

ARIZONA STATE HOSPITAL

Phoenix, Arizona

Doctoral Psychology Internship Program Brochure 2021-2022



**2500 E. Van Buren
Phoenix, Arizona 85008
2021-2022**

Application Deadline: November 15, 2021

**ARIZONA STATE HOSPITAL
DOCTORAL PSYCHOLOGY INTERNSHIP PROGRAM**

Arizona State Hospital recognizes that the internship is an essential component of doctoral training programs of professional psychology and strictly follows the American Psychological Association's Standards of Accreditation. Arizona State Hospital has been training psychology students since the late 1960s. The Doctoral Psychology Internship Program has been APA-accredited as an independent training site since 2001. In 2020, the program was reviewed by the Commission on Accreditation and was awarded the maximum 10 years of full accreditation. The next site visit will be in 2030. For further information or questions on the program's accreditation, please contact:

Office of Program Consultation and Accreditation
American Psychological Association
750 First Street, NE Washington, DC
20002-4242

Phone: 202-336-5979
Email: apaaccred@apa.org
www.apa.org/ed/accreditation

The internship is partially affiliated with Midwestern University—Glendale, with two positions for students from Midwestern and two positions open to students from all APA-accredited clinical psychology doctoral programs.

Arizona State Hospital is a comprehensive psychiatric hospital that provides services to patients of various cultural and ethnic backgrounds who have chronic mental illness. It is the only state hospital in Arizona. The two main treatment programs of the hospital are the General Adult (Civil) Program and the Forensic Program. Patients receive treatment from staff of various disciplines; this staff includes psychiatrists, psychologists, medical specialists, social workers, recreation therapists, professional counselors, licensed nurses, paraprofessional nursing personnel, spiritual care personnel, and auxiliary clinic personnel. Also located on hospital grounds is the Arizona Community Protection and Treatment Center, a treatment program for sexual offenders.

Arizona State Hospital currently has ten doctoral level psychology staff, two practicum-level graduate students (3rd – 4th year), and four Master's level therapists in addition to the doctoral interns. Interns are supervised directly by a primary supervisor and other psychologists working with them, and some of the areas in which they will receive experience include: psychological assessment and diagnosis, psychotherapy (individual and group), consultation with multidisciplinary teams, and didactic presentations to staff and colleagues.

INTERNSHIP DURING COVID-19

Our internship's priority in these times of a pandemic is the safety and well-being of our interns. While parts of the training year might look different than usual depending on the state of the pandemic, just as we continue to work as psychologists, interns will continue to train to become psychologists in such times. We will continue to provide training in all competency areas listed below. Throughout the internship year, we will adapt training experiences as needed to maintain safety as we provide learning and practical experience for interns. Examples of adaptations we have made when needed have included teleworking and participation with multidisciplinary treatment teams by phone or other medium. We will take each intern's individual needs into consideration each step of the way. It is important to us that each intern has a well-rounded, fulfilling, and safe training year.

INTERNSHIP PROGRAM DESCRIPTION

A. Training Program Mission Statement: The mission of the Arizona State Hospital Doctoral Psychology Internship Program is to prepare students for the practice of clinical psychology by providing high quality professional supervision and training experiences with diverse client populations within the area of public service psychology. Opportunities exist for specialized training in certain areas, such as forensics, neuropsychology, and evaluation and treatment of sexual offenders.

B. Philosophy: Our guiding philosophy is to provide interns with evidence-based knowledge and techniques in order to train them to function as clinical psychologists in varied settings. A major effort will be made to tailor the internship to the individual intern's needs and to allow a reasonable amount of specialization within a generalist framework. The generalist approach means that the intern will receive training in a breadth of assessment and therapy skills, with exposure to a wide range of diagnoses and diverse patient backgrounds. Our goal is to ensure that interns gain therapy and assessment skills that will enable them to function as professional psychologists in an array of settings upon completion of the internship.

C. Plan:

1. To offer a unique multicultural internship emphasizing diverse economic and ethnic groups within the area of clinical psychology.

The Arizona State Hospital Doctoral Psychology Internship Program offers services to diverse cultural populations. The hospital draws patients from the entire State of Arizona, representing all socioeconomic levels, including homeless, rural, and urban residents. The population includes African American, Native American, Asian American, Caucasian, and Hispanic patients, many originating from Mexico and South America. Both male and female patients are in residence. Patients are diverse in age, religion, sexual orientation, and spiritual and cultural traditions.

