

The Joy & Wellness Center PLLC

615 E Pioneer, Suite 204
Puyallup, WA 98372

Program Brochure

The Joy and Wellness Center is a comprehensive mental health center designed to improve health and wellness in our community. Our providers stem from various training backgrounds, including clinical psychology, mental health counseling, and clinical social work. We focus on identifying client needs thru evaluations and testing, providing treatment through various counseling modalities (individual, couples, family, groups) and theoretical orientations (CBT, Solution Focused, ACT, Mindfulness, EMDR, CPT, etc.), and using state-of-the-art technology to perform QEEG Brain Mapping and Neurofeedback to enhance client outcomes and overall mental health. We work primarily with clients using private insurance or other private pay options.

In addition to clinicians of varying licensure (LICSW, LMHC, Psychologists, and various associates level providers), The Joy and Wellness Center employs multiple technicians who assist in services such as administering psychological test and providing neurofeedback training. For the last year, we have also had 1-2 Masters and/or Doctoral level counseling or psychology students completing their practicum training.

Aims

Our aim is to provide innovative, holistic mental health services to children, adolescents, adults, couples, and families in the most caring environment possible. We believe it's important not just to treat mental illness, but to promote mental wellness. Our team of friendly, professional providers offer therapeutic interventions that are based on empirical research combined with years of clinical training and experience in order to help improve the emotional health and wellbeing of our community.

Vision

We have a long-term vision of collaborative, holistic care with healthcare professionals of various disciplines to address the mental and physical health needs of our community.

Core Values

Collaboration: We make the best progress when we work together with our clients, our colleagues, and our community at large. We strive to build a workplace where providers are supported by each other in order to provide the best possible support to their clients.

Growth: We are always seeking to learn through new research and implement the best practices to provide our clients with the best treatment available. We accomplish this through ongoing training, mentorship, and consultation with other professionals.

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Persistence: Growth comes with hard work. We aim to help our clients and our team face challenges with courage in order to achieve the goals they have set for themselves. We can do hard things!

Joy: We want our team to feel passionate about the service they are providing to our community and to enjoy coming to work. We also want our team to be able to provide the best possible care to our community, which means making sure they have time to play and connect, to maintain a work-life balance.

Hope: We aim to help clients and staff work toward being the healthiest version of themselves. With hope, anything is possible.

Services

- Individual Therapy for adults, teens, and children
- Couples Therapy
- Group therapy
- Telehealth services (therapy for teens and adults only)
- Diagnostic evaluations
- Psychological testing (cognitive, memory, personality, academic testing, etc.)
- Cognitive Performance Testing
- Quantitative Electroencephalogram (QEEG)
- Neurofeedback
- Career Interests Assessment
- Pre-employment Evaluations for law enforcement, first responders, homeland security, etc.
- Return-to-work evaluations post critical incident for law enforcement, first responders, homeland security, etc.
- Independent Education Evaluations
- Functional Behavior Assessments

Training Model

Growth is at the core of what we do as mental health providers. Given that, our supervision training is based on a developmental model. We provide students with caseloads consistent with their abilities as a therapist and work to expand on those abilities over time. We actively supervise, support, and train our students and staff to help enhance their knowledge and skills while also trusting in their abilities as they develop professionally. Interns work closely with the Training Director, their supervisors, and other clinical staff to ensure that their training meets with their goals and needs, while also promoting growth and learning. We encourage collaboration and consultation between students and all clinical staff with our open-door policy

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and weekly clinical team meetings to foster an environment where everyone learns from each other.

About Our Center

The Joy and Wellness Center has multiple supervisors available to students. Information about our primary supervisors is as follows:

Supervisors

Nick Jones, PhD, Training Director, Supervisor

Dr. Jones is a licensed psychologist who received his Doctorate of Philosophy in Psychology from the University of South Dakota. He works with older adolescents (16+) and adults in individual therapy using Cognitive Behavioral Therapy and skills training with a focus on interpersonal relationships. He regularly treats ADHD, Anxiety, Depression, and PTSD. In addition, he performs Diagnostic Evaluations and Psychological Testing for academic accommodation, Disability, cognitive and memory functioning, IQ, pre-surgical readiness, and Fitness for Duty.

Katrina Higgins, PsyD, Supervisor

Dr. Higgins is a licensed psychologist who received her Doctorate of Psychology from Argosy University in 2009. She works with adults over the age of 21 and focuses on treating adults with anxiety or who have experienced trauma. She is trained in Cognitive Behavioral Therapy, Mindfulness, and Eye Movement Desensitization and Reprocessing (EMDR). In addition, she performs Diagnostic Evaluations and Psychological Testing to assess cognitive and memory functioning, IQ, pre-surgical readiness, disability, and Fitness for Duty.

