

Counseling Services, at the Center for Student Health and Counseling

Postdoctoral Residency in Psychology

In Oregon, we call Postdocs, Residents

Last Updated 12/08/2023

****APPLICATIONS ACCEPTED UNTIL MONDAY, JANUARY 8TH, 2024 AT 11:59 PM (PT)****

GENERAL INFORMATION

Counseling Services (CS) is part of Portland State University's (PSU) Center for Student Health and Counseling (SHAC). We are committed to training and believe that the most effective learning occurs through providing service under the supervision and mentorship of experienced professionals. Such "learning by doing" is guided and enriched through didactic presentations, consultation, and staff development activities. We subscribe to a practitioner-scholar model and our approach is to provide training grounded in the core competencies and scientific principles of our profession, with a focus on clinical practice. Although individual psychotherapy is emphasized, other areas of training include process and psychoeducational group psychotherapy, crisis intervention, consultation, outreach, supervision, interculturally effective services, and professional ethics.

We strive to build on and expand the resident's existing skills, and to facilitate their further development and increased independence in professional practice. CS' developmental approach to training provides residents with opportunities for experience in a variety of professional activities.

While our primary specialty is training for positions in college and university counseling centers, our focus on core competencies provides a foundation for residents to be successful in a variety of generalist positions in the field. We have also added a specialty development seminar as a way to enhance the generalist training.

Qualifications

Please see official job posting for the *most up-to-date and official qualifications* for the position (it is usually posted in November/December). Generally speaking, applicants must complete all of their doctoral degree requirements (e.g., doctoral internship, dissertation) by September 1st, 2024 in clinical, counseling, or educational psychology (Ph.D., Psy.D., Ed.D.).

Please note that former SHAC therapy clients are not eligible to apply for the position.

General minimum qualifications usually include:

- Completion of all requirements for a doctoral degree in psychology (PsyD, PhD, EdD) by start date of Residency (this includes internship and completion of dissertation).
- Ability, with supervision, to provide a range of clinical services including initial assessment, individual and group therapy, crisis intervention and clinical case management.
- Supervision experience or education.

General preferred qualifications usually include:

- Skills, knowledge and experience relevant to the needs of students of color, students from indigenous communities, LGBTQ+ students, international students, veterans, students from diverse religious affiliations, undocumented students or first-generation students
- Experience with supervision of supervision during doctoral internship year
- Bilingual or multilingual counseling skills
- Experience working in a university or college counseling center
- Knowledge of laws and ethics that apply to psychologists and demonstrated adherence to those standards.
- Excellent communication skills (both written and oral) with colleagues and clients
- Effective time management skills especially as they pertain to completing recordkeeping tasks in a timely, efficient, and effective manner.
- Ability to work on an interdisciplinary team of health and mental health professionals

Key cultural competencies:

- Create an environment that acknowledges, encourages, and celebrates differences.
- Function and communicate effectively and respectfully within the context of varying beliefs, behaviors, orientations, identities, and cultural backgrounds.
- Seek opportunities to gain experience working and collaborating in diverse, multicultural, and inclusive settings with a willingness to change for continual improvement.
- Adhere to all of PSU's policies including the policies on Prohibited Discrimination & Harassment and the Professional Standards of Conduct.

IMPORTANT NOTE: Psychologists who want to become licensed in Oregon must complete an *APA-approved graduate program* now.

Site Description

The Center for Student Health and Counseling (SHAC) is a multidisciplinary center that has five units including Counseling Services (CS), Health Services, Dental, Health Promotion, and Testing Services. CS works side by side with the Health Services (HS) branch of SHAC, which includes physicians, nurses, and other medical professionals.

CS provides focused, time-limited outpatient individual and group psychotherapy, crisis counseling, and community outreach services to the students of PSU. CS is staffed by psychologists, social workers, and psychiatrists. Other members of the team include psychology practicum students, and master's students in clinical social work and counselor education (we sometimes have a psychiatry resident too). CS provides an opportunity for residents to practice in a rich environment that values a variety of disciplines and theoretical perspectives.

Each resident is assigned a private office equipped with a networked computer for note preparation, report-writing and internet access that includes on-line PSU library resources.

At this time, we are utilizing a hybrid model and see students both online and in-person. This could change in the future as more students are requesting in-person services.

Please visit the SHAC website to learn more about our site: <https://www.pdx.edu/health-counseling/>

Hours of Operation

Monday – Friday: 9:00 A.M. to 5:00 P.M. (hours do not change during the breaks).

Emergency needs that arise at other times are met by Portland community resources.