In addition, the internship offers education and training designed to help interns learn about multicultural issues inherent in working with our diverse population. Education and training on various aspects of multicultural work is ongoing and addressed routinely in supervision sessions.

2. To offer a high level of professional supervision which will facilitate the intern's professional growth.

The Arizona State Hospital's Psychology department has highly competent, licensed, professional supervisors who volunteer to work with psychology interns; offering supervision to interns is a choice made by individual psychologists in each treatment area. The philosophy of supervision is a mentoring approach, with a variety of supervision models used.

Each intern meets weekly with his or her primary supervisor for at least two hours of scheduled individual supervision, and group supervision is provided for one hour weekly. There is at least one more hour of scheduled supervision provided weekly; this supervision occurs with either a secondary supervisor, a supervisor of a minor rotation, or in a group supervision format. There is additional time for supervision on a less formal basis. The supervisors are readily available for spontaneous questions and the intern's need for guidance.

3. To offer a broad range of training experiences, including opportunities in the subspecialties of forensic psychology, sexual offender evaluation and treatment, and neuropsychology.

Interns will have two six-month rotations chosen from among three offered. The three rotations include a General Adult (Civil) rotation, a Forensic Program rotation, and a Forensic rotation focusing specifically on sexual offender evaluation and treatment. In addition to the major rotations, other training opportunities may include providing neuropsychological assessments, doing forensic evaluations in the hospital's Restoration to Competency (RTC) program, developing or participating in training and education of hospital staff, and developing behavior plans for patients with specific challenges. All rotations and other training opportunities are offered contingent on supervisor availability. Interns will be able to attend seminars and workshops presented in the community. Didactic seminars will be hosted by the internship on a weekly basis.

4. To improve intern competency in a broad array of assessment and treatment procedures.

Training in assessment and psychotherapeutic interventions is offered within each major rotation. The focus of assessment is derived from the patient populations. Multiple theoretical models are considered. Assessments may include intellectual, neuropsychological, forensic competency, risk assessment, or personality evaluations. These encompass formal assessment techniques, records review, structured/unstructured interviews, and behavioral observations. The intern is taught to administer, score, and interpret a variety of measures and to integrate the results with clinical interviews, behavioral observations, and treatment response. Through consistent and careful supervision, the intern is exposed to a range of instruments and is guided in their selection.

The focus of training in psychotherapeutic interventions is derived from the patient's individual needs. Within this framework, interns are exposed to a variety of treatment approaches such as cognitive-behavioral, psychodynamic, psychosocial rehabilitation, family systems approaches, and process-oriented group psychotherapy. *All interns*

receive experience with individual and group psychotherapy, carrying a minimum of two individual therapy cases and one therapy group throughout the training year.

5. To provide the intern experience working within a multidisciplinary treatment setting.

Arizona State Hospital emphasizes a multidisciplinary approach to treatment, and psychologists work as members of the treatment teams. Interns will work closely with the multidisciplinary treatment teams, which include the disciplines of Psychiatry, Social Work, Medicine, Nursing, and Rehabilitation. The multidisciplinary teams are responsible for developing and implementing the patient's treatment plan, and input from psychologists and interns is a valued part of the treatment planning process.

6. To increase the intern's knowledge of legal, ethical, and professional issues within the practice of psychology.

Legal, ethical, and professional issues that arise in clinical work are routinely addressed in individual and group supervision. In addition, these topics are incorporated into the weekly didactic seminars.

