



Internship Program Q&A

Short Version

www.cancerlifeline.org

Revised January 2008

What is Cancer Lifeline?

Cancer Lifeline is an organization whose mission is to “*Optimize the quality of life of all people living with cancer.*” Since 1973, we have provided a variety of services to cancer patients, survivors, family members, friends and co-workers, currently making more than 13,000 contacts a year. We provide the following free services that help people take back the things that cancer can take away--health, hope, independence, community and joy.

- **The 24-Hour Lifeline**
- **The Patient & Family Support Program**
- **Support Groups**
- **The Health Promotion Program**
- **The Healing Arts Program**
- **The Lymphedema Education, Support and Exercise Program**
- **Komen & Cancer Lifeline Patient Assistance Funds**
- **Workplace Consultations**

Why do psychology interns choose Cancer Lifeline?

Our clients deal with the trauma of a life-threatening illness, which may be accompanied by physical discomfort, grief, loss, financial stresses and existential challenges. Our services are holistic and comprehensive. We use an evidenced-based person-centered approach, which includes a wide range of cognitive and behavioral strategies. Cancer Lifeline interns can build skills in the following approaches:

- **Person-Centered**
- **Cognitive and Behavioral**
- **Trauma**
- **Grief and Loss**
- **Health Psychology**
- **Community Psychology**
- **Systems Perspective**

Interns at Cancer Lifeline really learn to listen, which is the foundation of all therapy. To learn to be a compassionate listener to people going through the life and death issues so common to our clients, is an extraordinary opportunity. Learning to stay open and be a non-anxious presence in the face of great anxiety and suffering is a great preparation for psychological practice of all kinds.

Where does Cancer Lifeline provide services?

Cancer Lifeline is one of the few clinical psychology internship sites in the Puget Sound area and one of the few psycho-oncology training sites nationwide. We have a free-standing center in Seattle near Green Lake, and are co-located at three Puget Sound area hospitals: Northwest Hospital near Northgate, Evergreen Hospital Medical Center in Kirkland and Valley Medical Center in Renton. Interns are based at the Seattle office near Green Lake and provide services at the three hospital sites (we attempt to match them to sites that are geographically convenient).

What experiences do interns have at Cancer Lifeline?

- **Answer the 24-hour Lifeline**
- **Provide face-to-face Lifeline services** for people who drop into the Green Lake site, and while the patients are receiving chemotherapy at area cancer centers.
- **Co-facilitate Support Groups**
- **Offer Psycho-educational classes and groups**
- **Work on other programs and projects including:**
 - *Therapist Referral Program*
 - *Couple, Family & Parenting Meetings*
 - *Share-the-Care Meetings*
 - *Workplace Presentations and Consultations*
 - *Developing and presenting Educational, Health Promotion and Arts classes*
 - *Lymphedema Education, Support & Exercise Programs*
 - *Program Evaluation*
 - *Outreach to Clients and Professionals*
 - *Developing Cancer-Support Programs Collaboratively with Diverse Organizations and Communities*
 - *Assisting with the Collaboration at Hospital Medical Centers*
 - *Designing and overseeing Speaker Series*

What supervision do interns receive?

Pre-doctoral interns attend two hours a week of regularly-scheduled supervision with a licensed psychologist. Additionally, pre-doctoral interns can provide supervision to practica students and community volunteers. Practica students attend one hour a week of regularly-scheduled supervision. This supervision is provided either by a licensed psychologist, or by a pre-doctoral intern and closely supervised by a psychologist—with the psychologist either directly observing the supervision or reviewing audiotapes of the supervision.

What kinds of didactics does Cancer Lifeline offer?

Ongoing reflection and learning are highly valued at Cancer Lifeline, and we offer considerably more than the required two hours of didactics a week:

- 40 hours of initial Lifeline training, scheduled 9-5 on the five Sundays in June 2008 (*required of both pre-doctoral and practica interns*)
- Lifeline Case Conference on the 4th Monday of every month from 6:30-8:30pm (*required of both pre-doctoral practica interns*)
- Thursday lunchtime didactics, every Thursday from 11:30am-1:30pm. These cover a variety of topics, including:
 - Support Group case conference, generally on the 1st Thursday lunchtime didactic of the month (*required of both pre-doctoral and practica interns*)
 - Dissertation/professional development support group (*required of pre-doctoral interns and optional for practica interns*)
 - Grand Rounds and other educational presentations (*required of pre-doctoral interns and optional for practica interns*)

Are Cancer Lifeline pre-doctoral interns compensated?

We are still exploring whether we will be able to offer pre-doctoral interns a stipend. We will decide this before we make offers for internship. In any case, we will offer pre-doctoral interns 2 weeks of vacation and 2 weeks of sick leave. If we do not offer stipends, we will also offer pre-doctoral interns 250 hours to work on their dissertations.

Application Process

For 2007-08, Cancer Lifeline accepted four doctoral clinical psychology students in their pre-doctoral internship placements and three doctoral clinical psychology students in their practicum placements. In 2008-09 we plan to accept 2-5 pre-doctoral interns and 2-5 practicum students. We will interview pre-doctoral interns on 2/22/08 or 2/23/08, if not before and make offers on 2/25. We will continue to work to fill any open slots after that. Practica students need to submit their written applications by March 1, 2008, although applicants will be interviewed and accepted on a rolling basis so it is in practica students' best interest to apply early.

To apply, please read the Long Version of the Q&A about Internship at Cancer Lifeline on our website. Then complete the Internship Application found on our website (www.cancerlifeline.org). Please e-mail the completed application, your resume and two Letters of Recommendation to Dr. David Sugarman (dsugarman@cancerlifeline.org).