



Postdoctoral Fellowship in Feminist Psychotherapy

2018-2019 is the inaugural Feminist Psychotherapy Post-Doctoral Fellowship for Emma J Wood, PsyD, PLLC. The goal of our Postdoctoral Fellowship is to prepare individuals with a doctoral degree in Clinical or Counseling psychology for independent practice which incorporates a multicultural Feminist Psychotherapy orientation. In addition to training in Feminist Psychotherapy, Fellows will receive opportunities to engage in public speaking and community outreach. The Fellow will be expected to author or co-author a presentation to be submitted to the annual Association of Women in Psychology conference, March 2019. At the end of the internship the Postdoctoral Fellow will be licensure eligible in the state of Texas having received the appropriate hours of supervised clinical work. There is the ability for a fellow to engage creatively with specific populations, activities and research as they develop their expertise.

Appropriately qualified applicants will be highly motivated and creative, and a self-starter with a hunger to know themselves well, so that they may serve their patients better. Although not APA or APPIC accredited it follows APPIC guidelines which are presented below.

- 1. A postdoctoral training program is an organized experience which, in contrast to on-the-job training, is designed to provide the Fellow with a planned, programmed sequence of supervised training experiences. The primary task is advanced training in an area of professional psychology.**

Clarification:

The organization of a postdoctoral program is evident in a clear:

- a. statement of the goals and objectives of the training activities.**

This postdoctoral internship will prepare the Fellow to put Feminist Psychotherapy as well as other multicultural therapy theories into practice within the framework of the clinical setting as well as in engagement with the community. Feminist psychotherapy is not frequently taught in traditional training programs and it is an orientation that is particularly effective with adult populations who are part of historically oppressed groups.

- b. description of the training plan, location, and sequence of direct service experiences. *The postdoctoral fellow should expect to have more than 50% of their time dedicated to direct face to face client service. This includes intakes, psychotherapy, and consultation. This work will be done at the office of Emma J Wood, PsyD, PLLC and supervised by Dr. Emma Wood.*

Training will begin with didactic and experiential learning opportunities in Waco and the surrounding areas. Opportunities to partner with local organizations or give presentations will be an expected component of the internship. Didactics will build from the theoretical orientations that influenced the development of the Feminist Psychotherapy Theory and will lead to greater mastery and integration of techniques associated with empirically based treatment. Interns are expected to be well versed in traditional theoretical orientations such as CBT and Behavioral models, and Psychodynamic theory. This will not be a key component of their learning, however integration of theories to individualize treatment is a necessary component to the training plan.

Dr. Wood will provide weekly didactic, experiential or other forms of educational experiences. These experiences are stepwise and increasing in complexity across the term of the internship. The goal is to build confidence, skill and flexibility in the provision of therapy. Additionally, an hour of weekly supervision as required by TSBEP will be provided. Patients will be picked up slowly at first and then more quickly as the intern becomes more comfortable with the pace of private practice clinical work.

- c. description of the training curriculum: i.e., the content, duration, and frequency of the training activities.

Training experiences occur weekly, with an hour face to face with supervisor or other mental health professional. The curriculum is specific to Emma J Wood, PsyD, PLLC and draws heavily from the work of Laura Brown and Derald Wing Sue as well as an integrative model of psychotherapy and multicultural theory. In addition, other theorists, specific readings, peer reviewed journals, and professional and cultural events will be used to supplement.

Topics such as use of self, therapeutic self-disclosure, demystifying the therapy process, real talk in therapy, creating a space where rapport is accelerated and influence of cultural oppression in the therapy room will be covered. The Fellow will be expected to design and put together a presentation to be submitted to the Association of Women in Psychology conference in 2019. Additionally, the Fellow is welcome to propose a research topic to their supervisor for consideration for co-authoring. Fellows are actively encouraging to obtain psychotherapy services themselves as a way of breaking through the "us vs them" paradigm that can be created unconsciously within the therapist.

- d. description of how the psychology training program is integrated into the larger organization.

Supervision and training will be provided by Dr. Emma J Wood, Licensed Clinical Psychologist. The organization is combination private therapy practice and mental health non0profit. The intern will have a role in both organizations as mental health advocacy is a key component of a feminist orientation toward psychotherapy. In this unique setting, Interns will get to touch on the heart of a feminist psychotherapy orientation by time spent creating change in and out of the clinical setting.

2. **The postdoctoral program has a designated psychologist who is clearly responsible for the integrity and quality of the training program, who has administrative authority commensurate with those responsibilities, and who is licensed as a psychologist in the jurisdiction where the program exists. This director has expertise in an area of postdoctoral training offered and has credentials of excellence such as the American Board of Professional Psychology diploma, status as a Fellow in APA or CPA, record of active research productivity, or clear evidence of professional competence and leadership.**

This postdoctoral program is administered by a doctoral level licensed psychologist who directs and organizes the training program and its resources.