OVERVIEW OF PROGRAM

Minimum hour requirements for the state of Oregon are 1500 hours for the postdoctoral residency, and must be completed over the course of 12-months.

The start date for the residency is September 1st each year. This is the employment start date and it is a temporary one-year position. Your postdoctoral residency contract with the state start date may vary depending on your conferral date and when your contract is approved. If you anticipate this date will be later than September 1st, we can discuss your options with respect to the completion of your residency contract, which is separate from your employment contract. Please let us know, as it is not something that should deter you from applying; if possible, *please let us know during the interview process.*

Residents are expected to work 40-hours per week for 12-months (full-time).

Residents are involved in all areas of service available at CS. The postdoctoral residency is focused primarily on direct clinical service to a diverse college population, through individual and group psychotherapy. Consequently, applicants with experience or expressed interest in college counseling, issues of diversity, and short-term models of therapy are strongly encouraged to apply.

Range of Professional Experiences

- Focused, time-limited individual psychotherapy
- Group psychotherapy (e.g., interpersonal process, support, psychoeducational, and wellness groups)
- Crisis and triage intervention
- Supervision of a practicum student (assuming adequate staffing)
- Outreach and consultation

In the past, residents have participated in or developed a number of programs, including classroom presentations on topics related to mental health; weekly support to campus partners; consultation to student groups; new student orientation; and many others. Some of our most recent residents have provided a support group to international students and group workshops on executive dysfunction. Residents are encouraged to explore and develop programs in areas of interest, with support from staff mentors.

Training

SHAC values education and training as part of its mission to PSU and the community at large. The training philosophy of SHAC is rooted in a developmental, multicultural, and practitioner-scholar model. We are committed to training and the aforementioned idea of "learning by doing" is strongly valued. We have developed a solid training program that provides an excellent foundation for a generalist. Our aim is to create a supportive learning environment in which a resident can hopefully thrive and become a highly competent psychologist.

Our training goals focus on developing competence in:

- Clinical work
- Multicultural/Intercultural and Social Justice
- Supervision (assuming adequate staffing)
- Outreach and Consultation
- Professionalism and Ethics

TRAINING ACTIVITIES

Psychological Services

Residents will be trained to provide short-term individual therapy, intakes, crisis intervention, and group therapy for PSU students. At least 25% of each resident's time will be direct clinical service; they should attain a minimum of 500 hours. Hours allotted to direct services progressively increases; usually a resident will build up to 17 hours in the fall, do 17 hours in the winter, and then 18 hours in the spring and summer quarters (there may be some factors that alter this amount). Additional training will be provided in consultation and outreach to the campus community.

Individual Therapy

Residents provide individual therapy with students. Individual therapy typically ranges from 4-12 sessions, depending on the client's issue, although longer term therapy is available in some cases. Community resources are incorporated into the therapeutic process and students needing more extensive or more specialized treatment are referred to community resources as appropriate.

Intake Interviews

After a client is assigned to them, residents complete an intake assessment, in order to gather history, presenting issues, diagnose and begin to formulate treatment plans for students.

Triage Sessions and Crisis Intervention

Residents are regularly scheduled for on-call duties (triage hours, which may include emergencies) at designated time periods during business hours. Students access our services by first using our triage system. These are typically 15-30 minute consultations in which the goal is to assess risk, help the student stabilize, and activate coping strategies, while developing an immediate treatment plan (e.g., refer for individual counseling at SHAC or in the community, refer to a group or workshop). Licensed staff members are always available as back-up.

Group Therapy

Residents are given the opportunity to co-facilitate interpersonal process and psychoeducational groups for students. In the past, graduate student groups, interpersonal process groups, and international student support groups have been offered (these are just some examples). Types of psychoeducational groups have included healthy relationships, social anxiety, emotional expression, stress management, mindfulness, grief, and overcoming procrastination. A resident usually facilitates at least one group for two terms. Residents are welcome to propose additional group ideas to co-lead with a senior staff member.

Supervision and training

Supervision, training, and professional development activities in which residents participate include:

- Individual supervision (1 hour to 90 minutes weekly)
- Psychotherapy case conference (aka group supervision) (1 hour weekly)
- Supervision of group therapy (30 min)...if co-leading a group
- Team meeting (1 hour weekly)
- Professional development seminar (1 hour every month)
- Specialty development seminar (1 hour every month)
- Didactic seminar (1 hour weekly)

Supervision that the resident would be doing:

- Supervision of a psychology practicum student (1.5 hours weekly for 2 to 4 quarters)*
- Supervision of supervision (1 hour weekly for 3 to 4 quarters)*

*We recently started a supervision of supervision program as well. If we are able to have adequate staffing, residents will supervise a psychology practicum student for part of the academic year, while participating in a supervision of supervision group with a licensed psychologist.

