2014-2015 NICPP Interns: Reflect on Your Internship Experience

1. What advice to you wish you had received at the start of the internship year?
   - Enjoy Nebraska while you’re here. Make bucket list while here, make time for social
time. Make contact with previous interns at site/supervisor if possible.
   - Finish dissertation before internship. This year will be difficult so make time for self-
care.
   - Finish your dissertation before internship. The year will be difficult even if you enjoy it.
   Do self-care.
   - Make time to explore Nebraska, it goes by fast! If you are a rural intern, reach out to
other rural interns.
   - Ensure you get to know your cohort (especially if you are at a rural site) and set up
regular social events for peer interaction, even during busy times.
   - Make sure to stay involved and make an effort to get to know your cohort. Don’t be
afraid to reach out to your cohort and supervisors for guidance.
   - Use your time wisely and make sure you take time for yourself. If you haven’t finished
your dissertation, make sure you stay in contact with your advisor all the time in order
to set deadlines.
   - Get stuff done early.
   - Get your dissertation done early. Schedule free time to enjoy Omaha and spend time
with your fellow interns (e.g., Jazz on the green, State Fair, Benson/Dundee/Old
Market.)
   - Designate and protect time for dissertation at the forefront if not complete. Don’t be
alarmed by your lack of knowledge about EPIC – you will learn aspects until the last
week and you just have to go with the flow.
   - Take the initiative to organize your tasks/responsibilities in a way that works for you
(there may not have been a structure in place or there may be a way that works better
for you).
   - Finish your dissertation at all costs. Earlier the better.
   - Live in Omaha not Council Bluffs.
   - Finish your dissertation before you begin. Make time for self-care.
   - Complete dissertation ASAP. Be professional but also don’t be afraid to be yourself.
   Shadow other staff members early!
   - Get dissertation done early.
   - Set personal growth goals for yourself and reflect back multiple times on your progress
throughout the year. Have detailed steps for how you plan to achieve your goals.
   - Finish your dissertation. Be confident in your knowledge.
   - If you want research experience, find it early and be persistent.
   - Be willing to adapt your behavior and to progress developmentally with your supervisor
and site.
   - Ask your supervisor to review your goals for internship (e.g. publication) to ensure they
are progressed toward and not forgotten.
• You may need to vocalize and be very persistent regarding the experiences/supervision/training you hope to get out of internship. Don’t be afraid to keep pushing!
• Finish your dissertation before you come. This year is still going to be difficult even if you enjoy it, so make time for self-care.
• Make a plan to complete research and hold to that schedule. Between postdoc apps, packing, unpacking, traveling, etc., there is a lot to do, to really focus on research if it’s not done yet.
• Don’t worry about your hours – you will get plenty!
• Talk to other interns, you are all in the same boat. It’s okay not to know.
• Make an effort to socialize with your cohort. Especially if you’re not in Omaha.
• Set goals (social) for internship. Don’t be afraid to say, “I don’t know.”
• Make sure to spend time with your colleagues even when you’re feeling overwhelmed. They make the year! Make a Nebraska bucket list of activities you want to do in your year here. You will get busy, so if you don’t have a list coming in, it’s easy to blink and miss it. Nebraska is awesome . . . have fun with it!

