

# The University of Chicago Medicine Department of Psychiatry & Behavioral Neuroscience



Clinical Psychology Doctoral Internship Program
Training Brochure for 2022-2023



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# **Message from the Director of Clinical Psychology Training**

September 9, 2021

Dear Internship Applicants:

Congratulations on being at this point in your graduate training! Thank you for your interest in the Clinical Psychology Doctoral Internship Program at the University of Chicago Medicine (UCM). We are pleased to provide you with our updated 2022-23 internship information. We are accredited by the American Psychological Association through 2029.

Our clinical psychology doctoral internship program is based in the **Department of Psychiatry and Behavioral Neuroscience** at the University of Chicago, in the Adult and Child sections. The internship has been an important component of departmental training for many years, and is integrated within the interdisciplinary educational mission of the Department and the larger Medical Center. Our internship is designed to train health service psychologists for entry level practice in academic settings. The hallmarks of our program include evidence-based approaches to assessment, consultation, and intervention and the integration of science and practice that is responsive to cultural differences. We provide training that focuses on breadth through our general Adult and Child clinics, while allowing our interns to develop an area of focus through their tracks. Most importantly, our internship is individualized and can be tailored to meet our interns' specific training goals. Each intern receives at least four hours of individual supervision each week and attends several hours of didactics designed to enhance acquisition of profession-wide competencies in health service psychology. We believe that we offer a challenging and supportive setting for obtaining doctoral internship training in Clinical Psychology.

As we enter the third year of health service psychology training to be impacted by the COVID-19 pandemic, we recognize the importance of also providing you with information about its impact on our training program. We have continued to respond to the level of risk posed by this disease with the safety of our trainees, staff, faculty, and patients as our paramount concern, while continuing to meet the needs of the communities we serve. We are grateful for the scientific strides that have contributed to a greater understanding of the disease and the availability of vaccination. All employees at UCM are required to be vaccinated for COVID-19 and influenza (with medical or religious exemptions available in rare circumstances). We currently provide inpatient care, consultation services, neuropsychological assessment, and some integrated care using hybrid models as far as possible with appropriate safety protocols for when face-to-face contact is necessary. Outpatient services for psychiatric care and psychotherapy in particular are being conducted primarily using telehealth methods at this time, although options exist to see patients in person when clinically indicated. We conduct didactics and some supervision virtually in order to support our interns' safety. In order to address some of the losses associated with remote work such as interprofessional collaboration, socialization among interns and with our faculty, development of a support system for our trainees, and a general sense of community, we currently require interns and

faculty to be on site for a minimum of two days per week. Our training program, department, division, and institution follow infection control procedures and national and state regulations as informed by science and safety. We are committed to maintaining the integrity of our training program and the acquisition of profession-wide competencies while balancing the safety of our trainees, faculty, and patients. Specific COVID-19 adjustments to our program may be found in our brochure. The unpredictability and volatile nature of the pandemic, especially with regard to the recent spread of the Delta variant, have demonstrated that it is impossible to have definite expectations for the future, and we recognize that we will need to be flexible and creative as we continue to adapt to this situation. All adaptations will be designed to preserve the integrity of our program and prioritize safety of our trainees and faculty.

The Clinical Psychology Internship at the University of Chicago Medicine is comprised of **four tracks: Adult/Health Psychology, Adult Neuropsychology, Child/Pediatric Psychology, and Pediatric Neuropsychology.** We will be recruiting and matching with one intern in the Adult Neuropsychology, Child Psychology and Pediatric Neuropsychology Tracks, and two interns in the Adult/Health track. **You may apply to only one track** which should be specified in your cover letter.

Our application deadline is **Monday, November 1, 2021** (11:59 EST). You will be contacted by email if you are selected for an interview. **We will conduct virtual interviews on the following Fridays in December, 2021 and January, 2022: 12/3/21, 12/10/21, 1/21/2022, and 1/28/2022.** Our annual stipend is \$36,000 and is offered as part of a comprehensive package of benefits.

Before deciding to apply to our program, please review our updated brochure very carefully. We want you to fully appreciate the structure of our program and what we have to offer. We hope that you will apply to our internship program because you believe it is a "great fit" with your professional goals for training and your future career development. We also encourage applications from individuals from underrepresented groups. Should you match with us, we will, in turn, work to provide you with the skills necessary to become a health service psychologist who is able to integrate science and practice in an academic environment serving a diverse population.

Read on for more details about our program! We wish you luck as you navigate this challenging process and complete your degree. We appreciate the time you will invest in completing the application to our program and promise to thoroughly review your credentials. We look forward to learning more about you and possibly "meeting" you. If you have questions that are not answered in our written materials, feel free to contact us by email.

Shona Vas

Sincerely,

Shona N. Vas, Ph.D., ABPP
Director, Clinical Psychology Training
Director, Cognitive-Behavior Therapy Program
Associate Professor, Psychiatry & Behavioral Neuroscience
Contact Information: svas@yoda.bsd.uchicago.edu

Note: The Commission on Accreditation requires that all APA accredited internship programs provide the standardized tables of admissions, support, and initial placement data. These tables are updated annually for the Clinical Psychology Doctoral Internship Program at the University of Chicago Medicine. Questions about our program's accreditation status may be directed to: American Psychological Association
Office of Program Consultation and Accreditation
750 First Street NE,
Washington, DC 20002-4242

Phone: (202) 336-5979

Web: <a href="http://www.apa.org/ed/accreditation">http://www.apa.org/ed/accreditation</a>

# **Internship Admissions, Support, and Initial Placement Data**

As of 2017, the Commission on Accreditation requires that all APA accredited internship programs provide the following standardized tables of admissions, support, and initial placement data. These tables are updated annually (revised: 8/14/2021) for the Clinical Psychology Doctoral Internship Program at the University of Chicago Medicine. Data are provided for the internship cohorts that started in 2017, 2018, and 2019.

## **Internship Program Admissions**

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

Our program is based in an academic medical center and highlights the integration of science and practice in the provision of evidence-based clinical care. Applicants are required to apply to a particular track: Adult/Health Psychology, Adult Neuropsychology, Child/Pediatric Psychology, and Pediatric Neuropsychology. Our training program is tailored to help each intern develop and progress towards professional training goals that may be addressed within the experiences offered in our department. Applicants who are competitive for our program have a combination of both general training and more focused experiences within the particular track, and seek to use internship as an opportunity to hone existing skills while developing new ones that will be consistent with their professional goals. Most of our interns have previous experience in academic medical centers, have operated as part of interdisciplinary teams, are comfortable with the fast-paced environment and the need to function autonomously with appropriate support, and aspire to careers in academic settings.

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	N	Υ	Amount: 600*
Total Direct Contact Assessment Hours	N	Υ	Amount: 600*

#### Describe any other required minimum criteria used to screen applicants:

We require 600 total face-to-face assessment and intervention hours \*combined. The distribution of these hours between assessment and intervention depends on the track the applicants choose. For our Adult/Health and Child/Pediatric tracks, competitive applicants usually have 400-600 intervention hours. For our neuropsychology tracks, competitive applicants have a greater proportion of assessment hours, although intervention experience is also important. Although we recognize that the COVID-19 pandemic has disrupted acquisition of clinical hours towards preparation for internship, our required minimum number of face-to-face hours remains the same. Most of our interns in recent years have far exceeded this benchmark. However, we encourage applicants whose training was significantly disrupted to

apply to our program if they determine that they are a good fit. In evaluating applications, we consider minimum number of hours to be one variable among many others in determining a candidate's fit for our site.

# **Financial and Other Benefit Support for Upcoming Training Year**

Annual Stipend/Salary for Full-time Interns	\$36,	,000
Annual Stipend/Salary for Half-time Interns	N,	/A
Program provides access to medical insurance for intern?	Yes	No
If access to medical insurance is provided:		
Trainee contribution to cost required?	Yes	No
Coverage of family member(s) available?	Yes	No
Coverage of legally married partner available?	Yes	No
Coverage of domestic partner available?	Yes	No
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	20 c	lays
Hours of Annual Paid Sick Leave	10 c	lays
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	No
l		

Other Benefits (please describe): Full conference support for a first author presentation. However, this benefit may not be available during the upcoming training year due to pandemic-related funding restrictions.

# **Initial Post-Internship Positions (Aggregated Tally for the Preceding 3 Cohorts)**

	2017-2020	
Total # of interns who were in the 3 cohorts	15	
Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree	0	
	PD	PD
Community mental health center		
Federally qualified health center		
Independent primary care facility/clinic		
University counseling center		
Veterans Affairs medical center	1	1
Military health center		
Academic health center	6	6
Other medical center or hospital (county hospital)		
Psychiatric hospital		
Academic university/department	1	1
Community college or other teaching setting		
Independent research institution		
Correctional facility		
School district/system		
Independent practice setting		

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.

#### **General Information**

In order to better understand our internship program, it is important to have a sense of the institutional and departmental contexts within which it resides.

## The University of Chicago Medicine

The University of Chicago Medicine is one of the country's preeminent academic medical centers. It is internationally known for the quality of its health care, medical and scientific training, and research.

The University of Chicago Medicine is comprised of the Pritzker School of Medicine and the Division of Biological Sciences of the University of Chicago. It includes the Bernard Mitchell Hospital, Duchossois Center for Advanced Medicine, Rubloff Intensive Care Tower, the Surgery/Brain Research Pavilion, Chicago Lying-in Hospital, the Center for Care and Discovery, and Comer Children's Hospital. More than 90 specialty outpatient clinics are part of the medical center. It is one of the larger medical systems in the Chicago area, with over 650 beds, and more than 700,000 outpatient visits per year. Many satellite clinics in community hospitals and outpatient practices also exist throughout the Chicagoland area. The Pritzker School of Medicine trains a higher proportion of academically oriented physicians than any other medical school in the country, and is highly ranked for its translational science training programs. The Biological Sciences Division (BSD) is composed of faculty-researchers in both basic science and clinical areas, including a collection of Nobel laureates, and receives over \$80 million annually in research grants.

