

## **PROGRAM F: WOODBRIDGE DEVELOPMENTAL CENTER**

Name of Placement: Woodbridge Developmental Center  
Address: P.O. Box 189  
Woodbridge, N.J. 07095-0189  
Telephone: (732) 499 - 5120  
Director of Intern Training: Darin Schiffman, Psy.D.  
APA Accreditation Status: APPIC member

Woodbridge Developmental Center (WDC), a State operated Intermediate Care Facility was founded in 1965. It provides long-term, client-centered care for individuals with severe developmental disabilities. WDC is located in the Avenel section of Woodbridge Township, approximately 20 miles south of New York City, N.Y and 25 miles northeast of Princeton, N.J. The facility is easily accessible from Route 1, Route 9, Route 35, The Garden State Parkway, and The New Jersey Turnpike.

WDC employs approximately 1,500 full and part-time employees and is certified for providing services to approximately 450 individuals. Presently, the facility is attempting to downsize through attrition in order to afford individuals more privacy, greater space, and a better homelike environment; according to our latest census, there are 390 individuals residing at the center. Residents, possessing a wide variety of disabilities receive total care and treatment covering their medical, developmental, mental health, and behavioral needs. Some of these residents are dually-diagnosed with a broad range of mild to severe psychiatric disorders represented.

The Psychology Department of WDC consists of eight full-time doctoral level Psychologists, three of whom are licensed New Jersey Psychologists. All Psychologists provide supervision of additional departmental staff who offer specialized services and program support to the residents. Additionally, four Board Certified Behavior Analysts serve as full-time consultants to the Psychology department. Psychiatric care is provided by two Psychiatrists and a Neurologist employed by WDC.

The theoretical orientation of the Psychologists is varied. Most have a background in either Psychodynamic or Cognitive-behavioral theories, while being eclectic in practice. Together, the varied background and specialties of the clinical supervisors offer interns a great deal of diversity in supervision and exposure to professional roles. It is the principles and application of Learning Theory, however, which provide the framework for supervision and the treatment of individuals exhibiting severe and challenging behaviors. An average of 3-4 hours of supervision is provided per week between WDC and the intern's one-day per week off-site placement.

The primary purpose of the training program is to teach interns current clinical practices in the development and coordination of comprehensive behavioral services. Interns will learn to critically evaluate and synthesize information from various domains of cognitive, emotional, and social functioning in order to provide more effective psychological services. More specifically, they evaluate the various functions of an individual's severe and challenging behavior. Based on their comprehensive functional assessment, interns formulate and make recommendations to the interdisciplinary treatment team regarding alternate, functionally equivalent skills that can be taught to the individual as replacement behavior.

Training at WDC emphasizes the development of a broad-range of diagnostic and clinical skills and the refinement of those previously acquired in other settings. Supervisors consider the individual strengths, needs, and interests of interns in determining the types and number of cases assigned to them. Interns are expected to demonstrate competency in psychotherapy, crisis intervention, multidisciplinary team functioning, completing a comprehensive behavior assessment, and psychological testing using multiple assessment techniques.

Several concurrent training experiences are offered. Interns will spend one full day per week at an affiliated off-site facility. There, interns provide therapeutic and diagnostic services to a more varied and typically higher functioning patient population. Currently, interns are being supervised by licensed Psychologists at Trinitas Hospital Developmental Disabilities Services and The Department of Human Services, Special Treatment Unit, a facility that provides treatment to patients who are civilly committed for sexual offenses. Interns also have numerous didactic and experiential opportunities for learning. These include the WDC Psychology Department presentations, workshops on treating individuals with Developmental Disabilities, and the New Jersey Department of Human Services Colloquium Series.

Through the above training opportunities, interns will enhance their general knowledge and clinical skills, while learning discipline-specific techniques for working with individuals with developmental disabilities.

In summary, WDC provides an excellent opportunity for interns seeking training and experience in working with individuals who have developmental disabilities. Our aim is to instill in the intern an appreciation of and respect for working with a population that is often misunderstood and neglected as an area of Psychology.