- . Dr. Emma J. Wood is responsible for the selection of Fellows, monitors and evaluates the training program's goals and activities and documents and maintains Fellows' training records.
3. **The sponsoring institution has two or more psychologists on staff who are currently licensed as psychologists in the jurisdiction in which the program exists. The postdoctoral program has a training faculty which includes at least one psychologist with expertise in each area of postdoctoral training offered and has credentials of excellence such as a Fellow in APA or CPA, record of active research productivity, or clear evidence of professional competence and leadership in that program focus area.**

This is an unofficial postdoctoral internship, it is not accredited by the APA or APPIIC. The office includes front office staff, Dr. Wood, and a psychiatrist who will be at the office two days a week. Therefore Dr. Wood is the designated postdoctoral program supervisor. Dr. Wood is invested in training, as a former Counseling Center Psychologist she is experienced in training on the topics of Women's issues, Feminist Therapy, Multicultural Issues and Diversity. She is a nationally recognized speaker, with a specialization in the effects of macroaggression against women in the work place. She also speaks multiple times a year at regional and national venues. Dr. Wood believes this is part of the social engagement that a feminist therapist practices in destigmatizing mental illness.

- 4. The postdoctoral program includes a minimum of two hours per week of regularly scheduled, face-to-face individual supervision with the specific intent of supervising the psychological services rendered directly by the Fellow. This supervision is provided by staff members of the sponsoring institution who carry professional practice responsibility for the cases being supervised and are licensed as psychologists in the jurisdiction in which the program exists.**

Supervision hours will be provided by Dr. Wood. Half will focus on clinical work and the other half on non-profit work to create therapy scholarships for survivors of abuse and trauma. The combination of the two feminist practices is a unique experience that will assist young therapists in living the mindset of a feminist psychotherapist.

- 5. In addition to individual supervision, the program includes at least two additional hours per week in learning activities, such as: case conferences involving cases in which the Fellow is actively involved; seminars dealing with clinical issues; co-therapy with a staff person, including discussion; group supervision; or additional individual supervision.**

The postdoctoral fellow will have the opportunity to engage in co-therapy with Dr. Wood to learn and process in vivo experiences of the feminist therapy unfolding. There will be opportunities to run therapy groups or co-facilitate therapy groups with Dr. Wood. Additionally, various assignments will assist the postdoctoral fellow in establishing their own authentic identity to be used in therapy.

- 6. At least 25% of the Fellow's time is in professional psychological services.**

This internship prepares fellows for clinical practice using Feminist Psychotherapy as a primary influence on their work. Due to its significant focus on clinical competence and expertise over 50% of the Fellow's time is dedicated to psychotherapy. With the exception of the 2-3 hours of supervision/training, the inter has freedom to explore populations, community collaborations, and areas of research that excite them. Time for Licensure

exam prep is allowed within the 40-hour week.

7. Admission requirements include completion of all professional doctoral degree requirements from a regionally accredited institution of higher education or an APA/CPA-accredited program and predoctoral internship meeting APPIC standards. This is defined as having on the first day of the fellowship either the diploma in hand or a letter from the Director of graduate studies verifying the completion of all degree requirements pending institution graduation ceremony.

8. Fellows are required completion doctoral studies in fields of clinical or counseling psychology

Clarification:

Postdoctoral Fellows must have completed the doctoral degree before beginning their postdoctoral training with Emma J Wood, PsyD, PLLC. At a minimum, Fellows must have completed all requirements for the doctoral degree from a regionally accredited institution of higher learning, including an internship meeting APPIC standards.

9. The sponsoring institution has a written statement or brochure made available to prospective Fellows which describes the goals and content of the program, program organization, entrance requirements, program faculty/staff, and mechanisms for Fellow evaluation.

This document can be requested via email at drwood@wacotherapy.com

10. Time Frame

*Postdoctoral training programs may be part-time or full-time experiences, this is a full time **40 hour a week**, 12 month, postdoctoral fellowship.*

11. A certificate of completion is granted upon fulfillment of the program requirements.

Clarification:

The certificate should clearly indicate:

. Emma J. Wood, PsyD, PLLC- postdoctoral fellowship

- a. *this is a postdoctoral training program and is designed to assist post-doctoral interns in gaining expertise in Feminist psychotherapy as well as preparing them for licensure, independent practice and private practice when applicable.*
- b. *Internship focus: Feminist Psychotherapy in Practice*
- c. *August 2018-August 2019.*

12. The program has the necessary financial resources to achieve its training goals and objectives. Postdoctoral stipends shall be reasonable, fair, and stated clearly in advance. Unfunded postdoctoral positions are allowable only in unusual and infrequent circumstances.

The base stipend for the internship is \$20,000, with a benefit of healthcare provided by [Uncommon Health Care](#), as well as coverage of one conference registration related to multicultural or feminist (AWP) psychology. Interns will have funds allocated to obtain membership in the Association of Women in Psychology.

For further questions or to apply for this position please email Dr. Emma J. Wood at drwood@wacotherapy.com.

Applicants please send a letter of recommendation from a past clinical supervisor, a CV and a cover letter which includes a purpose statement regarding your desire for training in Feminist Psychotherapy.