The University of Chicago is in the Hyde Park neighborhood on the South side of the city. The University has an excellent library system, computer services, and many intellectual and social offerings. Hyde Park is a quiet urban residential neighborhood, centered around the University, and is noted for its multicultural flavor, cultural activities, and intellectual opportunities, as well as its historical architecture. Hyde Park and its neighbor community, Kenwood, are also known as the Chicago home of President Barack Obama and his family. The communities the medical center serves are quite diverse: two-thirds identify as racial/ethnic minorities, a quarter of residents are under age 18 and a third of residents are considered older adults; and 20% of families live below the poverty line. The University of Chicago is situated five miles south of Chicago's downtown area and one-half mile from Lake Michigan, affording access to a wide variety of cultural, recreational, and professional opportunities. Affordable housing close to the University is readily available. Interns often choose to live near the campus, as well as across the Chicagoland area. Access to the University of Chicago Medicine is easily available through both public transportation and by car. Interns are able to use their UCM ID within Hyde Park for free access to the buses operated by the City of Chicago as well as the University's shuttles which run in continuous loops throughout the day.

## **Department of Psychiatry and Behavioral Neuroscience**

The Department of Psychiatry and Behavioral Neuroscience is an integral component of The University of Chicago Medicine. It is both a clinical service and training unit within the medical center, and an academic unit within the Division of Biological Sciences and the Pritzker School of Medicine.

The Department has a long history of distinguished research, integrated with clinical service and mental health training. Current and previous faculty members include prominent psychologists and psychiatrists who have made major research and clinical contributions to behavioral, cognitive, biological, and psychodynamic theories of development and intervention, and their application to assessment, diagnosis, and treatment. Ongoing areas of research include therapy outcome, developmental psychopathology, substance abuse, psychopharmacology, developmental epidemiology, biological psychiatry, medical neuropsychology, neuroimaging, and the identification and treatment of multiple psychiatric and neurodevelopmental concerns.

The Department is comprised of two clinical sections: Adult Psychiatry and Child and Adolescent Psychiatry, located on the third and fourth floor of the main academic building of UCM. Each section provides a combination of inpatient, outpatient, and specialty programs within the medical center. The Department also houses a research section that comprises faculty across the department as well as collaborates actively with programs throughout the Biological Sciences Division and greater University community. Our Department serves an incredibly diverse patient population across many individual difference variables (e.g., race, ethnicity, language, national origin, religion, sexual orientation, SES, etc.) in our general outpatient clinics, on our inpatient services, and in our specialty clinical programs. Our interns are afforded a unique training experience with patients of varying intersecting socially privileged and marginalized identities, one of the biggest strengths of our program.

#### **Section of Adult Psychiatry**

The <u>Adult Psychiatry Section</u> provides outpatient psychotherapy and medication management services. In addition to general medication clinics, we offer a number of specialty pharmacology clinics. The outpatient medication clinics include the Schizophrenia/Chronic Mental Illness Program, Personality Disorders Clinic, Neuropsychiatry Clinic, Adult Anxiety Clinic, Psycho-Oncology and Med Psych Clinics, Consultation-Liaison Service, Addiction, Compulsivity and Impulsivity Disorders Clinic, Women's Health, and the Geropsychiatry Clinic. Inpatient psychiatric services are provided through our affiliate settings, Ingalls Hospital and Northshore University Health System, located across the Chicagoland area. Adult Psychiatry also collaborates on training and service with the University's Student Counseling Service (SCS). Additionally, the Department shares psychiatry training responsibilities and collaborates on research with affiliated faculty at Northshore, located in the suburbs north of Chicago.

Patients of the Adult Section of the Department of Psychiatry & Behavioral Neuroscience present with a wide variety of mental health problems. Interns are likely to be involved in the assessment and treatment of patients with affective, cognitive, or substance use disorders, difficulties in emotional and behavioral regulation, psychophysiological and somatization disorders, relationship problems, sleep disorders, adjustment disorders associated with medical conditions, and personality disorders. Many patients are self-referred from throughout the Chicago area, while other patients are referred by physicians within the Medical Center and its affiliated services for assessment and treatment. The patient population is comprised of a diverse socioeconomic, racial and ethnic mix, representing the University and greater Chicagoland community.

### **Section of Child and Adolescent Psychiatry**

The <u>Child and Adolescent Psychiatry Section</u> is comprised of psychologists and psychiatrists who share a primary interest in clinical service, research, and training in child and adolescent mental health and pediatric consultation. Serving both traditional psychiatric and medical populations, the Section collaborates with pediatric specialists from Comer Children's Hospital, including Developmental and Behavioral Pediatrics, Pediatric Hematology-Oncology, Pediatric Infectious Disease, Pediatric Rheumatology, Pediatric Gastroenterology, Pediatric Neurology and Neurosurgery, and General Pediatrics. The section has a long and rich tradition of training child and adolescent mental health professionals, many of whom have gone on to prominent positions in academic medicine, research, and clinical care. Current training and intervention orientations include developmental, interpersonal, cognitive, behavioral, and biological perspectives.

Specialty services within the Section include the Pediatric Consultation-Liaison Service, Neurodevelopmental Disorders Clinic, Mood and Anxiety Disorders Clinic, Child and Adolescent Trauma, PCIT Clinic, and the Pediatric Neuropsychology Service. The Child Psychiatry Outpatient Clinic provides assessment, diagnosis, and treatment services for the Hyde Park and greater Chicagoland community, including pharmacotherapy and psychotherapy. Inpatient care for children and adolescents is provided through our affiliated units at Ingalls Hospital in the south suburbs, and Northshore University Health Systems and Highland Park Hospital, in the northern suburbs. Although the population served by the Child and Adolescent Psychiatry Section is clinically and economically diverse, a substantial number of patients come from disadvantaged and minority backgrounds.

# **Program Overview**

Our internship program is grounded in the scientist-practitioner philosophy with an emphasis on empirically-supported assessment, treatment, and consultation approaches. We provide general training in clinical psychology for all interns with opportunities for specialized training within each individual track. Our belief that internship is a training year that serves as a bridge from student to professional is supported by our commitment to supervision and robust

didactic offerings. All interns spend a significant proportion of their time in our general Adult or Child outpatient clinics where they follow cases for assessment and psychotherapy. Further, each intern applies to and is matched within one of our four tracks (Adult/Health, Adult Neuropsychology, Child, and Pediatric Neuropsychology). Within their tracks, interns obtain more focused training through rotations that account for the remainder of their time. These rotations are carefully selected to facilitate the accomplishment of interns' learning goals and preparation for postdoctoral training and future employment. In addition to developing broad competencies across the major areas of health service psychology, our program is dedicated to our interns' professional development through mentorship, supervision, availability of role models, interdisciplinary collaboration, and didactics; and is highly customizable to optimize achievement of training goals. Each intern is assigned a primary mentor who will help them in clarifying training goals, making rotation choices, monitoring their progress through the program, and assisting with career development and decision-making about the transition from graduate student to professional psychologist. Interns attend didactic seminars conducted by senior and junior faculty members addressing their developmental and professional needs. Our ultimate focus as a faculty is on facilitating our interns' development as health service psychologists who will function effectively in academic environments. We accomplish this goal through general training, specialty rotations, intensive supervision and mentorship, didactics, and research opportunities. Interns interact with supervisors from diverse backgrounds and orientations, and develop the communication skills, expertise, and confidence required to provide expert services to patients and families, physicians and other providers, to become educators and supervisors in clinical and academic settings, and to share their knowledge in lectures and more formally, in peer-reviewed venues. Moreover, our internship program and our faculty are committed to diversity and inclusion which is aligned with the broader efforts within the institution. We believe that we have developed an enriching, exciting, and challenging program that can be customized towards helping you achieve your training goals.

# **Program Aims**

In sum, our program's specific aims are anchored in the profession-wide competencies expected of all health service psychologists and around which training programs are structured. Our aims align with these competencies which in turn guide the development and implementation of our program, the expectations for our interns, and evaluation of our program's outcomes. Our program aims to:

- 1. To recruit and train ethical, skilled, and culturally sensitive health service psychologists who will be prepared for entry level practice and postdoctoral fellowships in academic settings.
- 2. To provide training in evidence-based approaches to assessment, intervention, and consultation with diverse populations through the integration of science and practice in an interdisciplinary environment. Our program addresses the development of general

- clinical skills while providing opportunities to develop an area of focus within designated tracks (Adult/Health, Adult Neuropsychology, Child, Pediatric Neuropsychology).
- 3. To facilitate interns' professional identity as health service psychologists by customizing each intern's experience to be consistent with their training goals and career aspirations through mentorship, supervision, didactic education, and experiential training.

## **Internship Competencies**

Our internship program is consistent with the American Psychological Association's (APA) updated Standards of Accreditation (SoA) in health service psychology as reflected in the acquisition of the profession-wide competencies (PWCs). We believe that the internship year should be focused on the broadening and further development of an intern's general clinical psychology skills. Across all tracks, our interns' outpatient experiences will provide opportunities for development of the PWCs, in addition to the experiences they obtain within their specific track. Through their outpatient experiences, interns are required to spend approximately 50% of their time (40% for Neuropsychology tracks) conducting evaluations and providing brief and longer-term individual psychotherapy with adults, children, adolescents, and families, under the supervision of departmental faculty. Our supervisors represent various orientations, including developmental, systems, cognitive-behavioral, interpersonal, and acceptance-based models. Our program is also designed to offer more specialized experiences to enable interns to identify a focus for postdoctoral training and to establish career and professional goals.

Per the SoA, we expect that all interns will acquire the following PWCs over the course of the training year.

- 1. Science, research and evaluation: We expect our interns to engage in professional activities informed by the integration of science and clinical practice. As such, interns are exposed to empirically supported treatments, learn to turn to the literature to answer clinical and research questions, become involved in different aspects of clinical research, and generally demonstrate dedication to expanding their knowledge and skills in this domain. Further, interns will recognize the importance of outcome and program evaluation within their clinical activities and its value in professional practice.
- 2. **Ethical and legal standards:** We expect our interns to become proficient in the knowledge and application of appropriate ethical and legal guidelines, and to be consistent with professional ethical guidelines and federal and state law.
- 3. **Individual and cultural diversity:** Our interns are expected to be thoughtful about their own cultural and ethnic background and its impact on their own approach to assessment, treatment, consultation, and research. Our program offers a unique setting to develop competence in working with a range of individual difference variables including but not limited to, race, ethnicity, language, nationality, religion, socioeconomic and educational status, geographical location, sexual orientation, and

- gender identity. We believe that self-reflection in this regard is an essential component in creating a culture that values diversity and inclusion. Diversity competence is woven into all aspects of our training program.
- 4. Professional values, attitudes, and behaviors: We value the interns as members of our Department. We expect that they will engage in appropriate professional behavior, act ethically and responsibly in all professional settings, and become familiar with the operation of a medical center in terms of administration, billing, documentation, and time management. Through professional practice, supervision, and didactics, interns will be exposed to the process of developing their own identities as emerging clinical psychologists. We encourage ongoing self-reflection and refinement of personal and professional goals.
- 5. **Communication and interpersonal skills:** We expect our interns to appropriately utilize supervision and consultation to accomplish their training goals while providing appropriate clinical care. Training is also focused on enhancing communication in multiple settings and roles.
- 6. Psychological assessment and diagnosis: Clinical activities will facilitate the acquisition of diagnostic knowledge and assessment skills. Interns will become develop a thorough working knowledge of psychopathology and psychiatric diagnosis per the DSM and ICD systems. They will learn to use interview, historical, collateral, and psychometric data to diagnose appropriately, develop a case formulation, and provide treatment recommendations as necessary.
- 7. **Psychotherapeutic intervention:** Interns will be expected to become familiar with empirically supported treatments. Goals in this regard include being able to develop and maintain patient rapport, engage in case conceptualization that guides treatment planning, provide evidence-based treatment to individuals, couples, families, and groups, and mobilize case management services as necessary.
- 8. **Supervision, education, and training:** We prepare interns for careers in academic settings. To this end, they acquire competencies in the provision of clinical supervision and are also offered opportunities to provide other forms of teaching and training.
- 9. **Consultation:** Our program provides interns with the opportunity to work in interdisciplinary settings with different types of medical and mental health providers such as psychiatrists, social workers, residents, fellows, nurses, medical students, and physicians. By the end of internship, we expect our trainees to be competent in providing consultation, to work collaboratively as members of a treatment team, and to interact effectively with professionals from different disciplines.