FACILITIES

The Center for Student Health and Counseling is a modern facility that houses mental and physical health services together in one large space; dental and testing services have separate suites one floor up. The Center includes two large group rooms, a small meeting space, and a conference room. Each resident will be provided with a private office and networked computer for accessing scheduling software, email, and the internet. Full access to library resources is provided. Additionally, we have a Mind Spa for the students; it is a place where students can do meditation, stretching/yoga, biofeedback, light therapy, or sit in a massage chair.

LOCATION

SHAC is located on PSU's campus in the heart of downtown SW Portland. Affordable housing can be found close to SHAC or a short commute from the suburbs. There are many benefits to SHAC's location including easy access to public transportation and many food carts and restaurants within walking distance. There are also many shops, malls, cinemas, parks, gardens, museums, performing arts centers, and sports arenas nearby. There are ample opportunities to hike, bike, and walk on the waterfront or in parks within the city. Popular sites to see within a few hours of Portland include the coast (2 hours away), mount hood (1 hour away), and Central Oregon featuring destination locations such as Black Butte, Sun River, and Bend (4 hours).

[About Portland State University](#)

[About Portland](#)

[Campus Tour](#)

[Portland Travel Video](#)

[Campus Map](#)

PSU FACTS

Portland State University serves as a center of opportunity for nearly 23,000 undergraduate and graduate students. Full time PSU students include 80% undergraduate and 20% graduate. Located in Portland, Oregon, one of the nation's most livable cities, the University's innovative approach to education combines academic rigor in the classroom with field-based experiences through internships and classroom projects with community partners. The University's 49-acre downtown campus exhibits a commitment to sustainability with green buildings, while many of the 202 bachelor's, master's, and doctoral degrees incorporate sustainability into the curriculum. PSU's motto, "Let Knowledge Serve the City," inspires the teaching and research of an accomplished faculty whose work and students span the globe.

Please go to this webpage for the most up-to-date facts about PSU: <https://www.pdx.edu/portland-state-university-facts>

Campus Diversity

The SHAC staff believes that prejudice and discrimination are detrimental to individual and community health. We are committed to creating and maintaining an environment where all people of diverse backgrounds and identities can expect to be valued and treated with respect and dignity.

Generally speaking, Portland State University has a mix of traditional and non-traditional college students, with the average age of undergraduates being older than a typical college-age population.

The student profile for PSU in the Fall of 2022:

- Undergraduate: **17,237**
Graduate: **4,777**
Women: **12,712**
Men: **9,010**
Non-Binary: **215**
Unknown Gender: **77**
Total Enrollment: **22,014**
- White: **50.2%**
BIPOC: **39.4%**
Latino: **18%**
Asian: **9.1%**
Black or African American: **4.3%**
Native American: **1.3%**
Multi-Ethnic: **6.1%**
Native Hawaiian/Pacific Islander: **0.5%**
Other: **4.9%**

- First Generation Students: **47.4%**
BIPOC First-year students: **58.2%**
Students with Children: **25%**
International Students: **5.6%** (63 countries are represented)

The demographics of students who access service at SHAC are mostly similar to the PSU population in general.

COMPENSATION

The starting annual salary rate for this position will be between \$50,220 to 56,075.

This is a 12-month position; it will start **September 1, 2024** and end on **August 31st, 2025**.

Benefits

Residents receive the same benefits as employees: dental insurance, health insurance, basic life insurance, sick time, and vacation time. Additionally, they receive some professional development time and money. Please visit our Human Resources website page for more information about employee benefits.

<http://www.pdx.edu/hr/benefits-overview>

Note: The benefits for the residents totals almost \$15,000. Please see the PSU benefits calculator.

<https://www.pdx.edu/hr/psu-total-compensation-calculator>

APPLICATION INFORMATION

We are *not* part of the APPIC uniform notification date program.

Deadline: Applications will be accepted through **Monday, January 9th, 2024** at midnight (PST).

Interviews: We offer Zoom interviews to the applicants; they are scheduled for mid- to late January. If a Zoom interview is not possible, then we will conduct a phone interview. If one of the search committee members is not able to attend the interview, then the interview will be *recorded* so that member may still be part of the process.

In addition to interviewing with psychology staff members, interviewees may speak with a current resident to learn about the postdoctoral residency experience (this is an optional offer).

