

## **GPS Psychology Internship Program**

### **Sample Weekly Schedule (Intern Perspective)**

**Total Weekly Hours:** 40 hours

**Direct Client Contact:** 12-15 hours weekly

**Individual Supervision:** 3+ hours weekly average

**Group Supervision:** 2+ hours weekly average

**Protected Time for Dissertation:** optional 2 hours weekly

**Didactic Training/Case Presentations:** 1.5 hours weekly with GPS, 3 hours monthly city-wide seminars

**Peer Support:** 2 hours monthly average

### **MONDAY**

**9:00 - 10:00 AM** | Preparation and Planning

*Case review, administrative tasks, day preparation*

**10:00 AM - 12:00 PM** | Psychological Assessment – 2 Direct Client Sessions

*Intake interview, clinical interview, or feedback session*

**12:00 - 1:00 PM** | Lunch Break

**1:00 - 2:30 PM** | Individual Supervision with Major Rotation Supervisor A

**2:30 – 4:30 PM** | Assessment Support Activities

*Report writing, test interpretation, case planning*

**Total:** 7.5 hours

### **TUESDAY**

**10:00 - 11:30 AM** | Didactic Training Seminar/Case Presentation  
*Professional development seminars led by PhD-level psychologists at GPS*

**11:30 - 12:30 PM** | Interns Only Peer Supervision (Monthly)  
*Peer support*

*OR*

**11:30 - 12:30 PM** | Training Director Meeting (Monthly)  
*Progress monitoring, support, problem-solving (Individual and Group Supervision)*

**12:30 PM – 3:00PM** Administrative or Professional Development Activities  
*Program evaluation or business-related projects, volunteer supervision, special initiatives*

**3:00 - 6:30 PM** | Family Therapy Training Block and Supervision  
*Family therapy sessions (3:00 PM, 4:30 PM, 5:30 PM sessions)*  
*Live supervision, reflection team participation, co-therapy and supervision opportunities,*  
*Weekly case review with family therapy supervisor*

**Total:** 8.5 hours

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## WEDNESDAY

**9:00 - 10:00 AM** | Individual Therapy Session

**10:00 - 11:00 AM** | Individual Therapy Session

**11:00 - 11:30 AM** | Break and Documentation

**11:30 AM - 12:30 PM** | Individual Therapy Session

**12:30 - 1:30 PM** | Lunch Break

**1:30 - 2:30 PM** | Individual Therapy Session

**2:30 - 3:30 PM** | Individual Therapy Session

**3:30 - 4:30 PM** | Individual Therapy Session

**4:30 - 5:00 PM** | Break and Documentation

**Total:** 8 hours

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## THURSDAY

### When Client is Booked for Testing:

**9:00 AM - 12:00 PM** | Psychological Testing with Psychometrist  
*Test administration, behavioral observation, collaborative learning*

**12:00 - 1:00 PM** | Lunch Break

**1:00 - 5:00 PM** | Psychological Testing with Psychometrist, Assessment Scoring  
*Test administration, behavioral observation, collaborative learning, test scoring, data analysis*

### When No Testing Client is Booked:

**9:00 AM - 12:00 PM** | Assessment Report Writing  
*Report drafting, clinical impressions, recommendations, case conceptualization*

**12:00 - 1:00 PM** | Lunch Break

**1:00 - 5:00 PM** | Assessment Report Writing and Documentation  
*Report completion, supervisor review, client communication preparation*

**Total:** 8 hours

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## FRIDAY

**9:00 - 9:30 AM** | Administrative Tasks and Weekly Planning

**9:30 - 12:30 PM** | City-wide seminar with other interns (average of 3 hours monthly)

**When not in seminar:** Protected time for dissertation writing work

**11:30 AM - 12:30 PM** | Lunch Break

**12:30 - 2:00 PM** | Individual Supervision with Major Rotation Supervisor B

*Weekly individual supervision*

**2:00 - 3:00 PM** | Individual Therapy Session

**3:00 - 4:00 PM** | Individual Therapy Session

**4:00 - 5:00 PM** | Individual Therapy Session

**Total:** 8 hours

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## **SUPERVISION STRUCTURE**

### **Individual Supervision (3+ hours weekly)**

- **Supervisor A:** 1.5 hours weekly individual supervision
- **Supervisor B:** 1.5 hours weekly individual supervision
- **Training Director:** Monthly individual meetings (1 hour)

### **Group Supervision (2+ hours weekly)**

- Monthly group supervision with all interns
- Monthly peer support meetings with just the interns
- Practicum student mentoring and peer collaboration opportunities
- Case consultation and ethical decision-making sessions booked weekly
- Family therapy minor rotation: Weekly group supervision

### **Specialized Training**

- **Family Therapy:** Sessions with live supervision, co-therapy and reflection teams
  - **Assessment Training:** Live supervision, collaborative work with psychometrists
  - **Didactic Seminars:** Tuesday morning weekly professional development sessions
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## **TRAINING PROGRESSION**

### **Fall Semester (Months 1-4)**

- Intensive assessment training with psychometrist support
- Building individual therapy caseload
- Family therapy observation and reflection team participation
- Supervision focused on foundational skills

### **Spring Semester (Months 5-8)**

- Independent assessment administration
- Full therapy caseload management
- Family therapy co-therapy opportunities
- Increased clinical autonomy

### **Summer Completion (Months 9-12)**

- Near-independent clinical functioning
- Complex case management
- Leadership in practicum student supervision
- Transition planning and career development