Formal written evaluations of interns are conducted at the 6 and 12-month mark. More informal but also written evaluations are conducted at the 3-month mark, with rotation evaluations being conducted at 9 months if necessary. Our evaluation form is developmentally anchored in terms of the PWCs. In order to graduate from the program, interns are expected to meet the minimal levels of achievement (MLAs) described on the evaluation form for outpatient and rotation experiences. Prior to completion of internship, we expect trainees to be at the intermediate level for all PWCs. On completion of internship, we expect trainees to be at the high intermediate or advanced level on 80% of PWCs. Further details are available in our

Intern Training Manual which is distributed during orientation. The Training Manual also contains information about remediation and due process.

# **Commitment to Diversity and Inclusion**

Consistent with missions of the University of Chicago, the Biological Sciences Division, and the University of Chicago Medical Center, the internship is committed to diversity and inclusion in all facets of our program. Our diverse patient population and community provide the varying voices and perspectives that are central to the pursuit of new knowledge. Our culture is enriched by the different backgrounds of our students, trainees, faculty, staff, alumni, and patients. As such, we welcome applications from members of diverse and underrepresented groups.

The University of Chicago is an Affirmative Action/Equal Opportunity/Disabled/Veterans Employer and does not discriminate on the basis of race, color, religion, sex, sexual orientation, gender identity, national or ethnic origin, age, status as an individual with a disability, protected veteran status, genetic information, or other protected classes under the law. For additional information please see the University's Notice of Nondiscrimination.

Given the widespread recent social unrest coupled with the COVID-19 pandemic, we are acutely aware of the of the impact of these racial injustices and disparities on our community. The BSD, the Medical Center, the Department, and the internship program have all developed and implemented additional programming to effectively respond to the evolving needs of our trainees, employees, and the patients we serve. We explicitly affirm our anti-racist identity and are committed to dismantling racism and oppression, and promoting social justice, cultural humility, equity, and inclusion.

# **Internship Tracks**

The clinical psychology doctoral internship program at the University of Chicago is comprised of four tracks:

- 1. Adult Health Psychology (APPIC Match Number 126612): 2 positions
- 2. Adult Neuropsychology (APPIC Match Number 126614): 1 position
- 3. Child Psychology (APPIC Match Number 126613): 1 position
- 4. Pediatric Neuropsychology (APPIC Match Number 126615): 1 position

We are a member of the Association for Psychology Postdoctoral and Internship Centers (APPIC) and participate in the national match. You must register with National Matching Service (NMS) in order to apply to our <u>program</u>. We are compliant with APPIC membership criteria and also abide by all APA guidelines and principles. All applicants must indicate which track they are applying to and may apply to only one track. Applicants who apply to more than one track will not be considered further. Interns will be matched to specific tracks and expected to obtain most of their experience within their track. Cross track rotations are possible to round out

experience and skills. A summary of the four tracks is provided below, with more detailed information about rotations available later in the brochure, along with descriptions of faculty interests. If you are considering a particular track for internship, carefully read the description about potential experiences and review each faculty member's clinical and research interests.

- 1. The Adult/Health Psychology track is appropriate for individuals whose interests lie in more traditional areas of psychopathology and intervention, candidates who are aspiring health psychologists, and applicants who are consider themselves to be generalists and want to acquire basic competencies in health psychology. This track emphasizes training in assessment, diagnosis, and treatment of emotional and behavior disorders, and psychosocial contributors to medical and psychiatric problems in adults. Core clinical rotations highlight the development of competencies in the treatment of individuals with Addictive Disorders, Anxiety and Obsessive-Compulsive and Related Disorders, Trauma and Stressor-Related Disorders, Eating Disorders, and emotional and behavioral dysregulation using empirically supported treatments, as well as emphases in different areas of health and psychosocial functioning through Psychosocial Oncology, Consultation-Liaison, Diabetes, Surgical and Behavioral Treatment of Obesity, Health Psychology, Integrated Primary Care, Pain, Reproductive Behavioral Health, Gastrointestinal Disorders, and Transplant. Research rotations in the areas of addictive disorders, compulsive behaviors, eating disorders, and the treatment of mood and emotion regulation disorders are available. In addition, interns may elect to learn more about psychology Training and Administration. Primary faculty involved in the Adult Psychology track include Drs. Andrea King, Amy Siston, Shona Vas, Nancy Beckman, Daniel Fridberg, Jennifer Wildes, Fabiana Araujo, Candice Norcott, Molly Erickson, and Alyse Bedell.
- 2. The Adult Neuropsychology track adheres to APA Division 40 and Houston Conference guidelines for training and meets requirement for board certification in clinical neuropsychology. The intern spends at least 60 percent of time conducting neuropsychological evaluations, supervising psychology externs, and attending weekly didactics related to this area of focus. Adults across the age range are evaluated, with a significant geriatric population. There are several clinical rotations available, some of which are mandatory for interns as they are related to fundamental training in neuropsychology. The Adult Neuropsychology Clinic rotations (which occur on different days of the week) involve evaluations of primarily outpatient referrals presenting with various neurologic and medical conditions, using a flexible battery approach. The Memory Disorders rotation involves working with a multidisciplinary medical team and conducting neurocognitive assessments of individuals presenting with memory complaints. The Adult Neuropsychology Research Rotation involves working closely with a faculty member on either an existing project or new short term project, with a focus on improving knowledge regarding cultural issues and/or geriatrics. A research rotation examining the neurocognitive abnormalities of psychotic disorders and using EEG and fMRI data is also available. Faculty on the Adult Neuropsychology track are Drs. Joseph

Fink, Maureen Lacy, and Sarah Keedy.

- 3. The Child/Pediatric Psychology track is oriented towards candidates seeking to focus on the interface between hospital-based clinical child psychology and pediatric psychology practice. Emphasis is on diagnostic evaluation, intervention, management of health and psychopathology related difficulties, consultation/liaison, and working with referring medical and psychiatric teams. Core rotations in this track include Pediatric Consultation/Liaison, Kovler Diabetes Center, MALS (Median Arcuate Ligament Syndrome), Hematology-Oncology and Survivorship Clinics, Parent-Child Interaction Therapy (PCIT), Trauma and Resilience Treatment (U-STAR and REACT clinics) and Eating Disorders. Core faculty in this track include Drs. Tina Drossos, Sonya Mathies-Dinizulu, and Matthew Young with some rotations being supervised by our pediatric neuropsychologists, Drs. Scott Hunter and new faculty member, and our adult faculty, Drs. Jennifer Wildes and Candice Norcott. We are a member of the Clinical Child and Pediatric Psychology Training Council.
- 4. The **Pediatric Neuropsychology track** is also consistent with APA Division 40 and Houston Conference guidelines for training and meets requirement for board certification in clinical neuropsychology. The intern spends a significant proportion of time conducting neuropsychological evaluations and attending weekly didactics related to this area of focus. This track emphasizes competencies in the assessment, diagnosis, and treatment of neurodevelopmental, mood, and behavioral concerns in children and adolescents. The intern on this track divides time between conducting neuropsychological evaluations of outpatient referrals from the broad spectrum of pediatric specialties at UCM, with an emphasis on children with neurological, learning, and developmental disorders; and on developing skill in pediatric consultation-liaison, pediatric psychology, and individual and family psychotherapies. All interns in the Child Section become expert in the application of empirically supported interventions for mood, behavior, developmental difficulties, and pediatric psychology. Primary faculty on this track are Drs. Israel Gross and our new pediatric neuropsychologist (for whom a search is currently underway) with additional rotations supervised by Dr. Tina Drossos and Sonya Dinizulu.

# **Internship Program Structure**

The internship is a year-long, full-time experience devoted to supervised training in the provision of clinical services and continued development of skills in research and consultation. Interns participate in weekly seminars addressing professional identity and practice as well as more focused didactics associated with their clinical and research rotations. Individual supervision is provided across the areas of psychological assessment, treatment, and consultation. The emphasis of the internship is on developing core skills in these areas and on fostering the development of the intern's professional identity as a health service psychologist. The program has four principal components: 1) Outpatient clinical service 2) Clinical and

research rotations 3) Supervised experience in psychotherapy and other aspects of general clinical psychology practice, and 4) Didactic education. In order to provide training in the acquisition of the PWC of clinical supervision, all interns will be required to supervise psychology interns in some capacity.

In keeping with our focus on professional development, at the beginning of the internship, each intern is assigned a primary faculty mentor. In consultation with their mentors and the Director, interns formulate a plan for identifying and meeting their training goals. Collaboration with other faculty members across tracks, including clinical supervisors will also be considered in designing an individualized training program. Individually determined combinations of rotations, clinical supervisors, patient populations, seminars and other opportunities across the hospital system are selected to optimally meet each intern's training needs and interests. We consider this flexibility to be one of the highlights of our program as it allows the intern to maximize the value of the internship year by making unique choices from among the diverse educational opportunities our site offers.

