



CLINICAL PSYCHOLOGY DOCTORAL INTERNSHIP TRAINING BROCHURE 2027-2028

Congratulations on reaching this step in your professional journey, and we're glad you're interested in the doctoral internship training program at Journey Psychology Center! This brochure contains essential information about our site and training program. We hope you find all the info you need and welcome you to visit our website at **www.JourneyPsychology.org** and reach out with any questions to apply@JourneyPsychology.org. We wish you the best on your internship match journey!

Journey Psychology Center Overview

Journey Psychology Center for therapy, assessment, and training is a group private practice in Chicago's North Center neighborhood. Our approach is trauma-responsive, developmentally attuned, relational, and empowerment-oriented, and we work with a diverse population of all ages. Our clinical services include therapeutic neuropsychological assessment and psychotherapy, including individual therapy for adults and teens, play therapy, relationship therapy, and parent guidance. Our training program is deeply integrated into our clinic and is an essential part of our staff psychologists' commitments and interests. Our developmental approach to supervision and training supports progressive growth and learning while deepening clinical experience, refining integration of theory into practice, and building a professional identity in a supportive, relationally grounded environment.

Doctoral Internship Program Overview

Our Doctoral Internship in Clinical Psychology is part of the Journey Psychology Center training program, which includes externships at all levels and postdoctoral training. The Doctoral Internship is a specially curated training sequence designed to strengthen clinical practice competencies, develop deep conceptualization capacity, and foster professional development and the integration of each doctoral intern's (also known as a resident) unique professional identity – all to support readiness for postdoctoral work and a career in clinical psychology.

Program Goals

Our training program is grounded in supporting the growth, learning, and professional development of emerging clinical psychologists through quality supervision, in-depth didactics, diverse clinical experience, and a supportive learning environment. We offer collaborative supervision tailored to each trainee's stage of professional development. This developmentally responsive approach allows us to understand and meet each doctoral intern where they are and effectively support their growth and development. Through a sequence of comprehensive didactics, integration of theory into practice, and diverse clinical exposure, we focus on learning, competence-strengthening, and professional identity development in a supportive, relationship-based environment. In addition to bolstering development across all of APA profession-wide competencies, this approach and structure is designed to support the overall goals of the Journey Psychology Center doctoral internship training program:

1. Goal 1 - Clinical Practice: Develop broad clinical competence in the assessment and treatment of children, adolescents, adults, and families representing varied identities, backgrounds, developmental stages, and presenting concerns. Develop a relational and science-grounded approach to long-term psychotherapy and a therapeutic approach to neuropsychological assessment that promotes learning and healing as part of the assessment process.
2. Goal 2 - Advanced Conceptualization: Develop capacity for advanced and complex conceptualization that is depth-oriented, theoretically grounded, guided by critical thought and contextual awareness, relationally based, ethically sound, culturally and developmentally attuned, and trauma-responsive.
3. Goal 3 - Professional Development: Support professional development and the progressive integration of an individualized professional identity; foster increasing autonomy and readiness for postdoctoral training; and develop a relational approach to consultation, collaboration, and supervision characterized by self-awareness, accountability, integrity, openness to feedback, professional assertiveness, and sound clinical and relational judgment.

Hours & Dates

The doctoral internship is a 12-month, 1,800-hour comprehensive training experience:

- It starts on July 1, 2027, and runs through June 30, 2028. It is designed around a 35-hour workweek to protect and promote self-care time and a healthy work-life balance.
- Direct Service Hours: Residents are expected to average 18 face-to-face clinical hours each week. This includes therapy, testing, intakes, and feedback sessions.
- Supervision: Residents spend five hours each week in individual and group supervision. Live clinical observations and collaborative reviews of session recordings are part of supervision.
- Didactic Training: Interns spend three hours per week in didactic seminars, case conferences, workshops, and experiential learning.

Internship Content

- **Direct Service Hours:** Residents are expected to average 18 face-to-face clinical hours each week. This includes individual therapy services, testing services, and feedback sessions.
- **Supervision:** Residents spend five hours each week in supervision, including two hours of individual therapy supervision, one hour of individual assessment supervision, and two hours in group supervision. In addition, supervisors spend time observing, reviewing recordings, and working collaboratively with clients and residents.
- **Didactic Training:** Residents spend three hours per week attending didactic seminars, case conferences, and periodic workshops.
- **Support Hours:** Residents average the remaining nine hours of our required 35 per week in support activities including clinical documentation, self-study, consultation, and preparing case presentations. Support with records management is provided, and additional training is available. If a resident has an interest in developing supervision skills, we offer training and supervision-of-supervision while they lead supplemental group supervision for our practicum students. Similarly, if interns are interested in learning about private practice operations, we can provide rich insights and experience. Neither of these activities is required, although proficiency with the site's electronic health record software is required for scheduling and documenting clinical work.