D. Goals: By the end of the internship year we expect that interns will demonstrate competency in the following areas:

1. Assessment--Interns are expected to be able to assess patients who present with a wide range of problems, using a variety of instruments. Interns are expected to demonstrate skills in the following areas: choosing instruments, personality assessment, cognitive testing, clinical interviewing, diagnosing, and report writing.
2. Intervention--Interns should demonstrate the ability to work with diverse populations (e.g. gender, ethnicity, socio-economic status, sexual orientation) and a variety of presenting problems. Interns should demonstrate psychotherapy skills in a variety of contexts, as well as skills in adapting interventions as needed in specific situations.
3. Communication and Interpersonal Skills--Interns should conceptualize and communicate their assessments, intervention work, and recommendations clearly to other professionals both verbally and in written form. They should also demonstrate skills in building and maintaining effective professional relationships.
4. Supervision--Interns should demonstrate knowledge of supervision models and styles, apply this knowledge through informal supervision provided to others, and use supervision with their own supervisors effectively.
5. Professional Values, Attitudes, and Behaviors--Interns should demonstrate sound professional judgment, integrity, accountability, and the ability to represent the field of psychology. Interns should recognize and respond appropriately to severe psychopathology, potential for self-harm, and danger to others.
6. Ethical and Legal Standards--Interns should show the ability to apply ethical and legal principles to practice. They should be sensitive to the impact these considerations have on their daily functioning as a psychologist in a health care system.
7. Research--Interns should demonstrate skills in using current literature, critically evaluating research, and presenting research findings in professional settings.

8. Consultation and Interprofessional/Interdisciplinary Skills--Interns should be able to talk about the roles of professionals from other disciplines, understand the value of interdisciplinary consultation, and show ability to engage in this practice.
9. Individual and Cultural Diversity--Interns should show awareness of diversity issues as discussed in literature, and the ability to use evidence-based findings in their clinical work. They should also demonstrate ability to work with individuals whose cultural backgrounds differ from their own.

E. General Requirements: This is a full-time internship program for 12 months. Internship will begin the day after Labor Day and be completed the Friday before the following Labor Day. A minimum number of 1900 hours is required to complete the internship. If additional hours are needed for a specific purpose (e.g., to meet requirements for 2000 hours), the intern may request approval from the Training Committee to work additional hours. *A minimum of 6 psychological assessments is required to complete the internship.*

Additionally, a minimum level of achievement of “3-Average” on all rated items in the competency areas on the Intern Evaluation form (indicating a level of skill/knowledge that would permit independent functioning) must be attained by the end of training.

ROTATIONS AND SPECIALTY AREAS

All interns will have the opportunity to receive experience and training in the general adult (civil) program, in the forensic program, and in the sexual offender treatment program. Each rotation will be for a period of six months. All rotations are based on availability and may be closed at certain times for a variety of reasons. This may occur under the following conditions: a supervisor has a prolonged absence, significant administrative reorganization occurring on a rotation, or the psychologist position is vacant. Throughout the training year interns will provide psychotherapy, carrying at least two individual therapy cases and co-facilitating at least one therapy group. Therapy experiences will occur in all areas of the hospital and not just in the area of the intern’s current major rotation.

A. Forensic Program: The Arizona State Hospital is a center for forensic services for the State of Arizona. The forensic rotation includes work in the forensic hospital and the sexual offender treatment program. During this rotation interns will have the opportunity to receive training in assessment and therapy. Interns will have the opportunity to complete integrated comprehensive psychological evaluations and risk assessments. Risk assessments, in which the patient’s risk of violence is evaluated, are conducted with patients seeking increased levels of hospital privileges and conditional release into the community. Interns also have the opportunity to provide consultation to treatment teams and interdisciplinary staff regarding patient care.

B. General Adult Program: The General Adult (Civil) Program serves patients with serious mental illness whose treatment needs cannot be met by community facilities. The program is housed in the Civil Hospital, a modern facility with all buildings around a central mall area. Patients leave their units for many treatment activities, as well as recreation and visits to the patient library, café, thrift shop, swimming pool, and other locations on the mall. The philosophy of the program is based on a Recovery Model, with the goal of helping patients

prepare to return to community living. During this rotation, interns will perform psychological evaluations and individual psychotherapy, and provide consultation services and participate as a member of the multidisciplinary treatment team.

C. Sexual Offender Treatment Program: Psychologists are assigned to or affiliated with the Arizona Community Protection and Treatment Center (ACPTC), the sexual offender treatment program located on hospital grounds. Interns may opt to gain increased experience in evaluation and treatment of sexual offenders through participation in this rotation. Interns may participate in individual and group sexual offender treatment and conduct psychological or neuropsychological evaluations. Interns become exposed to the statutes affiliated with sex offender status, registration, treatment, and the legalities behind civil commitment for sexually violent persons (SVP).