# 1. Outpatient Clinical Service

Both our Adult and Child Sections have robust outpatient clinical programs. These outpatient opportunities provide the generalist clinical training and broad exposure to the practice of health service psychology within an academic medical center. Diagnoses of patients in these clinics span the DSM-5 and offer experience with a range of individual difference variables across multiple dimensions. Patients present for assessment, intervention, consultation, and pharmacological maintenance. Interns are integral providers in our clinics and work closely with faculty psychiatrists, psychiatry residents and fellows, and other staff (e.g., social workers, nurse practitioners) to serve the needs of this population. Interns carry between 7 and 12 patients per week, depending on their track and the particular composition of their caseload, for which two hours of individual supervision are provided. Our internship emphasizes the importance of both breadth and depth in the training of clinical psychologists. In this capacity, Adult/Health and Child interns are expected to provide a minimum of 300 hours of direct service (diagnostic assessment and treatment) in the outpatient clinics by the end of the training year. As the Adult and Pediatric Neuropsychology Tracks are more time-intensive for rotations, these interns are expected to provide a minimum of 225 hours of direct service in the outpatient clinics. These numbers represent adequate direct clinical service to meet licensure requirements in the state of Illinois. Interns obtain further clinical experience and supervision through their choice of rotations, thereby broadening and deepening their expertise.

#### 2. Clinical and Research Rotations

Rotations are an important component of the structure of the internship. The Department of Psychiatry and Behavioral Neuroscience specifically, and the University of Chicago Medicine more generally, serve as training settings for these rotations. These clinics, programs, and services provide interns with the opportunity to work alongside skilled psychologists;

psychiatrists; other pediatric and adult physician specialists, such as neurologists, oncologists, or geriatricians; and clinical social workers and Child Life professionals, in a variety of diverse settings, across various areas of Clinical Psychology and Psychiatry. Rotations in the specialty clinics and services introduce interns to the differing areas of practice that exist within the profession, and help them refine their own specialty interests.

In consultation with their primary mentor and the Director of Psychology Training, interns choose a total of four full-time rotations: two rotations are completed each six-month period of the training year. One rotation is equivalent to one full-day of clinical (or research) commitment, each week, approximately 8-10 hours. An intern may elect to take the same rotation again (i.e., a depth of training approach) or may choose another, different track rotation, to gain a wider training experience (i.e., a breadth of training approach). Interns must participate in at least three clinical rotations related to their designated track. For example, the Adult Neuropsychology Intern will typically complete the Memory Disorders Rotation, and two Adult Neuropsychology Clinic Rotations. In selecting a fourth rotation option, the intern may elect to complete a research rotation or opt for a rotation from one of the Adult or Child track offerings. Over the years, popular "outside" track rotations taken by Adult Neuropsychology interns have been the Anxiety Disorders Clinic and the Consultation/Liaison Service on the Adult Psychology track. In order to provide interns with maximum opportunity to sample the program's many clinical and research offerings, some rotations are offered as a "mini" rotation (half day; 5-6 hours). No more than two mini rotations may be pursued at any given time.

Each rotation involves clinical work and supervision, and most rotations also include a seminar or case conference. The various specialty clinics that are currently available to interns are described for each track, in the relevant track sections. It is important to note, however, that rotations may change over time, with some options being added, and others possibly becoming unavailable for the training year an intern enters the program. Please feel free to inquire about the availability of particular clinical rotations that may be of specific interest.

While the internship year is primarily devoted to clinical training, our program encourages the continued development and refinement of an intern's skills in research, scientific inquiry, and program evaluation as integration of science and practice. As such, interns may become formally or informally involved in ongoing faculty research both within the Department or in collaboration with other services across UCM. Interns may also develop their own research questions and projects within the Department or with a collaborating service in the medical center.

Research rotations are commonly pursued by interns, and are more typically completed during the second half of the year. We require that interns have defended their dissertations prior to embarking on a research rotation. The research rotation is usually developed within the context of ongoing programs and projects across the tracks, and most interns complete their research in conjunction with one of their track supervisors or mentor. Time for this rotation is negotiated with the investigator and the Director of Clinical Psychology Training. To fulfill the

rotation requirements, interns may assist faculty in grant preparation and submission, running existing projects, analyzing data and presenting results, writing manuscripts, or developing an independent, program- related project.

### 3. Supervision

The core of our internship's training philosophy is supervised clinical experience that challenges interns to expand their conceptual and practical skills in the assessment, diagnosis, and treatment of psychological and behavioral disorders. Each intern is matched with a primary mentor, who serves as the principal track-specific advisor overseeing the intern's program and progress. All interns are assigned two year-long primary supervisors for their outpatient cases. Further, interns receive supervision from directors of the rotations that they selected. Supervision is done primarily on an individual basis, with a licensed clinical psychologist on faculty, although some supervision is also conducted in group format and through seminars and case conferences. Close attention is paid to balancing the intern's core training goals, their rotation demands, their psychotherapy caseload, and their supervision needs. Interns typically receive two hours of weekly outpatient psychotherapy supervision and at least one hour of rotation based supervision each week, per rotation. For most rotations, group supervision also occurs and often involves trainees at different levels including psychiatry residents, child fellows, psychology externs, and postdoctoral fellows.

#### 4. Didactics

All interns attend several core seminars as part of their internship training, in accordance with APA requirements and recommendations. Interns also have the opportunity to attend any elective seminars offered through the Psychiatry Residency Program or the University of Chicago Medicine. In addition, each track presents its own specific seminar(s) that interns attend as part of their rotations and mentoring; these offerings are explained in the detailed descriptions for each of the tracks. Core seminars for interns are described below:

- a. Professional Issues Seminar, facilitated by Dr. Shona Vas, provides the opportunity for interns and psychology training faculty to discuss important issues central to our work and identity as health service psychologists, including: ethics and standards of practice, psychology as a profession, legal and political issues, diversity issues, and sensitivity to individual differences, the integration of research and clinical work, career development, and socialization into the profession of psychology. This seminar is designed to prepare interns for the transition from student to health service psychologist.
- b. **Psychologists in the Medical Setting Seminar,** facilitated by Dr. Tina Drossos and Dr. Nancy Beckman, consists of readings, didactic lectures, case presentations, and open discussion intended to familiarize interns with the medical center setting and its professional demands. This seminar emphasizes the application of clinical psychology principles to modify biological and psychosocial functioning and adjustment to illness, as well as surveys different disorders common to psychiatric and medical settings, and

- their treatment. As part of this seminar, members of the training faculty and outside guest lecturers present their work, with the intention of exposing interns to the myriad roles that psychologists may have as part of an academic medical center. Further, interns receive specific instruction about assessment and intervention for several different medical conditions.
- c. **Diversity Seminar** is facilitated by Dr. Sonya Mathies Dinizulu with additional support from all faculty in the program who are committed to diversity, equity, and inclusion. Didactic presentations, case examples, and journal club discussions are used to enhance interns' intercultural knowledge of and competence with individual differences in several contexts within and beyond the medical center environment. Interns are exposed to various levels of activism and are encouraged to engage in these efforts to promote social justice in the areas of their choice. As diversity is woven into all aspects of our training program, this seminar provides an opportunity to discuss interns' integration of didactic knowledge, experiential training, and supervision in this regard.
- d. **Supervision Seminar** is facilitated by Drs. Matthew Young and Shona Vas. Didactic presentations, group discussion, and in-session activities are utilized in providing interns with foundational knowledge for developing competency in the provision of clinical supervision. Further, all interns are required to provide clinical supervision to psychology externs for which they receive individual supervision from a faculty member. This seminar serves as another avenue for interns to collaboratively discuss their experiences and explore their emerging identity as clinical supervisors.
- e. **Advanced Cognitive-Behavior Therapy** is offered for both adult and child interns, in tandem with departmental externs who are completing advanced clinical placements. Dr. Shona Vas directs the adult CBT course and Dr. Matthew Young directs the child CBT course. The lectures in these series are designed to provide training in empirically-supported assessment and treatment for most disorders classified in the Diagnostic and Statistical Manual (DSM) of Mental Disorders, 5<sup>th</sup> edition (DSM-5).
- f. **Multidisciplinary Case Conference** is facilitated by an affiliated psychologist, Dr. Lindsay Brauer in the Adult Section and Dr. Tina Drossos in the Child Section. Cases involving multiple providers are presented. This seminar encourages inter-disciplinary dialogue and contributes to the supportive and collaborative learning environment in the Department.
- g. **Grand Rounds:** The Department's Grand Rounds series takes place weekly between October and June and offers presentations on a wide range of topics in mental health and psychiatric medicine by renowned speakers from around the country. This seminar alternates between a monthly Clinical Grand Rounds, where trainees and faculty present on current clinical cases of note, and research presentations by faculty from within the Department and the larger medical center, as well as researchers from outside the Chicago area. All psychology interns and senior residents in the Department present during the year as part of the Grand Rounds training series.
- h. **Morbidity and Mortality (M&M) Conference:** This meeting reviews, in a supportive and interdisciplinary environment, recent cases seen by faculty and trainees in the Department, both individually and across disciplines, where concerns regarding ethics,

communication, and/or treatment efficacy have occurred. This is a required meeting in line with Departmental and medical center Quality Assurance guidelines.

In addition to these core seminars, interns attend track and rotation specific didactics. Additionally, the Department, Medical Center, and University each offer a plethora of seminars, lectures and varied educational experiences throughout the year, which interns may choose to attend. For example, interns may attend Grand Rounds in other Departments including Neurology, Medicine, and Pediatrics, lectures offered through the Department of Psychology and the Committee on Human Development, weekly lectures and case conferences with the psychiatry residents, and interdisciplinary conferences and courses on conducting research.

# **Track Descriptions and Rotations**

Our clinical psychology doctoral internship program is organized into four tracks. Each track offers unique experiences that may be tailored to meet the intern's professional goals. In this section, we describe the four tracks and available rotations within each track. When possible, we have described COVID-19 adaptations to our program.

## **Adult/Health Psychology Track**

We will recruit two interns for the Adult/Health Psychology Track which emphasizes training in general clinical work with medical and psychiatric populations. The name of this track highlights its flexibility in accordance with our program's mission to support interns in their pursuit to obtain an individually tailored clinical experience. The Adult/Health Psychology Track allows interns to build on their skills as generalists as well as to acquire exposure to and expertise in specific areas of health psychology. This track is therefore an appropriate fit for interns who have interests in general and specific areas of emotional and behavioral dysregulation, interns who are aspiring health psychologists, and for interns who seek to integrate these areas by becoming familiar with the varied clinical presentations seen in a rich academic environment. Interns on this track will have the opportunity to develop competency in working with patients with and without primary psychopathology, who range in age from early adulthood to older adults, and who represent diverse social, economic, cultural, and ethnic backgrounds. Opportunities for psychological and neuropsychological assessment exist within this track. Although track faculty endorse a variety of evidence-based theoretical orientations, cognitive-behavioral and acceptance-based therapies, both brief and long-term, are emphasized.