To Apply

To Apply, please go to <https://www.pdx.edu/human-resources/career> to review the complete posting and apply. Click on **Apply Here**, select **Admin**, and navigate to **Psychology Postdoctoral Resident**. Online applications will be accepted through **January 9, 2024**.

We ask that you include contact information for **three professional references** on your CV. Please make sure that **two of them are past/current clinical supervisors** (please do not submit letters of reference, as we cannot consider them as part of your application). It is helpful if you include their relationship to you, and other relevant information, like how long they supervised you (if applicable), etc.

Additional information about the Oregon state requirements may be found here:

<https://www.oregon.gov/psychology/pages/residency.aspx>

Please see next to page to learn more about the staff psychologists at SHAC.

Thank you very much for considering applying to our program.

Questions regarding the program may be directed to Cheryl Forster, Psy.D. at: forsterc@pdx.edu

Cheryl Forster, PsyD
Coordinator of Diversity and Psychology Programs
Center for Student Health and Counseling (SHAC)
Portland State University
P.O. Box 751
Portland, OR 97207-0751

Current SHAC Psychologists

Jennifer Dahlin, Psy.D. (she/her), Clinical Psychology, Pacific University, 2004. M.S., Western Washington University, Mental Health Counseling, 1997. **Orientation:** Integrative – Cognitive Behavioral/Family Systems with Interpersonal/Feminist emphases. **Interests:** Attachment, trauma, relationship issues, emotion regulation, identity development, self-esteem, psychoeducational assessment, organizational equity and inclusivity.

I identify as a European-American, cis-gendered, heterosexual female. I practice clinically from a feminist lens and am mindful of equity and inclusivity on a macro level within the work environment. To this end, I work closely with the AAUP (Association of University Professors) employee union on campus, am a member of the SHAC JEDI (Justice, Equity, Diversity and Inclusion) workgroup and help to plan and organize diversity trainings for staff.

Cheryl Forster, Psy.D. (she/her), Clinical Psychology, Pacific University, 2005. M.A., Tufts University, Applied Developmental Psychology, 1997. Coordinator of Diversity and Psychology Programs. **Orientation:** Integrative – Interpersonal, Gestalt, Emotion-Focused Therapy with cultural, trauma-informed, and developmental emphases. **Interests:** Trauma (e.g., EMDR, Polyvagal Theory, & somatic approaches), stress, attachment from an interpersonal neurobiology perspective, coping strategies, racial/ethnic/cultural diversity issues, BIPOC, international, and first-generation students, intercultural communication, training, supervision, and outreach.

My personal experiences as a Korean-American transracial/national adoptee, growing up in an intercultural and immigrant family, and being one of the only people of color in my hometown led me to diversity, social justice, and intercultural work. In addition to my work with PSU students and trainees, I am also a member of the SHAC JEDI (justice, equity, diversity, and inclusion) committee. Finally, in my limited spare time, I am trying to write a book about an intercultural and Polyvagal-informed approach to diversity work.

Kyle Isaacson, Ph.D. (he/him), Clinical Psychology, Fuller School of Psychology, 2014, M.S., Seattle Pacific University, Marriage and Family Therapy, 2008. **Orientation:** Emotion-Focused Therapy informed by Narrative and Family Systems. **Interests:** Adult romantic attachment, grief and loss, training and outreach, theoretical and philosophical psychology.

I am a White/Euro-American cis/het male, married parent of two. I engage in ongoing reflection, education, and practice to promote more just and equitable services, with specific interest in social determinants of health, psychological evaluation for immigration petitions, and spirituality and mental health.

Vivien So, Ph.D. (she/her), Clinical Psychology (specialization in Lifespan Development), University of Victoria, 2021. M.Sc., University of Victoria, Clinical Psychology (specialization in Lifespan Development), 2016. **Orientation:** Integrative - Client-Centered and Cognitive Behavioral with interpersonal (e.g., Gottman relationship theory), cultural, and trauma-informed emphases. **Interests:** Relationship issues (family, romantic, interpersonal), developmental/complex trauma, ethnocultural diversity issues, identity development, anxiety, life transitions, outreach.

Holding strong values of humility, openness, and social justice along with lived experiences as a Hong-Kong-born Canadian woman of color, I am passionate and dedicated to providing culturally responsive care to underserved and minoritized students. In addition to providing individual and group therapy to students from these communities, I have focused my campus outreach efforts on collaborations with the Multicultural Retention Services; Pacific Islander, Asian, Asian American (PIAAA) Student Center; and the PSU API Employee Resource Group.