2. What advice would you give the 2015-2016 NICPP interns (that is not included in your response to question #1)?
• Try to make contact with Omaha interns if possible (even if being in rural areas is far)
• Experience Nebraska (farm, zoo). Don’t be afraid to consult/use supervision; this is a learning experience. Believe in yourself.
• Go to a farm. Go to a zoo. Don’t be afraid to consult and use supervision. This is a learning experience and you’re not expected to know everything.
• Be open to trying new therapeutic techniques. You will always learn new things
• Check in early with your supervisor about expectations (hours per week, regular duties, etc. . .). Let them know your stressors. Get to know postdocs, if available. They are great supports and have a lot of information.
• Enjoy your experience. There’s a lot to learn and plenty of opportunities to do so. Seize them! Take advantage of the knowledge and resources you have – communicate openly with your supervisor about your expectations.
• Do your case presentation as early as possible. It may seem intimidating to go early but the end of the year gets busier than you would expect. Go to QLI for your site visit!
• Take time to do some fun things. Work hard and take time for yourself. Find a good balance.
• Speak up about what you want for training. Don’t be alarmed by your lack of knowledge at first. You will learn the procedures (e.g., EPIC). And you know more about how to do your clinical responsibilities than you think.
• Speak up about your desires for training (e.g. diversity). Take time to be with and appreciate your site cohort – they are a great support. Eat at The Diner, Zio’s, Amsterdam, and Don and Millie’s even though it looks gross.
• Take the time to hang out with your cohort. Advocate for your training needs. Explore Omaha: the Zoo, Memorial Park, Gene Leahy Mall.
• All the work you put into sessions early will be rewarded later.
• It **is** possible to complete dissertation during internship year. Take it one day at a time, find a spot at home or a coffee shop where you work best, and take a deep breath if you get overwhelmed. You are in good company!
• Experience Nebraska while you are here. Don’t be afraid to consult and use your supervisor for help. Remember you are not expected to know everything. This is a learning experience.
• There will likely be times when you feel overwhelmed/lost/incompetent. This is normal and you will overcome it. Don’t be afraid to speak up if you are confused or need help.
• Socialize with your intern cohort to have support through internship year. Develop system to manage paperwork efficiently. Shadow staff early on to learn techniques, style, etc. because you might not have as much time later.
• Have fun. Enjoy Omaha. Take advantage of your supervision while you have it.
• Keep your own mental health/happiness and physical health in mind.
• Experience Nebraska. Don’t be afraid to consult and use supervision for issues that come up.
• Find new places to try in Omaha. Go out often. Make friends with other co-workers (not just interns).
• Develop an efficient organization system early on for site and NICPP documents. Smile and nod.
• Work as best you can in the system you are integrated into.
• Watch out for the number of vacation days you take! Sick days count in the 10 days you get, and you can’t plan on how often you will get sick!
• Experience Nebraska – Omaha, wherever you are living. Don’t be afraid to consult and use supervision. You’re still a trainee, it’s ok to ask questions.
• Go to a farm. Go to the zoo. There is a lot in Omaha. You will see the 3 biggest cities in NE through site visits and consortium meetings.
• The internship starts off slow – enjoy it because it will pick up immensely.
• Enjoy the experience, get to know the other interns and what they are doing.
• Experience Nebraska. Be prepared to do a lot of reading the first couple of weeks. Keep up with all paperwork.
• Reach out to outgoing interns if possible. Plan for every week to be a 60-hr week. Learn from postdocs.
• Talk to past interns if possible to learn how they managed the workload. You may feel overwhelmed at first, but once you figure out your system, you’ll be fine. Make friends with the support staff!!! These ladies are awesome and so helpful. Finish YOUR DISSERTATION!!!

3. What did you learn about yourself during the internship year?
• I’m more competent than I thought, especially in other areas. Learned a lot from other types of programs. How to manage being at a full time job instead of having multiple roles/jobs in grad school
• I need sleep (more than 5 hours) to function. Need a social life/don’t be antisocial.
• I need 7½ – 8 hours of sleep. I can get by on 5 hours of sleep. I need to socialize to be happy.
• I am more competent than what I thought. I can handle a large caseload.
• You have the skills to take on a full caseload and apply MMI’s model. Overwhelm just means you are learning.
• You’re better trained and have more skills than you think. I learned to trust my training. The importance of time management. I should’ve done my dissertation earlier!
• I have learned a lot about how I communicate with others verbally and non-verbally. This is more prominent in regard to how I receive feedback.
• I am a capable professional.
• I am more capable of leaving work at work than I initially thought but I still struggle to do this. I sometimes overextend myself at work. It is ok to have a life. I can do this! I knew more than I thought I knew.
• I’m very competent in a variety of clinical and professional arenas. Respecting your own boundaries (e.g. 8 hours sleep) is essential.
• 55 hrs/wk max.
• That you must be brave and take risks to build your independence as a clinician – and that is a continuous journey to develop those skills – and that’s ok.
• Have confidence in my skills and knowledge. Learning is a life-long process.
• I have a strength in engaging audiences when presenting. I can find positives, even in the most challenging clients. I’m better at this than I think I am.
• That I’m pretty good at building rapport with youth, even difficult ones. That I can be anxious and still appear competent.
• I don’t suck and I was pretty well prepared with my training. Trust in your training.
• I’m a lot more competent than I think I am.
• I need 7½ – 8 hours of sleep. Missing social life can make it more difficult.
• I am competent and capable.
• Learned to attend to the details.
• Attention to detail (paperwork).
• Internship confirmed for me the type of clinical/research work I’d like to do in the future, as well as what I would not like to do.
• I really need a social life to be happy. I can manage a lot of work successfully. I can set effective boundaries.
• Life really is a lot like a box of chocolates. I like farms.
• I am more of a dog person than I thought.
• That I really have learnt a lot in preceding years to help me work with clients. That this is where I want to be. Therapy can take many faces, to relax and let the process be.
• That I do a lot better when I’m busier.
• Location is a higher priority to me than I originally thought.
• That I’m much more competent than I thought I was coming in. I can handle a much bigger caseload than I thought! That I’m ready to be a professional.
4. What will you take with you from your internship experience that will make you more effective in your next position?

