

Welcome, and thank you for your interest in exploring postdoctoral training at Lehigh University's Counseling and Psychological Services (UCPS).

Our postdoctoral fellowship is designed as a capstone experience in the training towards a career as a professional psychologist. We believe the design of our program is one capable of meeting the individual needs of each of our postdoctoral fellows. Additionally, we hope that the scope of experience is well balanced between breadth and specialization such that by the conclusion of one's training year at the UCPS, postdoctoral fellows are well prepared to step into early career professional settings. Examples for areas of specialized training offered at the UCPS include sports psychology, group therapy, evaluation/assessment, and outreach. Prior postdoctoral fellows have gone on to careers in a variety of settings, although are especially well positioned for careers in university counseling centers.

#### Primary Responsibilities:

- Provide direct clinical services including group and individual psychotherapy, intake, assessment, and crisis intervention
- Provide consultation and outreach services to students, faculty, and staff
- Assist with research and program evaluation efforts
- Assist with crisis management and on-call services

The Sport Specialization – The UCPS is well integrated into the Division I Athletic Program at Lehigh University – playing an integral role as; a partner in the delivery of leadership based work, primary delivery of the peak performance training at the team, coach, and individual athlete level, and as the primary intervention point for clinical concerns as they arise.

Additionally, members of the UCPS staff are highly involved as consultants to the full athletic community – meeting regularly with coaches and key athletic department stakeholders (strength and conditioning, athletic training, academic support, and athletic leadership) to best meet the needs of the student-athlete population. Fellows will have the opportunity to engage in shadowing and/or implementation of applied peak performance interventions, coach consultation, and counseling with student-athletes, coaches, and athletic department staff. Additional duties may include psycho-educational presentations/workshops (e.g., goal setting, emotion regulation, mindfulness, time management, team cohesion, motivation, risk assessment/management, and sport injury) for teams and coaches, in addition to one-on-one clinical interventions addressing psychological distress for student-athletes. To this end, fellows will also have the opportunity to

work in a more traditional therapy format with athletes seen at the UCPS for personal counseling. The fellow will meet regularly for supervision with experienced sport psychologists to discuss clinical and performance based issues. The fellow may also have an opportunity to teach and/or conduct research on or with intercollegiate student-athletes and coaches as opportunities arise. The full range of services provided to student athletes is a growing area of specialization within the field of psychology, particularly within university settings. The fellowship opportunity at Lehigh is well positioned to provide the applied experiences necessary and desired for those with career aspirations of working as a collegiate sport psychologist. Recent graduates of our program have gone on to successful careers specializing in collegiate athletics at Big 5 universities, with Olympic teams, and in private practice.

For those interested in other area(s) of specialization – group, outreach, or evaluation, please review our internship training brochure as this document outlines training in these respective areas. Should a postdoctoral fellow have interest in one of these (or an area defined by the respective fellow) an individualized plan informed by the fellows level of expertise in the area will be collaboratively developed with the UCPS supervisory team.

Our postdoctoral training experience is a calendar year appointment, most often from August 1<sup>st</sup> to July 31<sup>st</sup> of the following year, although these dates can be flexible to accommodate the conclusion of one's internship training. The postdoctoral fellows begin their year at the UCPS with a semi-structured orientation to the center and greater university community. During orientation, postdoctoral fellows are assigned individual supervisors, begin to define specific training goals for the year, and familiarize themselves with the UCPS staff, UCPS procedures, LU Student Affairs, and the greater Lehigh community.

Because we value diversity in our center, we strongly encourage applicants from diverse backgrounds to apply. For those interested in further details about our site, please contact the UCPS Clinical Director, Dr. Aaron Sterba at 610-758-3880 or via email at [aas207@lehigh.edu](mailto:aas207@lehigh.edu). Should you wish to be considered for postdoctoral training at the UCPS please submit the following via email to the UCPS Clinical Director, Dr. Aaron Sterba at [aas207@lehigh.edu](mailto:aas207@lehigh.edu) :

1. A copy of your CV and graduate school transcript
2. A letter/cover letter (within please include a description of your interest in the position and career goals)
3. Three letters of recommendation (preferably two should be from clinical supervisors familiar with your therapy work).

4. Contact information for your internship training director

Typically we accept 1-3 postdoctoral candidates per year. Preference is given to those applicants that have prior counseling center experience and to those that have, or are imminently about to, defend their dissertations. Review of applications is a rolling process, however we typically begin accepting applications in December and continue to do so through March, or until the positions are filled.

We thank you in advance for your interest in training at our center.