The Adult/Health Psychology track has particular strengths in clinical service using cognitive-behavioral and pharmacological approaches to treating substance use disorders, depression, anxiety, trauma, obsessive-compulsive spectrum, and other disorders of emotional and behavioral dysregulation, including more severe mental illness. These rotations include the Adult Anxiety and Avoidance Clinic, the PTSD Rotation, the Addictive, Compulsivity, and Impulsivity Disorders Clinic, and the Eating Disorders Program. The program offers an opportunity to gain experience providing supportive and therapeutic interventions to individuals with medical concerns, through the Psychosocial Oncology, Consultation-Liaison, Health Psychology, Pain, Integrated Primary Care, Women's Behavioral Health, Psychogastroenterology, Transplant, and Surgical Treatment of Obesity rotations. We also offer a Training and Administration rotation to afford our interns more focused exposure to clinical supervision and to developing an understanding of the administration involved in psychology training. Interns may also elect to do an outside rotation from one of the other tracks in order to obtain breadth in their training experience, although this is certainly not necessary given the diverse array of options within the Adult/Health track.

Adult psychology services are also provided to traditional psychiatric outpatients, and patients who require support and rehabilitation for neuropsychological and chronic psychiatric

conditions. Services are provided to patients adjusting to acute medical crises as well as those managing chronic medical conditions. Many of these patients are referred by other members of the Department, UCM providers outside the department, or are self-referred and specifically seeking treatment from a University of Chicago specialty clinic. Interns are embedded in the Adult section of the department and will interact with other providers with multiple contexts. Services offered by psychology interns include assessment, psychotherapy, consultation, and provider education. The Adult/Health Psychology Track has a number of elective seminars and treatment team activities that are typically required depending on the intern's particular rotation choices.

Rotations within the Adult/Health track may be offered as "full" rotations (8-10 hours per week) or "mini" rotations (5-6 hours per week) unless otherwise specified. Descriptions for each rotation are provided below.

COVID-19 Adaptations: At this point, most outpatient assessment and psychotherapy in the Adult Section are being provided virtually with all providers on site at least two days per week. To facilitate interprofessional collaboration in the absence of daily face-to-face contact with each other, we strive to find alternative methods to connect with other members of the treatment team.

# Addictions: Daniel Fridberg, Ph.D. (with support from Andrea King, Ph.D. & Jon Grant, M.D., J.D., M.P.H.)

The Addictions Rotation will provide the intern training in evidence-based assessment and psychotherapy for addiction and related disorders in the Addictive, Compulsive, and Impulsive Disorders (ACID) clinic at the University of Chicago Medicine. Patients in this clinic present primarily with substance use or impulse control disorders (i.e., "behavioral addictions"). The majority meet criteria for a comorbid mood or anxiety disorder. Interns will be trained on a CBT-based smoking cessation protocol (Courage to Quit®) and deliver that intervention to groups of ~4-12 patients weekly as part of the smoking cessation clinic. Interns will also provide empirically supported psychotherapeutic interventions including motivational enhancement therapy/motivational interviewing and cognitive-behavioral therapy for a caseload of approximately 4-5 individual psychotherapy patients. Supervision will consist of 1 hour of weekly individual supervision with Dr. Fridberg. In addition, there may be opportunities to supervise junior trainees (e.g., psychology externs) and to collaborate with Dr. Fridberg or other ACID faculty (Drs. Grant and King) on ongoing clinical activities or research projects.

#### Adult Anxiety and Avoidance: Shona Vas, Ph.D., ABPP

The Adult Anxiety and Avoidance (AAA) Clinic Rotation provides outpatient individual and group assessment and psychotherapy for adults experiencing anxiety, obsessive-compulsive, and trauma/stressor and-related disorders. Presenting diagnoses in the clinic include Panic Disorder, Agoraphobia, Generalized Anxiety Disorder, Social Anxiety Disorder, Specific Phobia, Obsessive-Compulsive Disorder, Hoarding Disorder, Body Dysmorphic Disorder, Disorders involving Body-Focused Repetitive Behaviors, Posttraumatic Stress Disorder, Acute Stress Disorder, and Adjustment Disorders. Avoidance of negative emotional experiences is a

significant transdiagnostic and unifying factor for patients seen in this clinic, regardless of their diagnoses. Treatment is provided from a cognitive-behavioral perspective, using empirically supported approaches. However, patients may also learn skills taught as part of acceptance-based approaches, for example, dialectical behavior therapy (DBT) in a group format. The intern will conduct diagnostic evaluations, provide individual therapy, and co-facilitate one or more time-limited psychotherapy groups for different disorders. In addition, the intern will have the opportunity to gain experience in providing clinical supervision for advanced graduate students who are also training in the clinic. The intern on this rotation will receive one hour of individual supervision each week, and will carry a caseload of 3-4 individual patients. This rotation requires participation in a weekly team meeting that addresses components of psychological assessment and cognitive-behavioral treatment of anxiety disorders, interdisciplinary care, and professional development.

#### PTSD: Shona Vas, Ph.D., ABPP

The PTSD Clinic Rotation provides outpatient individual and group assessment and psychotherapy for adults who meet diagnostic criteria for Post Traumatic Stress Disorder (PTSD). Interns may obtain exposure to treating Trauma and Stressor Related Disorders through the AAA Clinic, but may also seek more focused training in assessment and treatment of PTSD through selection of this rotation. Interns will conduct diagnostic evaluations and provide individual therapy focused on decreasing PTSD symptoms. Interns will become familiar with Prolonged Exposure (PE) therapy and Cognitive Processing Therapy (CPT) through this rotation. Opportunities exist to become certified in PE through our PE Consultation Program. The intern on this rotation will receive one hour of individual supervision each week, and will carry a caseload of 2-3 individual patients. This rotation also requires participation in a weekly interdisciplinary PE team consultation meeting.

#### **Eating Disorders: Jennifer Wildes, Ph.D.**

The Eating Disorders Program Rotation provides evidence-based assessment and treatment services to patients with anorexia nervosa, bulimia nervosa, binge eating disorder, and other feeding and eating problems (e.g., avoidant restrictive food intake disorder, purging disorder, atypical anorexia nervosa). Interns are embedded in an interdisciplinary treatment team that includes psychologists, psychiatrists, and social workers with expertise in the outpatient management of feeding and eating disorders. Responsibilities include conducting initial intake assessments and providing psychotherapy utilizing cognitive behavioral, dialectical behavioral, and family based treatment modalities. Interns also are expected to attend weekly rounds and didactics meetings and have the option of attending a weekly eating disorders research meeting. A separate eating disorders research rotation is available, if desired and if the intern has defended the dissertation.

#### Psycho-Oncology: Amy Siston, Ph.D. CST

The intern electing to complete the Psycho-Oncology Rotation will provide assessment, consultation and treatment for individuals with newly diagnosed cancer, individuals in active treatment, cancer survivors and individuals at genetic risk for cancer. The intern may also have the opportunity to work with patient caregivers, families and partners/spouses. Psychology services are available for cancer patients in the outpatient oncology clinics, utilizing a co-

located care model. Cancer patients may also be seen during inpatient hospitalization. The intern will also provide consultation to oncology staff regarding issues important to the care of cancer patients. Primary presenting problems will include both Sexual Health and/or Behavioral Symptom Management of cancer patients and survivors. Referral questions are varied and may include (but are not limited to): coping with a new diagnosis, management of psychiatric concerns (e.g., depression, anxiety, adjustment disorder) co-morbid with medical illness, coping with psychosocial stressors impacting the management of cancer, adjustment to treatment sequelae (e.g., pain, insomnia, nausea, fatigue, cognitive changes), family and dyadic distress, and sexual rehabilitation. Therapeutic modalities emphasized include CBT, ACT, MI, relaxation and mindfulness skills training. Interns will see a variety of cancer patients with diverse presenting problems, but can focus on a particular area of interest. Supervision will take place weekly and the intern will participate in multidisciplinary supportive oncology team meeting monthly. Monthly didactics are provided and include topics such as end of life issues, sexuality and relationships, and evidence-based interventions used in oncology Scheduling permitting, the intern also has the opportunity to attend weekly multidisciplinary tumor board meetings.

## Integrated Primary Care: Fabiana Souza Araújo, Ph.D.

The Integrated Primary Care Rotation can be either a full or mini rotation and provides interns with experience working in the fast-paced, multidisciplinary, primary care setting. Interns will see scheduled patients for assessment and brief intervention and receive warm hand-offs for same day consultations. Through this experience, interns will learn to conduct a rapid, focused assessment to identify relevant behavioral health concerns and clarify the presenting problem. Interns will learn to collaboratively identify short-term behavioral goals to target prioritized problem areas and deliver evidence-based treatment, up to 5 sessions. Treatments are mainly drawn from cognitive behavioral therapy, acceptance and commitment therapy, and motivational interviewing. Interventions may include psychoeducation, motivational enhancement, problem-solving, behavioral activation, cognitive restructuring, brief exposures, relaxation training, assertive communication, etc. Should longer-term psychological care be necessary, interns provide feedback to the patient and primary care physician and facilitate referrals as needed. Interns are expected to provide the treatment team with verbal feedback and recommendations after screening same day patients. They also complete written reports following all patient encounters. Interns will also learn about administrative, physician education, and other implementation issues related to behavioral health integration. In collaboration with other health professionals, interns may also have the opportunity to be involved in research related to behavioral health integration. Interns on this rotation receive live supervision during clinic and one hour of scheduled, weekly supervision. They also attend one weekly primary care didactic and team meeting. The intern on this rotation has the opportunity to provide precepting for internal medicine residents with regard to the development of their behavioral health skills (COVID-19 adaptation: While services to patients are currently provided remotely, the precepting clinic requires the intern to be physically present in the clinical encounter).

#### Pain Management: Nancy Beckman, Ph.D.

The Pain Management Clinic can be either a full or mini rotation. Interns gain experience working with patients with varied chronic pain conditions in a multidisciplinary setting. Interns will learn more about chronic pain, its impact, and treatment, as well as goals of improving functional outcomes. Interns will see patients for evaluations and deliver evidence-based, time-limited treatment. Interns will learn to adapt cognitive behavioral therapy, motivational enhancement, acceptance and commitment therapy, and mindfulness techniques to best suit the needs of our diverse patient population. Evaluations can involve pre-surgical psychological assessments (e.g., spinal cord stimulators) or comprehensive psychological pain evaluations. In addition to individual evaluations and time-limited therapy, interns will also help develop and lead a 6-8 week pain management group. Interns will work with pain clinic staff and maintain clear communication around patient care. Interns will receive live supervision in clinic, as well as one hour of weekly scheduled supervision. If interested, interns also have the opportunity to conduct research related to pain management and participate in interdisciplinary pain management meetings.