Katia Ramirez, PsyD, Supervisor

Dr. Ramirez is a licensed psychologist who received her Doctorate of Psychology from Argosy University in 2009 and her Masters in Education in Counseling from the University of Puget Sound. In addition, she is an artist and enjoys drawing, painting, and creating murals. She works with clients of all ages who struggle with a variety of issues, including Trauma, Grief and Loss, ADHD, Anxiety, Depression, Autism, Developmental disorders, Intellectual disabilities, behavioral challenges and poor coping skills. She uses CBT, DBT, Mindfulness, Art Therapy, Play Therapy, and Attachment-based treatments.

Additional supervisors may be available as our center has 3 additional licensed psychologists on staff.

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Goals for Student Training

Our goal is to train competent, ethical, and reflective psychologists who have the skills and knowledge to independently provide psychological assessment and intervention services to individuals in our community, demonstrated through the following:

- Competency in intake assessment and diagnosing utilizing the most current DSM
- Competency in the provision of individual psychotherapy through evidence-based practice
- Competency in selecting and administering appropriate psychological measures
- Ability to communicate findings of psychological evaluations in a concise and articulate manner, appropriate to the level of the client being assessed
- Competency in multicultural awareness and sensitivity
- Demonstrating good clinical judgment and problem-solving ability, integrating a scientific approach into their practice of psychology
- Demonstrating understanding of and adherence to legal and ethical standards of the profession

Training Materials

We have a variety of training materials and assessment tools available during the internship program. Common assessments available include:

- Severity Measure for General Anxiety Disorder – Child Age 11-17 (GAD)
- Patient Health Questionnaire – 9: Modified for Teens (PHQ-9)
- Perceived Stress Scale (PSS)
- NICHQ Vanderbilt Assessment Scale (VANDRS) – Parent Informant
- Brown Executive Function/Attention Scales (Brown – EF/A) – Self-report
- Brown Executive Function/Attention Scales (Brown – EF/A) – Parent Informant
- Autism Spectrum Quotient (AQ-10)
- Adolescent Autism Spectrum Quotient (AQ)
- Sensory Perception Quotient (SPQ)
- Adolescent Emotion Spectrum Quotient (EQ)
- Ritvo Autism Asperger’s Diagnostic Scale – Revised (RAADS-R)
- Reading the Mind in the Eyes Test
- Creyos Cognitive Assessment
- Children’s Color-Trails 1 & 2
- Stroop Color-Word Test (Adult and Children versions)
- Wechsler Intelligence Scale for Children-5th Ed. (WISC-V)

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- Wide Range Achievement Test-4th Ed. (WRAT4)
- Wechsler Adult Intelligence Scales-4th Ed. (WAIS-IV)
- Wechsler Memory Scale – 4th Edition (WMS-IV)
- Minnesota Multiphasic Personality Inventory 2nd Edition (MMPI-2)
- Millon Clinical Multiaxial Inventory 3rd Edition (MCMI-III)

Specialization Tracks

At The Joy and Wellness Center we want to encourage students to explore a variety of training experiences. However, we also understand that students come to us with previous experience and their own personal career goals. Therefore, offer two focused tracks for student to choose from:

Therapy Focused Track:

Students on the therapy track will spend the majority of their direct clinical hours providing therapy services. Students on this track will be expected to:

- Provide services to adults, adolescents, and/or children.
- Work with at least 2 couples.
- Perform intake interviews with assigned clients.
- Provide accurate diagnoses using the DSM-5-TR.
- Make and use appropriate treatment plans.
- Maintain up-to-date and accurate records of treatment in our EHR system (i.e., intake notes, treatment plan, progress notes, chart notes, termination summary, etc.).
- Provide empirically based treatment in individual therapy to children, teens, or adults based on needs and preference.
- Provide both in-person and telehealth therapy services.
- Provide regular cognitive performance testing and symptom report measures and review results with clients to measure treatment progress.
- Complete safety planning and on-going follow-up with clients as needed.
- Co-facilitate group therapy with an independently licensed clinician.
- Complete a minimum of 4 comprehensive psychological evaluations, which include administering psychological tests, scoring tests, and report writing.

Evaluation Focused Track:

Student on the evaluation track will spend a greater amount of time, approximately 20-25% of their hours, in training and activities related to providing psychological evaluations. Students on the evaluation track will be expected to:

- Complete a minimum of 8 comprehensive psychological evaluations, which include administering psychological tests, scoring tests, and report writing.

