is a wellness retreat designed to build connections, recharge, and have fun. Recent wellness retreats have included: yoga and axe-throwing (but not at the same time), bowling and laser tag, and a Halloween party complete with a costume contest, pumpkin decorating contest, free food, and fun games.





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Primary Supervisors:

Shannon Smith, Ph.D.



Dr. Shannon Smith is a Licensed Psychologist, Director of the Psychology Training Program, and a Clinical Assistant Professor at Florida State University's College of Medicine Family Medicine Residency Program in Winter Haven, Florida. She provides brief intervention, psychotherapy, consultation, and psychological assessment services to individuals across the lifespan in the primary care setting. One of her favorite parts of her job is supervising psychology trainees. She also works part-time at a private practice in Lakeland, Florida. Prior to beginning her current position, she worked in private practice, university-based clinics, and behavioral health settings. Dr. Smith's clinical interests include: ADHD, Autism Spectrum Disorder, trauma, first responder mental health, healthcare disparities, LGBTQ+ healthcare, gender affirming care, psychological assessment, and body image/eating concerns.

Dr. Smith received her doctorate from Florida State University's Combined Counseling and School Psychology program. She completed her pre-doctoral internship at University of Kentucky's Counseling Center in Lexington, Kentucky, and a post-doctoral residency in private practice at Shoreline Psychological Services in St. Petersburg, Florida.

For fun, Dr. Smith enjoys yoga, walking around one of our beautiful local lakes, binge watching Grey's Anatomy, and cuddling up with her two cats, Patches and Rorschach (Rory for short).

Jeffrey Reddout, Ph.D.



Dr. Jeffrey Reddout is a Licensed Psychologist and Neuropsychologist for the Outpatient Neurorehabilitation Program at Winter Haven Hospital. He is well-respected in the community, has over 30 years of diverse experience, and is a highly skilled neuropsychologist. Dr. Reddout is involved primarily in neuropsychological assessments of patients with a wide range of neurological conditions. He also provides psychotherapy to patients with neurological diagnoses and is available as needed for consultation with the interdisciplinary neurorehabilitation team. Over the years, he has served as a supervisor and mentor to numerous psychology trainees from many different doctoral psychology programs, including Syracuse University (SU), Florida Institute of Technology (FIT), and Florida School of Professional Psychology (FSPP).

Dr. Reddout received his doctorate from Syracuse University in Syracuse, New York. He completed his pre-doctoral internship from the Veterans Administration Medical Center in Syracuse, New York.

Dr. Reddout's clinical interests involve neuropsychological issues and assessment of functioning.

For more information contact Shannon Smith at 863-280-6080 or Shannon.Smith1@baycare.org