D. Training Opportunities: Interns may also receive training experiences in a number of other areas.

Neuropsychology: Neuropsychological assessment services are provided on all units to patients with possible or documented cognitive impairment, such as traumatic brain injury, cerebrovascular accident, and various forms of dementia. Interns can gain experience in comprehensive neuropsychological assessment with a broad repertoire of instruments. Detection of malingering of cognitive deficits and prescription of cognitive rehabilitative strategies are of particular interest for this hospital population.

Other Training Opportunities: There may be additional opportunities for interns to participate: 1) in training and education of hospital staff on a variety of topics; 2) in doing forensic evaluations in the hospital's Restoration to Competency program, and 3) in developing behavior plans for civil and forensic patients. As with all rotations, these training opportunities are contingent upon supervisor availability.

STIPEND AND BENEFIT INFORMATION

There are four available intern positions for training year 2022-2023. Two interns will be funded by Midwestern University—Glendale and two interns will be funded by the hospital, all at a stipend of \$24,000. This stipend does not include health insurance benefits. There is no paid sick leave or vacation leave, but flexibility is offered regarding making up hours when an intern takes leave time. Interns may request up to two weeks of unpaid leave during the training year. There is a limitation of one week of terminal vacation leave at the end of the internship year.

[Note: The positions funded through Midwestern are partly supported through federal work study funds. Receiving money through federal work study funds can affect the amount of student loan money for which you are eligible; check with the Office of Student Financial Services if this might impact you.]

APPLICATION PROCEDURE

Students from APA-accredited clinical psychology doctoral programs are encouraged to apply, with two of the four positions specifically allotted for students from Midwestern University—Glendale. While it is not necessary to have experience working in a state hospital, experience at some of the following settings is beneficial: community mental health centers,

forensic or correctional placements (e.g., jails/prisons, state hospitals), inpatient hospitals, and outpatient medical/psychiatric settings. Since assessment is an integral part of the internship experience, it is helpful if applicants have had previous training and experience with different psychological tests, including the WAIS-IV, MMPI-2, MCMI-IV, and PAI. Strong integrative report writing skills are preferable. There is a minimum requirement of 300 Intervention and Assessment hours on the AAPI, and a total of 1000 hours including Assessment and Intervention, Support Activities, and Supervision hours. Interns are required to pass a security clearance and be fingerprinted. Interns funded by Midwestern University must meet eligibility requirements for work-study funds as this is the source of their stipend.

Arizona State Hospital will follow all APPIC policies for participation in the APPIC Match. This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant. The only information this program will communicate to applicants prior to the release of the APPIC Match results is whether or not the applicant remains under consideration for admission.

Applicants should use the standard online APPIC application form (www.appic.org). Applications and supporting materials are due by **November 15, 2021**.

To apply, include the following materials:

1. Completed APPIC application
2. Curriculum Vita
3. Graduate transcript(s)
4. Three letters of recommendation

The Training Committee will review applications and invite selected applicants to interview. All applicants will be informed of their interview status by **December 15, 2021**. They will be notified by email that they are being offered an interview. Due to the current pandemic, interviews will be held virtually this year rather than in-person. Interviews will be held in January; at this time applicants will meet the training staff, spend time with current interns, and receive information about the internship and available rotations.

Arizona State Government is an EOE/ADA Reasonable Accommodation Employer. The Doctoral Psychology Internship Program at the Arizona State Hospital does not discriminate against job-seekers, employees, or interns based on race, color, religion, sex (including pregnancy, gender identity, and sexual orientation), national origin, age, disability, or genetic information.

If you have questions, please contact:

Dr. Keith Reinhardt at keith.reinhardt@azdhs.gov,
Dr. Kimi Cohen at kimberly.cohen@azdhs.gov,
Dr. James Holmes at james.holmes@azdhs.gov, or
Dr. Summer Schneider at summer.schneider@azdhs.gov.