#### Adult Psychiatry Consultation-Liaison: Marie Tobin, M.D.

The Adult Psychiatry C/L Service Rotation provides consultation and acute management services to University of Chicago Medicine inpatients across the varied medical, surgical, and obstetrical care services. Delirium, depression, adaptation to illness, and co-occurring psychiatric disorders are the most common reasons for referral. The intern on this rotation can participate in biopsychosocial evaluations of referred patients and have the opportunity to offer psychotherapeutic services at the bedside with acutely ill patients. The intern will typically see a broad array of cases from general medical or surgical services, but can focus on particular areas of interest, such as burns, organ transplants, cancer, neurological conditions, or cardiac disease. The Director of the Adult C-L Service is Marie Tobin, M.D., and supported by Michael Marcangelo, M.D., and Zehra Aftab, M.D. Supervision is generally provided by Dr. Tobin for psychotherapeutic services for oncology patients although Dr. Marcangelo may supervise the care of patients who are seen through the inpatient Transplant Service.

#### Reproductive Behavioral Health: Candice Norcott, Ph.D.

The Reproductive Behavioral Health Rotation emphasizes training in assessment, diagnosis, and treatment of mood and behavior disorders, and psychosocial contributors to reproductive health risks and disorders. The intern will provide assessment, consultation, and brief treatment for patients presenting for a variety of issues related to reproductive health. The intern will carry a caseload of patients referred from the Department of Obstetrics and Gynecology. Referral issues include but are not limited to postpartum depression and/or anxiety, trauma, contraception and family planning, and infertility. The intern provides ongoing consultation to obstetrics and gynecology providers about shared patients and the psychosocial contributors to their reproductive health and wellness. The intern will receive weekly individual supervision and participate in a weekly multidisciplinary team meeting.

#### Surgical Treatment of Obesity: Jennifer Wildes, Ph.D.

The Center for the Surgical Treatment of Obesity (CTSO) provides psychological services to adults seeking bariatric surgery at the University of Chicago Medical Center. Interns on this

rotation develop skills in conducting brief psychological evaluations of potential surgery candidates and in the follow-up of patients who undergo bariatric surgery. Interns also may elect to co-lead a monthly surgery support group, or provide psychotherapy to bariatric surgery candidates through the Eating Disorders Program. Interns work closely with a multidisciplinary team of surgeons, dietitians, nurses, and mental health professionals. This rotation also is supported by staff social workers who are present in clinic.

#### Psychogastroenterology: Alyse Bedell, Ph.D.

The Psychogastroenterology rotation, which may be offered as either a full or mini rotation, includes behavioral assessment and treatment of adult patients with gastrointestinal (GI) disorders such as irritable bowel syndrome, inflammatory bowel diseases, and esophageal disorders. Interns will gain experience developing biopsychosocial conceptualizations and implementing evidence-based interventions for GI disorders, including cognitive behavioral therapy and relaxation training. Interns will be able to observe gut-directed hypnotherapy, but direct provision of these services will only be possible for interns who have completed an externally offered clinical hypnotherapy basic training. In addition, interns may be able to participate in interdisciplinary assessment of patients pursuing non-surgical/endoscopic weight loss treatment, depending on availability and interest. As the Psychogastroenterology service and intern rotation is new, interns on this rotation may also have opportunities to assist with program development. The intern on this rotation will receive one hour of supervision. Per week.

#### Training and Administration: Shona Vas, Ph.D., ABPP

The Training and Administration Rotation is designed to help interns develop foundational skills in the provision of supervision, medical education, and activities relevant to clinical psychology training in an academic medical center. Interns will provide weekly supervision to a psychology extern involving videotape review of sessions. Interns will then receive supervision of their supervision experiences that may include watching videos of supervision sessions. Supervision training in this rotation is largely influenced by a developmental model of supervision, and interns will become proficient in identifying levels of development of a supervisee and adapting supervisory behaviors as appropriate to each level of development. Interns will be introduced to the responsibilities and roles maintained by the Director of Clinical Training and will develop an understanding of relevant regulatory requirements of an accredited psychology training program. Interns will learn about policies and procedures related to intern recruitment and selection, trainee and supervisor evaluation, budgeting, and program coordination in an academic medical center setting. The intern will also be involved in the development and implementation of at least one quality improvement project to gain skills in needs assessment, operationalization, relevant data collection/analysis, and final implementation. Finally, interns may have the opportunity to provide lectures/seminars to medical students, residents, and other medical professionals, allowing them to develop skills in education across medical disciplines.

#### Healthcare Workers Wellness and Resilience: Fabiana Souza Araújo, Ph.D.

This rotation, one of the first of its kind in the country, offers clinical psychology interns structured and formal training on individual, group, and institutional level interventions aiming to address work-related distress, burnout, and secondary trauma commonly experienced by professionals in the healthcare community. In this rotation, interns will work closely with UCMedicine Disaster Recovery Program (DRP): a multidisciplinary and interdepartmental group tasked with the development, rapid deployment, and/or dissemination of trauma-sensitive interventions aiming to increase health care workers' (HCW) wellness and resilience. Interns will be trained on a) brief interventions based on cognitive and behavioral therapy, mindfulness- and self-compassion-based psychotherapy, and first psychological aid and b) group interventions such as train-the-trainer compassion fatigue training and trauma-sensitive resilience training for medical residents rotating in the trauma center. In addition, interns will have opportunity to co-lead Self-Compassion for Healthcare Communities (SCHC) groups, a customized protocol for HCWs based on Mindful Self-Compassion (MSC). Interns will engage in interdepartmental collaboration that supports and directs our team's work to areas of the hospital experiencing highest level of distress. Opportunities for research and program development also exist.

The following rotations are offered as mini-rotations only (5-6 hours):

#### Transplant: Daniel Fridberg, Ph.D.

Interns on the Transplant Clinic Rotation will have the opportunity to work with a multidisciplinary team (surgeons, hepatologists, nephrologists, gastroenterologists, nurses, social workers, psychologists, and psychiatrists) to develop knowledge and skills pertaining to the psychosocial evaluation of medically complex candidates for kidney or liver transplantation. Interns will see transplant candidates for psychological evaluations and will assist the team in determining eligibility for transplant. Transplant candidates at the University of Chicago are diverse in terms of race, sex, socioeconomic background, and sexual orientation. Candidates present with kidney or liver disease for which transplantation may be indicated, and vary considerably in terms of the progression of their illness. Patients may experience a number of complications attributed to their illness which may warrant hospitalization and contribute to the medical complexity of this population. In addition, confusion or altered mental status due to encephalopathy, depression, anxiety, and substance abuse concerns are common in this population. Interns will learn to conduct semi-structured psychological interviews (approximately 1-2 per week) to identify psychosocial barriers to transplantation which would benefit from further assessment or intervention. Opportunities to provide time-limited brief interventions to address these issues may exist depending on candidate need and eligibility. Interns will provide feedback to transplant candidates regarding psychosocial barriers to transplantation and will facilitate referrals to other providers as needed. As part of this rotation, interns will attend the weekly liver transplant multidisciplinary meeting (3:30-5:00 pm, Thursdays). Interns will be expected to provide the treatment team with verbal feedback and recommendations after evaluating a transplant candidate, as well as complete a written evaluation which will be entered into the candidate's medical record. There may be

opportunities to supervise junior trainees (e.g., psychology externs) as part of this rotation as well.

#### Health Psychology: Nancy Beckman, Ph.D.

During this rotation, interns provide outpatient assessment and therapy to patients with comorbid medical and mental health conditions within the Psychiatry clinic. Therapy is focused on helping patients make positive health behavior changes and navigate changing identity and relationship issues for improved symptom management and quality of life. This rotation will emphasize the application of cognitive behavioral therapy, as well as motivational enhancement, acceptance and commitment therapy, and mindfulness. It will require consultation and communication with other members of the patient's medical team. Interns will also have the opportunity to help design and implement group therapy for patients with chronic illness. The Health Psychology rotation is designed to provide broad exposure to various presentations of comorbid medical and mental health conditions, though it can be shaped toward a particular patient population (e.g., nephrology or pain), depending on an intern's interest and patient availability. In contrast to brief treatments often provided in health psychology settings, this rotation is designed to provide therapeutic depth allowing interns to expand their knowledge and ability to apply evidence-based treatments for mood, anxiety, and other disorders while incorporating treatment for medically-oriented concerns. Dr. Beckman provides at least one hour of weekly supervision for interns on this rotation. Opportunities for research in collaboration with other health professionals, brief screening, and brief therapy within other outpatient medical clinics may also be available.

# **Adult Neuropsychology Track**

The Adult Neuropsychology Track is designed to provide training experiences in adult neuropsychological assessment and treatment for individuals interested in pursuing a career in Clinical Neuropsychology. While the Adult Neuropsychology track intern will also participate in the other aspects of the general internship including supervised psychotherapy training and attendance at required seminars, a yearlong experience in Adult Neuropsychology is the hallmark of this track. The track adheres to APA Division 40 and Houston Conference guidelines for training in Clinical Neuropsychology, and is designed to prepare the intern for pursuing an advanced postdoctoral residency in the field. Completion of an internship in this track also meets criteria for board certification in clinical neuropsychology.

The Adult Neuropsychology Service typically receives requests for assessment and treatment from the Adult Psychiatry, Neurology, Neurosurgery, Neuropsychiatry, Geriatrics, Oncology, and General Medicine services in the Medical Center, as well as from private referral sources across the Chicagoland region. These referrals span the entire range of neuropathological entities, including aphasia, epilepsy, degenerative disorders, tumors, learning disabilities, and traumatic brain injury. Neuropsychology-related treatment experiences are available through the Memory Disorders Clinic and the Adult Outpatient Psychiatry Clinic.

The Adult Neuropsychology intern devotes part of the full year training experience to the various programs within the Adult Neuropsychology Service in addition to the time spent in the general internship program, although these percentages can vary based on the experience and interest of the intern. As part of the general training in neuropsychology, the intern participates in an assessment clinic, working independently in collaboration with supervisors and the technician. Additionally, the Adult Neuropsychology intern provides tiered supervision for psychology externs on the service. Although the exact hours vary from year to year, the intern typically supervises 1-2 extern cases per week and may hold weekly office hours. Attending neuropsychologists work closely with interns to help them develop their own supervision style in preparation for a career as a board-certified neuropsychologist with both clinical and educational roles.

