1. **What advice do you wish you had received at the start of the internship year?**

- Be prompt about turning in your monthly logs on time if you don’t want to be called out publicly! (It only took once for me 😐)
- Any site is, to some extent, like a family. Like many families, many sites like the “status quo,” don’t try to change everything as soon as possible.
- Rent an apartment with a basement.
- It’s never too early to start looking for/getting an idea for what you want for postdoc/job. Good to seek out supervisors/advisors for potential places.
- Frequently monitor the GAS to ensure completion of required activities. Be prepared for the 9 to 5!!
- Review and evaluate progress towards goals often.
- I felt well prepared for internship, *keep a quote book, take lots of pictures.*
- Frequently monitor the goals you set to make sure you meet them.
- Listen more’ be open to trainers’ expertise.
- Interact with other sites.
- Balance of fun and work must include *work.*
- Set early dates for site visits.
- Relax, it’s a relaxed program.
- Collaborate outside of consortium days.
- Mistakes are okay and can be helpful for learning.
- You aren’t expected to know everything; you’re here to learn.
- Don’t take yourself too seriously – have fun!
- Get site visits completed early!
- Talk to other interns about their theoretical perspectives outside of NICPP consortium days to broaden your perspective.
- Turn in paperwork on time to avoid problems.
- Work on your dissertation as soon as possible, you will have more time at the beginning of internship.
- Get to know other interns at different sites. Take advantage of all of the learning opportunities you have left. Get through the dissertation as quickly as possible.
- Take advantage of getting to know the people at the other sites.
- R U U U U N N N N!
- Make sure you go out and experience the company of fellow interns and the city in which your site is located.
- Complete site visits early, you get very busy after Christmas.
- Be open to new experiences.
- Take advantage of getting to know interns at other consortium sites.
- Do your site visits at beginning of year before your caseload increases; also a good way to meet other interns. Finish your dissertation because you live in Nebraska and flights are expensive!
- Get to know the interns at other sites, make time to attend the socials.
• Take it one day at a time, reflect on what you are doing.
• Start looking for postdocs/jobs early (i.e., December).
• Your fellow interns are a wealth of knowledge and sharing resources saves time and is extremely helpful.
• Spend time with others outside of your site. I learned far too late in the year that I really enjoyed hanging out with interns from other sites.
• Read the advice to 2012-2013 interns.
• Consider how to tailor your goals for your internship year to fit with a postdoc position, so that you will be more competitive.
• Try to finish your dissertation as soon as possible in your internship year so it doesn’t feel like another looming project/deadline.

2. What advice would you give the 2014-2015 NICPP interns (that is not included in your response to question #1)?
• Don’t worry if you’re not sure what you want to do after internship or if you don’t have something lined up by the time everyone else does (i.e., postdocs).
• Get your research done ASAP so you don’t have to worry about it while looking for postdocs/jobs, etc.
• Balance work with relaxation.
• Try and socialize with others. This cohort will be your cohort for your entire career. It’s good to have friends and colleagues.
• Get to know your cohort and develop professional/personal relationships with them.
• Spend time with co-interns and invest in developing relationships – they can be a tremendous support.
• Spend time with your cohort to develop future professional relationships.
• Support your fellow interns and help each other with meeting requirements and responsibilities of your job and consortium.
• Get to know others.
• Listen more and act on it.
• Take the 30 year view for “future colleagues.”
• Explore (town, state)
• Branch out and get to know the other interns.
• Socialize throughout the year.
• Make friends with other interns!
• That I can learn just as much from my peers as my professors/supervisors.
• Get to know other interns from sites different than yours.
• Attend socials.
• Learn from peers, supervisors.
• Make connections with other interns, go to social events, and take advantage of training opportunities.
• Make work/school/life balance a priority.
• Don’t miss the sandhill cranes!
• Finish dissertation before internship.
• Get your dissertation done ASAP, it makes the experience much more enjoyable.
• Manage your time wisely.
• Make sure you’ve done your dissertation before starting internship.
• Take advantage of the social and networking opportunities.
• Enjoy the area!
• Don’t be too self-critical. It is a learning curve and you will get there.
• Go to happy hour with other interns. Live in Aksarben Village! Fun area. Go to the sandhill crane migration in Kearney! March!! Amazing!!
• Do your site visits early in the year. Also, start working on your dissertation in the fall, the spring/summer will come around before you know it.
• The year goes by fast, keep tabs on where you are at regarding the competencies required by your site.
• Get to know your cohort and do things together outside of work.
• Treat yo’ self!
• When possible, don’t take work home over the weekend. Use that time to relax and rejuvenate yourself.
• Internship is what you make of it.
• Make sure to pack food that can be eaten quickly in between therapy appointments.
• Try to avoid illness.
• The zoo is nice.
• Exercise is good.
• Each person’s postdoc journey is different, so don’t be concerned if other people have positions before you do.