INTERNSHIP ADMISSIONS, SUPPORT, AND INITIAL PLACEMENT DATA

Internship Program Admissions

Date Program Tables are updated: 08/26/2021

Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program’s policies on intern selection and practicum and academic preparation requirements:

Students from APA-accredited clinical psychology doctoral programs are encouraged to apply; two of our four positions are open to all students, and the other two positions are exclusively for Midwestern University-Glendale students. Experience at some of the following settings is beneficial: state hospital, community mental health centers, forensic or correctional placements, inpatient hospitals, and outpatient medical/psychiatric settings. Since assessment is an integral part of the internship experience, it is helpful if applicants have had previous training and experience with different psychological tests. Strong integrative report writing skills are preferable. There is a minimum requirement of 300 Intervention and Assessment hours on the AAPI, and a total of 1,000 hours including Assessment and Intervention, Support Activities, and Supervision hours. Interns are required to pass a security clearance and be fingerprinted. Interns funded by Midwestern University must meet eligibility requirements for work-study funds as this is the source of their stipend.

Does the program require that applicants have received a minimum number of hours of the following at time of application? If Yes, indicate how many:

Total Direct Contact Intervention Hours	Y	Combined Amount: 300 Hours
Total Direct Contact Assessment Hours	Y	

Describe any other required minimum criteria used to screen applicants: N/A

Financial and Other Benefit Support for Upcoming Training Year*

Annual Stipend/Salary for Full-time Interns	24,000
Annual Stipend/Salary for Half-time Interns	N/A
Program provides access to medical insurance for intern?	No
If access to medical insurance is provided:	
Trainee contribution to cost required?	N/A
Coverage of family member(s) available?	N/A
Coverage of legally married partner available?	N/A
Coverage of domestic partner available?	N/A
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	0
Hours of Annual Paid Sick Leave	0
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	Yes
Other Benefits (please describe): Although interns are not given paid leave time, they are supported in making up the missed work hours so that they do not lose any of their yearly stipend.	

*Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table.

Initial Post-Internship Positions

(Provide an Aggregated Tally for the Preceding 3 Cohorts)

	2017-2020	
Total # of interns who were in the 3 cohorts	11	
Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree	0	
	PD	EP
Community mental health center	0	0
Federally qualified health center	0	0
Independent primary care facility/clinic	0	0
University counseling center	0	0
Veterans Affairs medical center	0	0
Military health center	0	0
Academic health center	0	0
Other medical center or hospital	0	0
Psychiatric hospital	2	2
Academic university/department	0	0

Community college or other teaching setting	0	0
Independent research institution	0	0
Correctional facility	0	0
School district/system	0	0
Independent practice setting	6	1
Not currently employed	0	0
Changed to another field	0	0
Other	0	0
Unknown	0	0

Note: "PD" = Post-doctoral residency position; "EP" = Employed Position. Each individual represented in this table should be counted only one time. For former trainees working in more than one setting, select the setting that represents their primary position.

PSYCHOLOGISTS

AMANDA BRIMLOW, Psy.D.

Midwestern University, Glendale, 2012

Areas of Interest: Individual psychotherapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Trauma therapy, Restoration to competency, and Civil rehabilitation.

Can be reached at amanda.brimlow@azdhs.gov

KIMI COHEN, Ph.D.

Director of Psychology

Oklahoma State University, 1997

Areas of Interest: Individual and group psychotherapy, Dialectical Behavior Therapy, Clinical supervision, Forensic rehabilitation, and Psychology administrator roles.

Can be reached at kimberly.cohen@azdhs.gov

JAMES HOLMES, JR, Psy.D.

Arizona School of Professional Psychology/Argosy University, 2010

Areas of Interest: Multidisciplinary treatment and leadership, Report writing, Forensic assessment and rehabilitation, Supervision, and Integrative psychotherapy.

Can be reached at james.holmes@azdhs.gov

CHERYL JONES, Psy.D.

Midwestern University, Glendale, 2019

Areas of Interest: Psychological assessment, Forensic psychology, Individual and group psychotherapy, Interpersonal oriented therapy, and Sexual health education and advocacy.

Can be reached at cheryl.jones@azdhs.gov

DAVID JOSLYN, Psy.D.

Midwestern University, Glendale, 2018

Areas of Interest: Individual and group psychotherapy, Cognitive Behavioral Therapy, Program development, Trauma therapy, Forensic rehabilitation, and Violence Risk Assessment.

Can be reached at david.joslyn@azdhs.gov

SHERIDYN MILLER, Psy.D.

Midwestern University, Glendale, 2015

Areas of Interest: Psychosexual assessment and treatment, Psychological assessment, Forensic psychology, Individual and group psychotherapy, and Cognitive Behavioral Therapy.