Training Site

JPC's office suite is situated in the accessible North Center neighborhood of Chicago. Based on our recognition that surroundings influence our mood, focus, and sense of ease, the clinic space was specifically designed and built out from scratch to provide a welcoming, therapeutic, trauma-informed, and peaceful environment that supports learning and growth. We center calm, warmth, privacy, and comfort to support the important work we, our trainees, and our clients are here to do.

Our boutique clinic houses four private offices designed for psychotherapy, testing, and training. Each office is fittingly decorated and outfitted with materials for play therapy, art therapy, or focused talk therapy. A dedicated testing office contains all assessment technology and testing materials needed to provide an efficient and comfortable testing experience. A full-length one-way mirror on the testing office

allows for observations without interrupting the process or affecting standardization. It allows trainees to observe supervisors using novel measures or working with clients presenting with clinically specific profiles that trainees are learning about.

Each doctoral intern will have a set clinical schedule and office assigned to ensure a steady routine for clinicians and clients. Wednesday morning didactics are held in our largest office space, which allows for a communal gathering for learning and rich discussion. Our office suite also features a waiting area for clients and a coffee/snack bar that is stocked with drinks and refreshments to support nourishment and comfort.



Course of Internship

Following a developmental model, our program is sequential with cumulative clinical exposure graded in complexity. At the beginning of the year, we focus on basic knowledge and skills at the doctoral internship level. This includes considerable time with didactics, seminars, reviews of lectures from experts in our field, scholarly articles, and training in our site's philosophy and methods. Caseloads are built gradually by matching resident interests and readiness to client needs, with the goal of achieving full clinical caseloads and ongoing participation in required didactics, training, and group supervision.

Our Internship Program follows Journey Psychology Center's commitment to inclusivity, celebrating and embracing cultural differences, identities, and backgrounds. To support our residents, we continually review our processes and systems to mitigate implicit bias, knowing that change and growth are always necessary. We also prioritize residents' individual and cultural diversity growth through participation in training and discussion on cultural awareness, cultural humility, and integrating diversity into treatment planning.

Towards the end of the internship year, interns are performing as competent members of our multi-disciplinary team and addressing clinical challenges with increasing independence. Upon completion of the year, interns are prepared to provide doctoral-level clinical psychological services.

Supervision

Interns receive three hours of scheduled individual supervision each week with two to three doctoral-level licensed psychologists. Supervision hours are held in person at the Journey Psychology Center office. One of the weekly individual supervision hours is with the Director of Training.

Two hours are devoted to therapy supervision, while the third hour is focused on assessment supervision. Interns also engage in two hours of group supervision, split between therapy and testing cases.

- **Individual Therapy Supervision:** 2hours
- **Individual Assessment Supervision:** 1hours
- **Group Therapy Supervision:** 1hour
- **Assessment Lab & Group Supervision:** 1hour



Supervisors and Training Program Staff

Irma Khelghati, Psy.D.

Licensed Clinical Psychologist
Executive Director & Director of Training
Clinical Supervisor & Didactics Presenter

Keisha-Marie Alridge, Psy.D.

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Pia Goff, Psy.D.

Licensed Clinical Psychologist
Clinical Supervisor & Didactics Presenter

Maneesha Nagambandi, M.A.

Psychometrician & Testing Support Staff
Didactics Presenter

Didactics

The didactic and experiential training at Journey Psychology Center prioritizes a lifelong learning focus that is fundamental to the ethical requirements of psychology clinicians at every level and present in all site staff. The course of training is designed to match the developmental requirements of emerging psychologists while attending to individual needs, interests, and abilities.

Our formal in-person Didactic Seminar runs each week for two hours, and our psychologists rotate with interactive presentations on a range of topics, from ethics, trauma, play therapy, and theoretical conceptualization approaches to therapeutic assessment, neurobiology, social justice, and professional development. A detailed didactics calendar is provided to residents prior to the start of the internship.



Direct exposure to the expertise and styles of our diverse psychologists, including observations of their clinical approach with clients, is an intentional and essential part of the learning process at JPC and for the integration of a personal professional style and identity for each resident.

Stipend and Benefits:

- **Internship Stipend:** The annual stipend for each doctoral intern is \$32,000, paid monthly throughout the training year.
- **W2 Employment:** Applicable federal and Illinois tax withholdings and employer payroll taxes are deducted/paid in accordance with state and federal law for each intern.
- **Time Off:** Interns receive 10 days (80 hours) of paid leave. Paid leave hours do not count toward the 1,800-hour internship requirement to ensure Illinois licensure hour requirements are met. Additional unpaid leave can be approved, and, under unique circumstances, the internship may be extended when necessary to complete required hours and competencies. PTO may be used after the first three months of the internship to ensure interns are present for essential orientations, start-of-year didactics, and case assignments.
- **Protected Training Breaks:** In addition to PTO, interns receive three (3) weeks annually free from formal training meetings and didactics to focus on clinical commitments, postdoctoral applications, and/or rest and self-care.