- Importance of collaboration, professionalism, likability in consultation effectiveness.
- More advanced skills. Be a professional (know that you already are one).
- Others come to me for consultation because I am an expert. If I work with interns, treat them as equals.
- I will be more confident in my skills. I will be more likely to step outside my comfort zone.
- Ability to interact/charge to insurance and be reimbursed for services provided. Ability to integrate in-depth behavioral concepts into a biopsychosocial model with real-world demands.
- Have confidence in my abilities and to keep growing and learning. Continue to make professional connections.
- The overall training at Boys Town was fantastic. I learned many new techniques that will greatly benefit me.
- Specific knowledge and experience to apply that knowledge.
- I have gained extensive clinical experience in primary care and will continue to serve in primary care in my postdoctoral fellowship. My internship year also provided me a breadth of opportunities to observe different disciplines and engage in research. Step outside of comfort zone and try new things.
- Confidence, broad and diverse skillset, connections. Transitioning well to professional role.
- Clinical skills and confidence.
- So much more knowledge. Protocols.
- More confidence in my clinical abilities, and a network of expert consultants in my cohort members that I can always call on.
- Confidence and an open mind. Treating interns I work with in the future as equals not inferiors.
- You don’t need to know it all or do it all. Often it is more helpful to match the client’s needs even if it means taking things slowly. Help the clients come to their own conclusions rather than telling them directly.
- Learning to empathize with difficult clients.
- A PhD. A very particular set of skills. Skills I have acquired over a year of internship. Skills that allow me to help children and families.
- Confidence in abilities. Increased knowledge of behavioral principles. FFT/ACT strategies – important/might be useful to incorporate new treatment modalities.
- Accepting feedback and taking it with me. It’s OK to make mistakes, it’s a learning experience. Be confident in what I know.
- Data-based decision making and working with families.
- Patience
- Examples of what I would and wouldn’t want in a clinic I someday run.
- I learned to work as a team and collaborate with staff of varying educational levels and backgrounds (from behavior technicians to medical doctors).
Confidence in my skills, better able to apply them in the future. You are a professional. Mindful of how I would treat interns/trainees in the future.

Time management using a full-time schedule. Communication with colleagues and supervisors. Having personal relationships with co-workers helps make work more meaningful. Farming is fun.

CBT skills, multiple hats.

Learning to consult with others as well as the broad base of experience from the other interns in my cohort.

Empathy to help parents make changes.

More time management and skills in outpatient therapy. Openness to new models/methods.

I will take much better time management skills with me to my next position. More assertiveness in working with supervisors and colleagues – advocating for my needs and opinions mattering.

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

- Stay in contact with other friends/grad school peers. Exercise! Try to eat right!
- Scheduled peer (rural intern) outings. Set aside family time/use your vacation days. Sleep when you need it. The work will be there.
- Don’t forget about the people who helped get you here (friends, family, grad school cohort) and stay in touch with them.
- I really like riding my bike but I realized how important it was for my mental health. I found that it was very important to make time for it.
- Family fun and exploration.
- Taking time for myself and on the weekends to enjoy Omaha and spend time with friends. Trying (as much as possible) to leave work at work (not always good at this one . . .). Relying on fellow interns for support.
- Movies, cohort time, zoo, sleep.
- Sleep!
- Build in exercise, e.g. bike ride to work.
- Setting limits on where I worked – clinic stuff at the office, dissertation at Aromas. Home was for relaxing with family and friends.
- Taking time off just to have a self-care day or afternoon. Going to socials after consortium. Trivia with other interns. Not working at/from home.
- Get close to your intern cohort and don’t be afraid to prioritize some social interactions. For Boys Town interns, attend campus events like sporting events. Use your vacation days and get away! Visit family and/or friends.
- Hanging out with the intern cohort and expressing frustrations with individuals with shared experience.
• Sleep. Getting to know cohort outside of work.
• Sleep hygiene. Relaxation.
• Taking time off on weekends and at night. Spending time by myself, treating myself, also hanging out with others. Making time for family, even if they are far.
• Go out often and play videogames. Drink alcohol.
• Making special effort to set up time for fun activities and not to let work push into that time.
• Mindfulness. Drinking utilized but not recommended.
• Staying in touch with friends that are long distance. Setting time aside for significant other.
• Making time for family and friends. Leisure reading. Playing with my dogs.
• Massages/nails/hair – nice things for myself.
• Finding a hobby to do over the winter months. Travel to see family and friends. Road trip it. Visiting farms.
• Family time/time with my dog.
• Hanging out with other interns and discussing challenges and triumphs. Watching the sunrise and sunset. Taking long walks. Deliberately taking time out from work.
• Running. Spending time at the park with my dog. Going to the gym.
• Staying active in fun activities in Nebraska. Drink alcohol with friends. Go to the movies! Marcus theatres are AWESOME with La-Z-Boy reclining chairs and $5 Tuesdays and Thursdays. Dating is fun! Omaha’s a big area . . . enjoy yourself!