Can be reached at sheridyn.miller@azdhs.gov

KEITH REINHARDT, Psy.D., MT-BC

Training Director

Arizona School of Professional Psychology/Argosy University, 2015

Areas of Interest: Individual and group psychotherapy, Psychological assessment, Health psychology, Grief & loss, Humanistic oriented therapy, Diversity, Mindfulness, Spirituality, Animist psychology, Clinical supervision and Professional development.

Can be reached at keith.reinhardt@azdhs.gov

SUSANA RIGAU, Psy.D.

The Chicago School of Professional Psychology, 2020

Areas of Interest: Cultural and linguistic diversity issues, Psychological assessment, Individual and group psychotherapy, Humanistic oriented therapy, Cognitive Behavioral Therapy, and Forensic psychology and rehabilitation.

Can be reached at susana.rigau@azdhs.gov

SUMMER SCHNEIDER, Psy.D.

Arizona School of Professional Psychology/Argosy University, 2014

Areas of Interest: Multidisciplinary treatment, recovery-oriented care, forensic rehabilitation, assessment, and community reintegration. Psychodynamic, Gestalt, and Humanistic oriented therapy and clinical supervision. Professional development, gender diversity, and Spirituality.

Can be reached at summer.schneider@azdhs.gov.

ALLYSON WIRTH, Psy.D.

Arizona School of Professional Psychology/Argosy University, 2018

Areas of Interest: Individual and group psychotherapy, Cognitive-Behavioral Therapy, Dialectical Behavior Therapy, Psychological assessment, and Forensic psychology.

Can be reached at allyson.wirth@azdhs.gov.

PHOENIX, ARIZONA: A Great Place to Train and Live

Metropolitan Phoenix, the sixth largest city in America with a population of more than two million, is located in the beautiful Valley of the Sun. The city is ringed by mountains and graced with palm trees and desert flora. Phoenix has striking architecture with Mexican, Spanish, and Native American influences. Frank Lloyd Wright and his students designed several local buildings, homes, and churches. Mr. Wright's legacy continues at Taliesin West, the school he founded in Scottsdale. Phoenix's principal industries are manufacturing of high technology products, agriculture, tourism, and travel. Many cultural events are presented by entities such as the Phoenix Symphony Orchestra, the Phoenix Chamber Music Society, the Scottsdale Center for the Arts, Ballet Arizona, and the Arizona Opera Theater Company.

Phoenix is a noted winter resort area. Mid-winter weather is usually warm, dry, and sunny -- which is perfect for various outdoor activities. Skiing is available three hours north near Flagstaff. Swimming and water skiing are popular during our hot spring and summer seasons. Phoenix offers over 300 days of sunshine; thus, many year-round sporting activities are prevalent. Near Phoenix there are six artificial lakes where boating, fishing, and water skiing can be enjoyed. Arizona has three or four ski resorts, depending on snowfall. Phoenix is home to several major league teams: NBA's Suns, WNBA's Mercury, NFL's Cardinals, MLB's Arizona Diamondbacks, NHL's Coyotes, and MLS's Phoenix Rising.

Phoenix has much to offer fine arts lovers. The Heard Museum houses a renowned collection of American Indian art and culture. The Phoenix Art Museum has a fine permanent collection and mounts several shows each year. In addition, Phoenix has many excellent restaurants, a variety of shopping malls, and numerous nightspots.

Arizona State University has several campuses in the area with its main campus in Tempe, approximately 20 minutes from central Phoenix. The Phoenix area has a nationally recognized community college system. The area has some private colleges as well, such as Grand Canyon University, the Thunderbird School of International Management, and Midwestern University. In the area there are a number of internationally known medical facilities, including the Mayo Clinic and the Barrow Neurological Institute, and the University of Arizona has a medical school branch in downtown Phoenix.

Pine forests are a two-hour drive from the city. The Grand Canyon is a four-hour drive to the north. The beaches of Mexico are a four-hour drive to the south. Sky Harbor International Airport provides daily connections to all major international airports. Los Angeles and San Diego are an hour away by plane or five to six hours away by car. Public transportation in Phoenix consists of a number of bus routes and a high speed light rail line. Since the city is spread out, having a car is helpful. Suitable housing is plentiful, and the cost of living is moderate for a major city.