**Internship Opportunities for Health Psychology Emphasis Majors**

Below, I have listed potential internship opportunities for health psychology emphasis majors that I am aware of alphabetically with some elaboration to help you understand a little about the organization and what you may do as an intern. Please note that not all of these organizations are equal; some may have more opportunities than others and some may not be accepting interns during the time you are interested.

If one looks interesting to you, I invite you to:

1) Make sure you are Junior or Senior status – this is a requirement for any internship through BYU-Idaho.
2) Look at the table below to ensure you meet the requirements for the specific internship (e.g., PSYCH 435 completion)
3) Inform me, Brother Wright, what you are thinking of doing. I will serve as your faculty supervisor for the Internship course (PSYCH 498) and you need me to be aware of your situation.
4) Contact the organization via their contact information on their website to check into their availability.
5) Meet with advising for our college (College of Education and Human Development) in CHAPMAN 110 to make sure an internship will work with your GradPlan.
6) Then, after all of that has happened, you will begin to work on your application with the school (it can take a few weeks to get final approval).

Of course, there are internship opportunities not listed below including the Family Crisis Center in Rexburg and the Juvenile Corrections Center in St. Anthony. You can also investigate them, if desired, though they may not be as meaningful to health psychology emphasis majors.

Finally, keep in mind that you can arrange your own internship. If you find a location that you would like to investigate what it would be like to work there and they have internship opportunities, let me know and we can work with them to place you there. All of these internship opportunities started somewhere and most were from students who found them first!

