

NACIQI Oral Comment – Farzana Kahn, MA

Hello everyone,

I would like to share with you the benefits I, as a student experienced by being allowed to attend a CAPIC internship, and how many other students like me, would achieve their career goals if allowed to attend a CAPIC internship rather than being forced to attend an APA/APPIC internship.

To start, I'm completing a CAPIC internship at Highland Hospital in Oakland, California. My career goals are to work with the underserved populations in San Francisco and Oakland, California. I believe that I've received a rich educational experience by working with severely and persistently mentally ill populations with chronic medical illnesses from low SES and minority backgrounds.

So for this reason and many more, I believe that the use of quotas, for example, the 50% accredited internship placement as required by IR D-4-7(b) is a poor means to address individual student goals and needs. For starters, CAPIC matches many students' goals of wanting to stay local. Many students may not want to leave their home state of California because their career and personal goals are within the state of California. Reasons for not wanting to relocate for internship include family; for example, some students are responsible for helping take care of their elderly parents. For example, due to my cultural background, I for one am responsible for helping my parents with their daily activities. My parents do not speak fluent English and often need assistance with navigating the medical system due to their medical illnesses and language barriers. If I was forced to move out of state, then my parents' wellbeing would suffer greatly.

Many students who know they want to stay local may also have financial restraints. It seems highly unfair to ask students to relocate for their internships and add on more expenses on top of the high price of pursuing higher education.

In addition, as a CAPIC intern, I had the luxury of being close to my social supports when undergoing stress of graduate life. I have also been lucky to have made great connections with my peers from other local psychology programs and with other local providers in the community that I plan to serve, knowledge and connections that will certainly help me aid my patients/clients in the future.

Allowing students to choose the CAPIC route allows students access to their dissertation committee because they are physically closer to their chair and reader.

For the students who want to choose the CAPIC route because they plan to work in California, they are able to build strong relationships with localized facilities that they will be working with in the future; they are able to serve the underprivileged community mental health programs that are often over flooded with people in need of care and not nearly enough clinicians.

And most simply, students who want to stay local and are allowed to choose the CAPIC internship route, experience reduced anxiety, meaning increased quality of life.