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- Provide therapy services to adults and adolescents.
- Perform intake interviews with assigned clients.
- Provide accurate diagnoses using the DSM-5-TR.
- Make and use appropriate treatment plans.
- Maintain up-to-date and accurate records of treatment in our EHR system (i.e., intake notes, treatment plan, progress notes, chart notes, termination summary, etc.).
- Provide empirically based treatment in individual therapy to children, teens, or adults based on needs and preference.
- Provide both in-person and telehealth therapy services.
- Provide regular cognitive performance testing and symptom report measures and review results with clients to measure treatment progress.
- Complete safety planning and on-going follow-up with clients as needed.
- Co-facilitate group therapy with an independently licensed clinician.

Additional training options:

As appropriate, all students may also have the option to participate in the following activities, if desired:

- Quantitative Electroencephalogram (QEEG) administration
- Neurofeedback Training
- Corporate Presentations on Mental Health
- Community Outreach

Expectations for Psychology Interns

Students who participate in internship with The Joy and Wellness Center are expected to:

- Commit to a full-time, 40 hour per week internship for a total of 1800 hours over the course of 12 months.
- Be at the office during their scheduled days or notify their supervisor as soon as possible of unavoidable absence.
- Present themselves in a clean and professional manner.
- Interact with both staff and clients in a kind and professional manner.
- Maintain up to date clinical documentation in our electronic health record system.
- Consult with supervisors and staff as needed.
- Attend trainings and seminars, clinical team meetings, and supervision on a weekly basis and in a prompt manner.
- Participate in training and supervision with an openness to learning and receiving feedback.

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- Communicate any questions or concerns to their direct supervisor or training director as soon as feasible.
- Complete evaluations of supervisors and program at the end of the internship year.

Didactic Trainings

Students are provided with didactic trainings provided by licensed psychologists and licensed independent clinical social workers on a variety of topics. Topics include the following:

Completing an intake

Clinical documentation

Treatment planning

Safety Planning, Crisis Management, and Mandated Reporting

Formulating a diagnosis

Diagnostic considerations for disorders in the areas of depression, anxiety, trauma, mood, neurodevelopment, personality, substance use, and comorbid presentations.

Therapeutic Alliance

Utilizing Evidence Based Treatment and providing outcome based care

Training and integration of various treatment modalities including, CBT, ACT, DBT, Solution Focused, Trauma-based modalities such as CPT, TF-CBT, and EMDR, etc.

Psychological evaluations, test batteries, interpretation, and integration for neurodevelopmental disorders, personality disorders, other diagnostic purposes, and career planning

Group therapy, family therapy, and couple's therapy

Treatment approaches for neurodiversity, Dissociative Identity Disorder, and working with infants and parents

Various diversity trainings based on the ADDRESSING model

Using technology in the diagnosis, treatment, and overall well-being of clients

Professional identity formation and career development

Program Requirements

The Psychology Internship at The Joy and Wellness Center strives to be a place of learning and excellence for all students. To facilitate the best learning outcomes possible, student eligibility requirements for internship are the following:

1. All course and program requirements from the degree granting program must be completed prior to internship. The exception can be course requirements associated with the doctoral dissertation or equivalent capstone research requirement.
2. A master's degree in psychology or a related field
3. 500 Direct hours providing therapy services (face-to-face hours) under close supervision.

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4. 40 Direct and indirect hours providing assessment/psychological evaluation services under close supervision.

The Psychology Internship at The Joy and Wellness Center is an independent and privately owned mental health center. Given that, the center is funded by private payments and insurance payments from clients and their insurance carriers for services provided. In order to comply with Washington State regulations regarding the provision of services and insurance billing, all Interns are required to hold the following on or before the first day of internship:

1. Washington State Licensure as a “Licensed Mental Health Counselor Associate” (LMHCA) thru the Washington State Department of Health. This must be current/active, and in good standing. This license is currently \$35 for the initial license thru the Washington State Department of Health and application information can be found here: <https://doh.wa.gov/licenses-permits-and-certificates/professions-new-renew-or-update/mental-health-counselor/licensing-information>. The Center does not cover the cost of licensure.
2. Student Professional Liability Insurance that is current. This can be done thru The Trust at <https://www.trustinsurance.com/Insurance-Programs/Student-Liability/Professional-Liability-for-Pre-Licensure-Psychologists> and the cost is currently \$111/yr for students and unlicensed professionals. The Center does not cover the cost of liability insurance.

Internship application follows the APPIC process for deadlines. Applications must be submitted thru the APPIC portal unless the student does not match during the 1st or 2nd phases of the match and the center has remaining openings.