See below for the table of internships with their details.
<table>
<thead>
<tr>
<th>Organization &amp; Locale</th>
<th>Location/Task/Paid</th>
<th># Students Placed</th>
<th>Website</th>
<th>Basic Description &amp; Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access Point Behavioral Treatment &amp; Research Center Idaho Falls Pocatello</td>
<td>Location: Local Task Content: Therapy Paying: No, but can be</td>
<td>0</td>
<td><a href="http://accesspointkids.com/">http://accesspointkids.com/</a></td>
<td>Organization specializing in Community-Based Rehabilitative Services (formerly PSR) to help children with mental-health issues, Habilitative Intervention to improve children’s functional skills, and Applied Behavior Analysis to help children learn adaptive behavior. Application required. Best to take PSYCH 435 and PSYCH 342 first, though not required. Paid options are available. We do not know a lot about this opportunity yet.</td>
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<tr>
<td>Arivaca Boys Ranch, Arizona</td>
<td>Location: Not local Task Content: Therapy Paying: Yes</td>
<td>1</td>
<td><a href="https://arivacabovysranch.com/">https://arivacabovysranch.com/</a></td>
<td>Ranch setting to help troubled boys by using horses and other outdoor-oriented therapies. Also linked to the Arbinger Institute, which published the two books mentioned under the Anasazi Foundation. Application required. Best to take PSYCH 435 and PSYCH 342 first, though not required. Paid options are available.</td>
</tr>
</tbody>
</table>
| Burton Group, Rexburg | Location: Local  
Task Content: Health  
Paying: No | 17 | [http://www.burtonpsychology.org/](http://www.burtonpsychology.org/) | Work on health and wellness projects with Drs. Yohan Delton and Rob Wright. These projects include many varied opportunities, but will largely focus on development and delivery of workshop material to members of the community, including clients of the Healing Sanctuary in the Idaho Falls area.  
Must take PSYCH 302 and PSYCH 435 first. Application required. |
|----------------------|---------------------------------|---|---------------------------------|----------------------------------------------------------------------------------|
| HELP International, Uganda, Thailand, Peru, Nepal, Fiji, India | Location: Not local  
Task Content: Global Health  
Paying: No, but can be | 3 | [www.help-international.org](http://www.help-international.org)  
[http://help-international.org/volunteer-abroad](http://help-international.org/volunteer-abroad) | Non-profit organization aiming to help improve quality of life (e.g., physical health, psychological health) in certain third world countries. Provide health psych workshops on needed topics. Very rewarding to those who want to help people and see the effects of their efforts. Can be a bit more expensive in terms of time and money – consult their website for a wealth of information to cover these concerns.  
Application required. MUST take PSYCH 435 first. Paid options are available. |
| Hope4Utah, Provo, UT | Location: Not local, but flexible  
Task Content: Public Health  
Paying: No | 1 | [http://hope4utah.com/](http://hope4utah.com/) | Organization dedicated to suicide prevention, intervention, and postvention for youth and others in the Utah County area with goals to expand to other areas (e.g., Rexburg). They make sure the internship is meaningful for students (tailored), they are flexible (can do work online), and they are looking for more interns, especially in psychology, social work, health science, and public health.  
Best to take PSYCH 435 and PSYCH 342 first, though not required. |
<table>
<thead>
<tr>
<th>Organization</th>
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<th>Task Content</th>
<th>Paying</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Innovative Health Care Concepts, Idaho Falls</td>
<td>Local</td>
<td>Health &amp; Therapy</td>
<td>No, but can be</td>
<td><a href="https://ihccinc.com/home/">https://ihccinc.com/home/</a></td>
<td>Mental health and physical health institution providing psychological evaluations, mental health services, and developmental disability services. Many opportunities in task variability. Approximately 1-2 student interns per semester are admitted. Application required. MUST take PSYCH 435 first. Paid options are available.</td>
</tr>
<tr>
<td>Integrative Counseling &amp; Wellness, Rexburg</td>
<td>Local</td>
<td>Health &amp; Therapy</td>
<td>No, but can be</td>
<td><a href="http://www.integratedcounselingandwellness.com/">http://www.integratedcounselingandwellness.com/</a></td>
<td>Mental and physical health institution providing herbal therapy, counseling services, yoga, and other wellness-related services. Fantastic opportunities to work closely with clinicians with some task variability. Intern opportunity dependent upon work availability – paid options contingent upon request and opportunity. Application required. Best to take PSYCH 435 and PSYCH 342 first, though not required.</td>
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<tr>
<td>Intermountain Healthcare (IHC), Utah, statewide</td>
<td>Not local</td>
<td>Health</td>
<td>No</td>
<td><a href="https://intermountainhealthcare.org/">https://intermountainhealthcare.org/</a></td>
<td>Hospital-based, help with patients. Many opportunities may exist here for additional tasks (e.g., surveys, clerical, data management). We do not know a lot about this opportunity yet.</td>
</tr>
<tr>
<td>Journeys DDA, SE Idaho</td>
<td>Local</td>
<td>Therapy</td>
<td>No, but can be</td>
<td><a href="http://www.journeysdda.com/">http://www.journeysdda.com/</a></td>
<td>Organization delivering developmental and behavioral interventions for those who are developmentally disabled. Aim to help special needs children and adults both physically and mentally. Usually they like interns with a car for transportation. Application required. Best to take PSYCH 435 and PSYCH 342 first, though not required. Paid options are available.</td>
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</tbody>
</table>
| Research and Business Development Center (RBDC), Rexburg | Location: Local  
Task Content: Research  
Paying: No, but can be | 2 | [http://www.rbdcenter.org/](http://www.rbdcenter.org/) | Center geared toward helping businesses in the SE Idaho area grow and develop. Some health-related projects. Interns learn research skills, qualitative and quantitative analysis, a greater ability to work with ambiguity, the ability to understand problems and provide leadership and project management while using these skills daily during the internship.  
Application required. MUST take PSYCH 302 first. Paid options are available. |
|---|---|---|---|---|
| Second Nature, Duchesne, Utah | Location: Not local  
Task Content: Therapy  
Paying: Yes | 0 | [http://www.second-nature.com/](http://www.second-nature.com/) | Wilderness therapy program aimed to help troubled youth and adolescents. We have yet to place a student here, but this program is a great fit for health psych students.  
Application required. Best to take PSYCH 435 and PSYCH 342 first, though not required. Paid options are available. |
| Serenity Mental Health, Las Vegas, Nevada | Location: Not local  
Task Content: Therapy  
Paying: Maybe | 0 | [https://www.serenitymentalhealth.org/](https://www.serenitymentalhealth.org/) | Mental health counseling including addiction recovery is the main focus on this organization. We have yet to place a student here, but the organization has expressed interest in us here at BYU-Idaho.  
We do not know a lot about this opportunity yet. |
| South Salt Lake Police Department | Location: Not local  
Task Content: Safety & Health Advocacy  
Paying: No, volunteer | 0 | [http://www.southsaltlakecity.com/department-listings/police/victim-assistance](http://www.southsaltlakecity.com/department-listings/police/victim-assistance) | Opportunities are very plentiful currently. Tasks range from crisis response, court work, office work, and special programs to help with domestic violence and special victims. We have yet to place a student here, but the organization reached out to us in psychology at BYU-Idaho specifically. |
We do not know a lot about this opportunity yet, but anyone interested in criminal justice, forensic psychology, or counseling should consider this. Contact Brother Wright if you would like the specific form to apply.

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<thead>
<tr>
<th>Wasatch Mental Health, Utah and Wasatch Counties, Utah</th>
<th>Location: Not local</th>
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<tbody>
<tr>
<td>Task Content: Therapy &amp; Health</td>
<td>Paying: No, but can be</td>
</tr>
<tr>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.wasatch.org/blog">http://www.wasatch.org/blog</a></td>
</tr>
</tbody>
</table>

Mental health services provided to troubled individuals (especially youth) in the community. You could shadow case managers who meet with clients and even take on your own load, if appropriate.

Application required. Best to take PSYCH 435 and PSYCH 342 first, though not required. Paid options are available.