Psychology Residency

Northern Arizona University’s Counseling Services (NAU CS) offers a postdoctoral Psychology Residency focused on providing culturally-sensitive clinical services to college students with a variety of mental health concerns and developmental issues. The post-doctoral residency is a clinically intensive training position designed to provide greater specialization and increased professional responsibilities preparing the resident for independent practice. Psychology residents offer direct counseling services to NAU undergraduate and graduate students via brief individual, couples, and group counseling. They also provide daytime crisis services and participate in evening/weekend emergency on-call rotation. Evening/weekend emergency on-call duty is assigned 2-3 times/semester (Fall, Spring, Summer) for one week at a time.

Direct services include initial assessment, crisis coverage, mandated behavioral assessments, ongoing individual and couples counseling within a time-limited model, group screenings/therapy, workshop development, as well as clinical consultation and outreach presentations.

Support Activities include clinical planning, timely completion of documentation, outreach and organizational consultation, weekly staff meetings, and professional development activities.

Training Activities include two hours of clinical supervision per week, attendance at Case and Psychiatric consultation meetings, as well as additional professional development opportunities (e.g., online continuing education, EPPP preparation, attending local and state conferences). Opportunities for residents to supervise psychology practicum students may also exist.

Evening/weekend emergency on-call duty is assigned 2-3 times/semester (Fall, Spring, Summer) for one week at a time. One week of duty earns 8 hours of compensatory time, which the resident uses in lieu of working one 8 hour workday in the same week as the on-call duty (to assure the intern is not working more than 40 hours total in that week).

Example of typical schedule for Postdoctoral Psychology Resident:

59% Direct Services (23 hrs/wk) – needs 800 direct service hours (800/2000 = 40%)
21% Support Activities (8 hrs/wk)
20% Training Activities (9 hrs/wk)

Direct services: (23.5 hrs/week)
2 -- initial assessments
4 -- screening shift
16 -- individual/couples cslg, BRAs, group, group screenings**
1.5 – group therapy
outreach presentations
on-call emergency coverage
--one week of duty earns 8 hours of compensatory time, which the resident would use in lieu of working one 8 hour workday in the same week as the on-call duty (to assure the resident is not working more than 40 hours total in that week).

Support Activities: (8.5 hrs/week)
paperwork/planning/notes (PPN)
outreach prep and organizational consultation
0.25 -- other departmental/staff (All CHS) and university meeting
Training Activities: (8 hrs/week)
individual supervision received (2-2.5):
  1 – primary caseload supervisor
  1 – secondary caseload supervisor
  0.5 -- group supervisor
1 – CS case/psychiatric consultation meetings (rotate EOW)
(Count as 0.5) -- 1-2X/semester X 1.5 hr CHS Collaborative Care Consultation
4 -- professional development activities (clinical reading, online trainings, workshops/conferences)