

**THE INTERNSHIP YEAR: THE EXPERIENCE OF CLINICAL
PSYCHOLOGY INTERNS**

by

Carin Kühn

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Supervisor: Prof. M.C. Marchetti-Mercer

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SUMMARY

Title: **The internship year: the experience of clinical psychology interns**

Name of candidate: **Carin Kühn**

Supervisor: **Prof. M.C. Marchetti-Mercer**

Department: **Psychology, University of Pretoria**

Degree: **M.A. (Clinical Psychology)**

The internship year is of paramount importance in the vocational training of clinical psychologists. This event assists the student in making the transition from trainee to professional. During the internship year intern psychologists undergo various transitions, for example a change in roles and a change in learning style.

The motivation for this study arose from the researcher's own experience of the internship year in a psychiatric training hospital. The study aims at investigating other intern clinical psychologists' experience of their internship year. The intention of this study is to present descriptions of these experiences.

The research design of this study is qualitative, using a phenomenological approach. A phenomenological approach has been followed to return to the phenomenon *internship* in an attempt to reach the lived world of the respondents. Emphasis is placed on the respondents' perceptions of their experience of the internship year.

An informal, unstructured interview was conducted with each research participant. Audio tape recordings of the interviews were transcribed. On analysis of the protocols, several themes were extracted. Each **respondent**

did not necessarily experience each of the identified themes. The themes are discussed in chapter four and linked to the existing literature. The following themes have been identified: the value of the learning experience, a sense of apprehension, the experience of stress, the importance of support, the importance of supervision and mentorship, a sense of not belonging, a sense of isolation from social contexts, the challenges concerning culture, and a sense of achievement.

The researcher hopes to make a contribution towards the understanding of intern clinical psychologists' experience of the internship year. It is also hoped that through this study, further research in this field will be encouraged.

Key words

intern psychologist

qualitative research

internship

phenomenology

psychiatric context

supervision

multi-disciplinary team

peer group

learning experience

support systems

OPSOMMING

Titel: **Die internskapjaar: die belewenis van kliniese sielkunde interns**

Naam van kandidaat: **Carin Kühn**

Supervisor: **Prof. M.C. Marchetti-Mercer**

Departement: **Sielkunde, Universiteit van Pretoria**

Graad: **M.A. (Kliniese Sielkunde)**

Die internskapjaar is van primêre belang in die beroepsopleiding van kliniese sielkundiges. Hierdie gebeurtenis ondersteun die student in die oorgang van student tot professionele persoon. Tydens die internskapjaar ondergaan sielkunde interns verskeie veranderinge, byvoorbeeld 'n verandering van rol en 'n verandering in leerstyl.

Die motivering vir hierdie studie het ontstaan uit die navorsers se eie ervaring van die internskapjaar in 'n psigiatriese opleidingshospitaal. Die doel van die studie is om ander sielkunde interns se ervaring van hulle internskapjaar te ondersoek. Die studie beoog om beskrywings van hierdie ervaring te verskaf.

Die navorsingsontwerp van hierdie studie is kwalitatief. 'n Fenomenologiese benadering is gebruik om terug te keer na die fenomeen *internskap* soos dit deur die respondente beleef en ervaar word. Die respondente se persepsies van hulle ervarings van die internskapjaar word beklemtoon.

Die navorsers het 'n informele, ongestruktureerde onderhoud met elke respondent gevoer. Bandopnames van die onderhoude is getranskribeer. 'n Aantal temas het uit die analise van die protokolle na vore getree. Elke respondent het nie noodwendig al die temas ervaar nie. Die temas word in hoofstuk vier bespreek en aan relevante literatuur gekoppel. Die geïdentifiseerde temas sluit die volgende in: die betekenis van die

leerervaring, die ervaring van vrees, die ervaring van stres, die belang van ondersteuning, die belang van supervisie en mentorskap, die ervaring om nie te behoort nie, die ervaring van isolasie van sosiale kontekste, kulturele uitdagings en die ervaring van sukses.

Die navorser poog om 'n bydrae tot 'n beter begrip van die belewenis van kliniese sielkunde interns se ervaring van hul internskapjaar te lewer. Die navorser hoop ook om deur hierdie studie verdere navorsing in hierdie verband aan te moedig.

Sleutelwoorde

sielkunde intern	kwitatiewe navorsing
internskap	fenomenologie
psigiatryse konteks	supervisie
multi-dissiplinêre span	portuurgroep
leerervaring	ondersteuningsisteme

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