The Adult Neuropsychology intern will develop broad skills in the assessment and treatment of psychological disorders stemming from cognitive, psychiatric, and medical disability. Through neuropsychology rotations, the intern will become familiar with the selection, administration, scoring, and interpretation of commonly used assessments; develop appropriate case conceptualizations through integration of history, test data, and behavioral observation; and communicate test results in oral and written formats to patients, families, and other providers. The intern will develop a working knowledge and experiential base in neurological diagnosis, neurosurgery, and psychiatry and be able to provide neuropsychological consultation to neurology, neurosurgery, pediatrics, and other referral sources.

The Adult Neuropsychology intern attends a number of specialty seminars including the Clinical Neuroscience Series, a weekly meeting addressing special topics and clinical case presentations in adult neuropsychology and neuropsychiatry; Neuropathology Rounds ("Brain Cutting"), devoted to the examination of gross brain anatomy, and geared towards understanding the neuropathology of neurological diseases. Limited participation in Neurology Teaching Rounds is also available and provides the intern with the opportunity to participate in bedside evaluations conducted by neurologists on their inpatient service.

We recognize that the rotations on the Adult Neuropsychology track are more demanding and involve several more didactic hours and time spent reviewing extern reports than rotations in our other tracks. Therefore, our neuropsychology interns are expected to see fewer outpatient cases as part of the general requirements of the internship.

Specific clinic rotations offered within the Adult Neuropsychology Track are detailed below:

#### Memory Disorders: Maureen Lacy, Ph.D. & Joseph Fink, Ph.D., ABPP

The Memory Disorders Rotation exposes the intern to patients for whom memory impairment is a major complaint or feature of their cognitive impairment profile. The etiology of the deficits seen can vary widely and includes patients with primary progressive dementias, vascular dementia, or amnestic syndromes (e.g., alcohol-related illness, traumatic head injury, brain tumor resection). On the Memory Disorders rotation, the intern learns to administer a brief, focused neuropsychological evaluation, with an emphasis on differential diagnosis and

treatment recommendations. The intern will learn to gather relevant information in a timely manner, yet remain sensitive to individual patient concerns and needs. The intern learns to integrate multiple sources of information including physician, laboratory, neuroimaging, and genetics reports into case conceptualizations. The intern will also learn the basics of clinical neuroimaging techniques utilized in dementia and will be able to identify structural brain abnormalities associated with aging. They will also develop a working understanding of psychiatric and psychopharmacologic aspects of dementia. Finally, the intern will also develop supervision skills. This rotation is required for interns on the Adult Neuropsychology track and prior to the pandemic was offered at UCM's South Shore Senior Center at 7101 S. Exchange Avenue, a few miles from the main campus.

### Adult Neuropsychology Clinic: Maureen Lacy, Ph.D. & Joseph Fink, Ph.D., ABPP

These rotations are geared towards refining and extending an intern's skills in the neuropsychological assessment of adult patients drawn from Neurology, Neurosurgery, Neuropsychiatry, Geriatrics, Oncology, and General Medicine clinics, as well as from private referral sources. Referrals include adult ADHD, aphasia, epilepsy, degenerative disorders, tumors, learning disabilities, and traumatic brain injury. The experience focuses on the selection, administration, and scoring of neuropsychological tests, as well as in formulating interpretations and communicating results through written reports and oral presentations. Outpatient evaluations are typically conducted in day-long (seven hour) sessions. The intensive nature of these assessment sessions provides an opportunity to learn in-depth about different types of neuropsychological syndromes, as well as to participate in case formulation, plan test selection, conduct interviews, and provide feedback to patients, families, and referral sources. The rotation also allows for opportunities to receive training in providing supervision. Clinics take place either on site at the University of Chicago Medical Center or at the satellite clinic at St. Mary's Hospital in Hobart, IN, located approximately one-half hour south of Hyde Park. These rotations are in line with the Houston Conference guidelines for Neuropsychology training.

COVID-19 adaptations: Our Adult Neuropsychology rotations currently require the intern to be on site during the Neuropsychology clinic day. Some components of the evaluation may be conducted virtually (e.g., neurobehavioral interview, feedback), and some testing may be administered in face-to-face formats. Interns also have the opportunity to develop competency in teleneuropsychology for those batteries which are administered entirely virtually. In order to protect our older patients, our Memory Disorders clinic is being conducted in our department instead of at the interdisciplinary South Shore Senior Center. All decisions regarding the nature of services are made on a case-to-case basis determined by patient need, capacity, and risk factors. All in-person contact occurs per appropriate safety protocols including the use of personal protective equipment (PPE).

As with all research rotations in our program, the intern's dissertation defense must be completed before a research rotation will be approved.

#### Adult Neuropsychology Research: Maureen Lacy, Ph.D. & Joseph Fink, Ph.D., ABPP

The Adult Neuropsychology Research Rotation provides the intern with the opportunity to collaborate with faculty on either ongoing programmatic research projects, or to develop a question of their own associated with already in place research. Data collection and analysis, preparation of posters and papers, and presentations of research findings are emphasized elements of the rotation.

#### Neurocognition and Psychosis Research: Sarah Keedy, Ph.D.

The Neurocognition and Psychosis Research Rotation involves specific activities that will be customized to the intern's interests and skill level. They may include participating in data collection with study participants (e.g., research clinical interviewing and symptom rating, EEG, fMRI, cognitive testing), analysis projects with existing data, grant preparation experience, and poster or paper presentations as appropriate.

#### EEG and Psychosis Research: Molly Erickson, Ph.D.

The EEG & Psychosis Research rotation provides interns with an opportunity to learn how to collect and analyze EEG data to answer research questions about neural mechanisms of cognitive impairment in people with psychosis. Specific activities will be customized to the intern's interests and skill level; however, all interns can expect to participate in data collection, data analysis, and the administration of structured clinical interviews and neuropsychological assessments. Poster presentations and assistance with manuscript preparation are emphasized.

## **Child/Pediatric Psychology Track**

The Child/Pediatric Psychology track is oriented towards candidates seeking an internship focused on the interface between hospital-based clinical child psychology and pediatric psychology practice. Emphasis is on diagnostic interviewing and intervention, management of health and psychopathology related difficulties, consultation/liaison, and working with referring medical and psychiatric teams.

The Child/Pediatric intern will provide outpatient assessment and psychotherapy services to children, adolescents, and their families. Our outpatient clinics offer a range of medication management services as well as psychological assessment and intervention including individual, family, and group therapies. Presenting concerns range from more traditional psychiatric problems such as internalizing and externalizing disorders to coping with complex chronic medical illness. Patients are referred by other members of the Department, the general medical center and faculty physicians outside the Department, or self-referred from the surrounding community. Through specialty rotations, the intern also has the opportunity to develop competency in pediatric psychology in both inpatient and outpatient settings. Interns will learn skills related to assessment, intervention, and consultation for children with comorbid medical and psychological conditions. Thus, our interns have access to diverse patient populations, the full developmental spectrum, a variety of psychiatric and medical conditions, and a wide range of clinical and research settings that emphasize multidisciplinary assessment, consultation,

treatment, and research. Supervision is provided by faculty psychologists and psychiatrists representing different orientations including developmental, systems-based, interpersonal, cognitive-behavioral, and attachment-related perspectives. (COVID-19 adaptation: Although less than ideal, most of our services to children and families in outpatient and rotation opportunities are being provided virtually. Efforts are being made to safely and gradually transition these patients to on-site care given difficulties with access, engagement, and appropriateness of virtual platforms.)

By the end of the internship year, the Child/Pediatric intern will be able to utilize a broad range of evidence-based assessment and intervention skills with children and youth with developmental, psychiatric, and medical disorders. The intern will learn to communicate effectively with members of the interdisciplinary treatment team, families, schools, and other providers. Further, the intern serves patients by applying an understanding of psychological principles to promote effective adjustment and reintegration to daily life.

The Child/Pediatric intern participates in weekly interdisciplinary clinical case conference, where patients are discussed from the perspective of psychiatry, psychology, and other specialties involved in the treatment of children and families. Additional didactics include a series of child mental health seminars, held at the beginning of the academic year; a seminar on Cognitive-Behavioral Therapy with Children and Adolescents; Peds C/L case conference and rounds, and attendance at the relevant rotation-based seminars throughout the year (e.g., the Pediatric Clinical Neuroscience Seminar); in addition to departmental grand rounds, colloquia, and other didactics for the internship program as a whole.

The Child/Pediatric intern will be expected to complete the Pediatric Consultation/Liaison rotation in the first half of the year. Interns obtain assessment experience in our outpatient clinics, but are also required to hone these skills in either the Pediatric Neuropsychology or Neurodevelopmental Clinics by minimally completing a half rotation in these areas, described under the Pediatric Neuropsychology Track. In addition, all the rotation experiences involve some combination of assessment, intervention and consultation. Rotations for the Child Track are described in more detail below.

#### Pediatric Consultation-Liaison: Tina Drossos, Ph.D.

The Pediatric C/L Rotation is required and provides the intern with opportunities to participate actively in the assessment and intervention of psychological concerns that accompany medical illness and treatments. Both inpatient and outpatient experiences will be available with this rotation, with an emphasis placed on assessment, diagnosis, consultation, and brief intervention. The intern will attend weekly Consultation-Liaison Rounds while on this rotation. Additional supervision may be provided by psychiatrists who also staff the C/L service, Drs. Khalid Afzal, and Stephanie Lichtor. (COVID-19 adaptation: The Pediatric C/L rotation was one of the first services to return to in-person care and currently requires the intern to be on site. However, given the level of risk to patients and providers, some components of the evaluation may occur virtually, such as consultation with the care team.)

### Diabetes: Tina Drossos, Ph.D.

The Kovler Diabetes Center Rotation focuses on providing health and wellness psychological screening for patients with diabetes. Interns on this rotation will have the opportunity to work in a multi-disciplinary (endocrinologists, diabetes educators, residents, medical students, nurses) clinic setting within which they are embedded. They will work collaboratively with endocrinologists and receive referrals to see patients (children through adults with Type I and Type II diabetes) during their endocrinology clinic visit. Interns then conduct a brief psychological screening for the purpose of identification of any mental health problems that may need further psychological assessment, and helping patients identify potential problems and assisting them with appropriate recommendations and referrals. Interns are expected to provide the endocrinologists with verbal feedback after screening a patient as well as complete a brief written report. There is also an opportunity to provide very brief psychological treatment for patients. This treatment is time-limited for 3-4 sessions in clinic and for very specific problems (e.g., behavioral activation for depression, relaxation for anxiety, exposure for anxiety or specific phobia, psychoeducation). Patients may still need to be referred after these brief sessions. Interns will also be required to attend 2-3 multi-disciplinary case presentations and present one during their rotation.

