



JACINTA ALMOND

**PROVISIONAL PSYCHOLOGIST
ALBURY WODONGA HEALTH
CHRONIC PAIN MANAGEMENT**

PATHWAY

- Bachelor of Behavioural Science.
- Post Graduate Diploma in Psychology.
- Worked in the Disability Sector in the Disability Employment Service industry- various roles administration, employment consultant, marketing and management.
- Gained 6 months experience working in Vocational Rehabilitation industry.
- Now: employed part–time as a provisional psychologist with Albury Wodonga Health (Chronic Pain Management Program) under the 4+2 internship.



4+2 INTERNSHIP

- The 4+2 internship program is an intensive training program in psychology completed over two years (or equivalent part-time) under supervision that enables the individual to gain the supervised practice experience necessary to become eligible to apply for General registration as a psychologist.



EXPECTATIONS OF 4+ 2 INTERNSHIP

- Psychological practice – 2784hrs
 - direct client contact - minimum 40%
 - client related activity- up to 60%
 - Lifespan
- Weekly supervision – (1hr to every 17.5hours of psych practice)
 - Principal/Secondary
 - Individual/ Group
- Professional Development – 60 hours per year
- Psychometric Tests
 - Mandatory- test of intelligence, major test personality, major test of memory
 - Elective- two other test in at least two different categories
- Case studies, target problems, professional limitations, ethical dilemmas, literature review
- Logbooks
- Psych Exam



CORE CAPABILITIES

- Knowledge of discipline
- Ethical, legal and professional matters
- Interventions strategies
- Research and evaluation
- Communication and interpersonal relationships
- Working within a cross cultural context
- Practice across the lifespan



○ **Positives:**

- Exposure to working with a range of ages
- Experience administering variety of tests
- Obtain comprehensive experience and knowledge
- Support
- Applied Learning
- Money

○ **Challenges:**

- Juggling employment with studies
- Arranging work placements to meet requirements
- Meeting lifespan requirements



TIPS

- Have a couple different secondary supervisors
- Arrange placement in advance
- Approval from AHPRA can be slow-
- Complete log books on the day
- Break requirement's down and have set yourself deadlines- a yearly planner will become your best friend
- It's ok if it takes longer than 2 years
- Keep Work/ Life Balance