3. What did you learn about yourself during the internship year?
• To trust my gut/intuition more.
• To not be afraid to speak up more in supervision when I disagree or have another idea/opinion.
• Patience can be a very important trait.
• Change can take time.
• I am more independent personally and professionally than I thought. I’m slowly learning how to transition from student to professional.
• I can “juggle more plates” than previously expected.
• I learned how to be comfortable asserting my ideas during supervision.
• I can share a storage closet for an office with 6 other people and still make lasting friendships.
• To trust my training and clinical judgment when making decisions and how to express my thoughts to others.
• Solipsistic.
• Social life influences clinical work
• Put god psychology knowledge into practice.
• Learn from your peers.
• I need to brush up on child psychology.
Part of being a professional is doing paperwork and showing up on time.
I am capable of managing stress well.
ACT techniques work for therapists as well as clients 😊
Some of the advice I give my clients on how to handle their problems was useful for me too.
More confidence in professional identity.
I have a lot of information and expertise to offer others.
I learned that I need to continue to work on time management skills and asking for feedback from supervisors.
That I can follow through with manualized treatments while maintaining a client focus.
That I have my own style as a therapist.
Continue to believe in yourself as the feedback is meant to be beneficial and will be helpful moving forward.
Growth is a beautiful process. It is not linear or predictable. But if you open yourself up to it and allow the vulnerability, your development will be expansive.
That I can work well and be social in large groups.
How important it is to maintain a life outside of internship.
Self-care is important (including downtime to myself).
I learned that I’m able to overcome difficult situations in my personal life, while maintaining my professional role with help from amazing supervisors.
I really enjoy clinical work, I value working efficiently.
When busy, I need reminders to get things done. I sometimes focus too much on work and not enough on connecting with my co-workers.
I like Omaha more than I thought I would.
I’m much more competent than I thought I was.
I can live in the Midwest for one year.
To trust my clinical instincts with clients. Even if clients’ presenting problems seemed complex, I recognized the most important part of therapy was developing a therapeutic alliance.

4. What will you take with you from your internship experience that will make you more effective in your next position?
• I feel more confident about working with a wide range of clients and presenting problems; I feel more comfortable using a variety of interventions.
• A good knowledge and much practice in supporting individuals with intellectual disabilities.
• Specific training with a specialized population using a lot of behavioral techniques.
• How to approach treatment with the collaboration of a multidisciplinary team in a medical setting.
• I’ll take with me new skills relevant to interdisciplinary collaboration.
• Professional colleagues for future consultation and collaboration.
• Keep working, keep doing what “matters.”
• Get basics right.
• Keep getting the basics right.
• Read.
• Complementarity across sites, use it.
• Collaboration across disciplines.
• More respect for behavioral interventions.
• New approaches/techniques.
• Willingness to try new therapeutic techniques.
• Willingness to always put myself out of my comfort zone.
• Collaborating effectively with people who have different clinical perspectives.
• Openness to new techniques.
• Collaborating across disciplines.
• Admit things you do not know.

I have obtained much more experience working with a variety of presenting problems, which will continue to help me in my future career.

I developed strong behavioral intervention skills, and gained experience working with parents.

The need to continue consulting and learning new techniques.

The ability to be a part of a team to help treat clients instead of attempting to do it on my own or with just my supervisor.

Effectively manage time.

The importance of having a network of friends and support outside of my work environment.

Training in individual and family therapy.

Self-awareness, many more clinical skills and evidence-based intervention techniques. How to slow down in therapy and just listen/validate: don’t problem solve.

This has been good practice managing a caseload while also being involved in research, etc. I feel I have improved in my ability to work efficiently.

A broader knowledge of services that psychologists provide.

Collaboration and consultation are key!

A great network of amazing clinicians (and friends) that will serve as a great resource for the years to come!

I gained experience in treating a variety of children and families. Learned more about integration of mental health into primary care and related benefits and challenges.

I feel more comfortable considering that I am developing into an autonomous clinician. While I still value feedback, I can also trust myself.

5. What types of self-care have you found to be the most effective over the past year?

• **Sleep!**
• Exploring Omaha and really taking advantage of fun city events (i.e., College World Series, farmer’s market, corn mazes).
• Reading for fun.
• Getting connected to a church community quickly
• I wish I’d gotten a pet 😊
• Spending time with friends and colleagues from work.
• Getting massages.
• Being in the present moment (still working on this 😊)
• Frequently engage in fun activities outside of work with cohort members (Happy hour, Jack on green, BBQs)
• Regular happy hour, exercising, enjoying the city.
• Be able to laugh off the little things (and big things), office pranks and antics, music in the office, hourly office stretching.
• Exploring the things the city has to offer and go to happy hours with co-workers and friends.
• Cook a lot on the weekends; use your crock pot.
• Know your neighbors.
• “Happy time by the pool”; just relax and “do nothing”?
• TV is not great; write letters.
• Leaving work at work.
• Routine (sleep, eating).
• Asking for help in supervision.
• Going on fun road trips.
• Running/triathlons – trying new things.
• Laughing often because work is stressful.
• Making connections with colleagues and other community members.
• Spend time with other interns, take time for yourself, continue to keep in contact with friends and colleagues, it will keep you sane!
• Being close with other interns.
• Regular exercise and time outside.
• Exercise.
• Going out with interns.
• Say no!
• Drinking . . . with friends . . . not alone.
• Hang out with the other interns.
• Experience the city.
• Keep work at work.
• Going for bike rides and staying active.
• Weekly phone calls with friends and family.
• Leave internship work at work.
• Jogging/yoga. Friendships. Done with work when Friday is over. Say no. Talk to a therapist if needed. Helpful to make progress on your own goals and to learn new techniques/styles that are different than your own.
• Work hard when you are at work and take as little work home as possible.
• Enjoying your time off is important to stay invested in clinical work research, etc.
• Asking for support when needed.
• Taking a lunch break/not working during the lunch hour.
• Stay active, even in winter. Staying active with friends is even better!
• Making nice dinners and treating myself to a glass of wine with friends 😊
• Taking time off, even short breaks, to watch tv shows or read fun books.