- Retirement Savings Plan: Residents are eligible to participate in Journey Psychology Center's retirement savings program.
- Health Insurance or Health Stipend: Interns will either have the option to participate in a Journey Psychology Center group health insurance plan or receive a monthly stipend to offset personal healthcare expenses.
- Specialized training for interns may be funded by Journey Psychology Center, as is indicated by clinical caseload.

Qualification, Expectations & Evaluation

Qualification for Journey Psychology Center Doctoral Internship

We welcome applications from doctoral psychology students from APA- or CPA-accredited doctoral programs who are eligible for doctoral internship training and have a strong interest in Journey Psychology Center's training goals and approach to clinical work and training.

- Completion of at least three externship experiences, including one year of testing, for a combined minimum of 550 direct-service clinical care hours with patients.
- Clinical experience with youth and adults.
- Capacity for and interest in rich clinical conceptualization.
- Students of all identities and backgrounds are encouraged to apply.
- Applications should include three letters of recommendation (at least two from direct clinical supervisors), a sample psychological testing report, graduate transcripts, a CV, and a cover letter describing how the applicant's experiences and/or future goals match our training program.

Expectations for Resident Performance

Residents are expected to actively engage in training and clinical and professional responsibilities and actively work towards all training goals as guided by the program. These include:

- Professional comportment, including collegial collaboration, timeliness, and high-quality documentation.
- Openness to feedback and active integration of supervisory support.
- Adherence to all site norms, processes, procedures, and expectations, and grounding in the values of collaboration, integrity, diligence, kindness, and responsibility.
- Internship completion is finally contingent on satisfactory formal evaluations, completed twice during the training year.
- Interns must demonstrate competence in: ethical and legal standards; individual and cultural diversity; professional values, attitudes, and behaviors; communication and interpersonal skills; assessment; intervention; supervision; and consultation and interprofessional/interdisciplinary skills.

Evaluation

We take a collaborative approach to agreements and evaluations, with the central goal being our residents' training, learning, clinical care, and professional development. Feedback is an essential element of learning and training, and to support this, supervisors offer frequent feedback and support in supervision, as well as written evaluations during internship. Evaluations are based upon supervisors' case reviews, impressions from supervision, collaborative client engagement, observations, and review of recordings, as well as on the training team's (including didactic, group supervisors, and seminar leaders) observations and interactions with the residents.

- At the start of the year, a training agreement is collaboratively completed by each intern and their supervisors, in which training goals, expectations, and training sequences are reviewed and agreed upon. This process also entails community agreements for engaging in a small community of clinicians devoted to deeply meaningful clinical work.
- Timely informal feedback occurs weekly in individual supervision settings.
- A midyear evaluation is completed halfway through the training year to track progress toward goals and guide supervisory support and training for the remainder of the year.
- A final evaluation is completed at the end of the training year, to capture developmental progress and learning and to identify recommendations for continued development during postdoctoral training.
- Our Due Process, Grievance, and Appeals Procedures outline situations where corrective actions may be required or appealed. This detailed document is available on our website (JourneyPsychology.org) under Policies & Acknowledgments and is provided to residents prior to starting internship. A well-defined Due Process procedure ensures that decisions made about raised concerns are not arbitrary or based on personal impressions or bias. Our program identifies specific evaluative procedures that are applied to all supervisees and staff, with appropriate appeal procedures available. A collaborative and restorative approach is always the goal, and guidelines support the process.

Values Statements

Anti-Oppressive Practice Commitment

At Journey Psychology Center, we understand mental health within the full context of a person's life—relationships, history, identity, and the broader systems in which they live and grow. Experiences of racism, oppression, and systemic inequity are not separate from mental health; they shape development, stress responses, access to care, and the ways individuals are seen and understood. We are committed to anti-racist and anti-oppressive practice. This means we do not take a neutral stance on injustice. We actively examine how systems of power and bias influence the mental health field, our clinical work, and our clients' experiences.

We approach this work with both intention and humility. We understand that anti-oppressive practice requires ongoing reflection, feedback, and growth. We remain committed to examining our own identities, biases, and positions of privilege, and to listening closely to the voices and experiences of those we serve. Our work is relational at its core. We strive to create spaces where clients feel safe enough to explore their experiences fully—where their identities are affirmed, their stories are honored, and their healing is supported with care, curiosity, and respect.

Equity, Diversity, and Inclusion

We believe that growth happens in the richness of diverse community and are committed to sharing in ongoing learning, reflection, and accountability. We strive to foster an inclusive, affirming, and respectful environment for both clients and clinicians, grounded in the belief that mental health care is strongest when it honors the full humanity of each person and recognizes how identity, culture, history, and systems shape lived experience. We are intentional about who joins our team out of deep care for these values, our work, and our community, and we welcome clinicians who value depth, curiosity, excellence, and integrity — and who are eager to continue growing in their clinical thinking and practice as well as fellow human beings.