## Pediatric Hematology/Oncology: Tina Drossos, Ph.D.

On the Pediatric Hematology/Oncology rotation, interns will have the opportunity to work within a multi-disciplinary hematology-oncology clinic along with oncologists, advance practice nurses, social workers, residents, child life specialists and medical students. Interns on this rotation are embedded within the hematology-oncology clinic. This clinic will expose interns to a breadth of hematologic (i.e. aplastic anemia, sickle cell disease etc.) and oncologic (i.e. leukemia, neuroblastoma, solid organ tumors etc.) conditions. The role of the intern will be to provide psychosocial assessments for the purpose of identifying any psychosocial needs as patients are undergoing treatment. Patients are seen frequently in this clinic and thus, there will be opportunities for interns to follow and provide brief treatment with patients as they undergo treatment. Specific training opportunities include: provide verbal and written feedback to the members of the treatment team regarding the presence of such issues and recommendations for treatment; provide families with psychoeducation regarding diagnosis and treatment options; administer instruments including behavior rating scales in the context of clinical interviews to gain information and diagnostic clarity; facilitate the provision of treatment services to families; integrate information from previous assessments or treatments within the Department of Psychiatry (i.e., inpatient treatment, prior neuropsychological evaluation, etc.) into the current case conceptualization. There may also be opportunities for these patients become a part of the intern's outpatient caseload.

#### Childhood Cancer Survivorship: Tina Drossos, Ph.D.

Survivors of childhood cancer are at risk for complex and long-term health care issues, many of which occur as a consequence of past treatment. The University of Chicago Cancer Survivors Center is an interdisciplinary program for pediatric and adult survivors of childhood cancer, (diagnosed before age 21). The purpose of the Long-Term Cancer Care Clinic (LTCC) is to engage in assessment, treatment and prevention of long-term issues associated with childhood cancer.

The clinic is also focused on providing patients and families with education regarding these potential health issues. The trainee's role as a member of the LTCC team is to screen for the presence of behavioral, emotional, or neurocognitive issues within the context of a yearly outpatient visit. Specific training opportunities include: provide verbal and written feedback to the LTCC team regarding the presence of such issues and recommendations for treatment; provide families with psychoeducation regarding diagnosis and treatment options; administer instruments including behavior rating scales and brief neurocognitive screeners in the context of clinical interviews to gain information and diagnostic clarity; facilitate the provision of treatment services to families; integrate information from previous assessments or treatments within the Department of Psychiatry (i.e., inpatient treatment, prior neuropsychological evaluation, etc.) into the current case conceptualization. Interns will need to be available on Tuesdays if interested in this rotation.

## Median Arcuate Ligament Syndrome (MALS): Tina Drossos, Ph.D.

The MALS Clinic Rotation involves conducting pre-surgical evaluations. Median Arcuate Ligament Syndrome (MALS) is a condition that is thought to arise from an increased proximity of the diaphragmatic crura to the celiac vessels. Individuals with MALS often exhibit postprandial abdominal pain, nausea, and diarrhea. These symptoms can become chronic and may lead to significant weight loss. Treatment of MALS involves the surgical release of the median arcuate ligament. To our knowledge, our medical center is the only hospital in the country that employs a multidisciplinary treatment approach for this population that includes pre and postsurgical psychological evaluations. The intern working with the MALS team will be responsible for weekly assessments of adolescent and adult candidates for Median Arcuate Ligament Syndrome surgery. This 1.5 hour-long evaluation will consist of a psychosocial interview, including questions related to quality of life and coping strategies as well as an assessment of DSM-5 diagnoses (e.g. depression, anxiety, eating disorders), and questionnaires. Interns will also complete weekly follow-up assessments each of approximately 60 minutes duration. This assessment is also part of an IRB approved protocol and thus, there are research opportunities available to interested trainees. Interns will be required to write up reports summarizing these assessments and present cases at bi-weekly multi-disciplinary rounds with the surgical team (surgeons, nurse practitioners, pain service and psychology). In order to be eligible to participate in this rotation, interns must be available on Tuesday mornings.

## Parent Child Interaction Therapy (PCIT): Matthew Young, Ph.D.

The PCIT rotation provides intensive training in the assessment and treatment of early-onset externalizing behavior problems in children. Interns will develop knowledge about the development of early-onset disruptive behavior problems and receive comprehensive training in delivery of effective family-based intervention. Clinical experience includes didactic instruction, live observation, co-therapy, and individual/group supervision in PCIT, an evidence-based behavioral treatment for children ages 2-6 and their parents/caregivers. Interns will develop knowledge about the etiology and development of disruptive behavior disorders and common comorbidities in youth. Family, developmental, and environmental factors will be reviewed as they relate to treatment response and long-term outcome. Observation plays an important role in this rotation. Interns have the opportunity to: observe live sessions in the

PCIT Clinic; receive live/video supervision of sessions; and utilize behavioral observation/tracking systems during sessions. Interns who commit to following some PCIT cases over the entire training year will have the opportunity to participate in additional mentoring, didactics, and treatment delivery, with the goal of meeting the requirements necessary to apply for therapist certification with PCIT International. Interns will also gain experience in consultation with schools which may include: phone consultations with parents, teachers, counseling staff, and/or administrators, obtaining behavioral data from schools, making recommendations to the school about academic and behavioral accommodations, or applying components from the outpatient treatment plan in the educational setting (e.g., daily report card).

## Positive Parenting Program (Triple P): Israel Gross, Ph.D.

The Triple P Rotation provides formal training in an evidence-based positive parenting program for children with clinically significant behavioral concerns. Interns will receive direct instruction via didactics regarding causes of child behavioral issues, strategies to build positive relationships between caregivers and child, to encourage desirable behavior in children, and effective tools for managing misbehavior. Interns will be able to assess for childhood behavioral concerns and family functioning status as well as to communicate assessment results via a guided participation model. The Triple P program is a manualized treatment and interns will learn to balance fidelity and flexibility. Interns will develop expertise in teaching behavioral monitoring to caregivers and to utilize such data to improve caregiver goals. Triple P cases are available in both individual and group modalities and clinical research opportunities are available.

#### Stress, Trauma, & Resilience: Sonya Mathies Dinizulu, Ph.D.

In the University of Chicago Stress, Trauma, and Resilience (U-STAR) Program, interns will receive training in assessment, diagnosis and treatment of children and adolescents exposed to various traumatic experiences. Interns will be trained to use evidence-based protocols (e.g., Trauma-Focused Cognitive Behavioral Therapy) and promote positive youth development, provide crisis intervention, consultation, and/or case management services. Interns will have opportunities to participate in local and/or national trauma coalitions/networks to (1) receive advanced training in trauma assessment and treatment for youth, (2) access additional resources to support trauma-informed care, (3) participate on committees that influence policy, and (4) network and establish professional relationships.

# Recovery and Empowerment After Community Trauma (REACT): Sonya Mathies Dinizulu, Ph.D.

The REACT Clinic is a weekly trauma-informed interdisciplinary assessment clinic for youth and families affected by community violence. Youth are identified by clinicians and staff within UCM Comer Children's Hospital, and are referred to the REACT clinic to receive trauma-informed psychiatric and psychological assessments, which are used to inform treatment recommendations. Youth and families served in this clinic must have at least a history of community violence. Interns will: (1) administer brief trauma-informed assessments to assess the impact of community violence on youth and families, (2) collaborate with psychiatry and pediatrics to provide trauma-informed case conceptualization and treatment

recommendations, (3) provide feedback to youth and their family, (4) assist with developing best practices for REACT screening and assessment. Interns can also elect to participate in ongoing research projects.

## **Eating Disorders: Jennifer Wildes, Ph.D.**

The Eating Disorders Program Rotation provides evidence-based assessment and treatment services to patients with anorexia nervosa, bulimia nervosa, binge eating disorder, and other feeding and eating problems (e.g., avoidant restrictive food intake disorder, purging disorder). Approximately a third of the patients served on this service are children and adolescents. Interns are embedded in an interdisciplinary treatment team that includes psychologists, psychiatrists, social workers, and medical staff with expertise in the outpatient management of feeding and eating disorders. Responsibilities include conducting initial intake assessments and providing psychotherapy utilizing cognitive behavioral, dialectical behavioral, and family based treatment modalities. Interns also are expected to attend weekly rounds and didactics meetings and have the option of attending a weekly eating disorders research meeting. If desired, a separate eating disorders research rotation is available, providing that the intern's dissertation has been defended.

## Developmental and Behavioral Pediatrics (DBP): Israel Gross Ph.D.

The DBP Rotation occurs in the clinic of Michael Msall, M.D., a developmental pediatrician and is supported by Dr. Hunter and our child psychiatrists. The intern joins the DBP clinical care team on a clinic day, as a consultant on behavioral and adaptive concerns that may present during the evaluation. The intern will learn the scope of DBP practice and will come to serve as a liaison to Child Psychiatry and Child Psychology, providing diagnostic screenings, integrating findings with the DBP evaluation, and referring for, and in some cases conducting brief neuropsychological evaluations. Feedback to families and short-term intervention are common components of this rotation.

## **Pediatric Neuropsychology Track**

The Pediatric Neuropsychology Track is oriented towards the intern who is seeking to specialize in the assessment and treatment of neurodevelopmental disorders, and the cognitive and behavioral sequelae of medical illness in children and adolescents. Through completion of rotations that emphasize consultation to pediatric health services, professional practice and research in pediatric neuropsychology, and the development of expertise in working with complex neurodevelopmental and medical conditions, the intern will be prepared for advanced postdoctoral training in Pediatric Neuropsychology, consistent with Houston Conference and Society for Clinical Neuropsychology (Division 40 of the APA) guidelines. The Pediatric Neuropsychology intern will have the opportunity to develop and refine clinical skills with both inpatients, as part of the consultation-liaison rotation, and outpatients, through rotations within Child Psychiatry and its specialty clinics, as well as any rotations that are offered through the Child Track. Opportunities for developing neuropsychological assessment skills across the lifespan are available to those who have such an interest, and therefore rotations from the Adult Neuropsychology Track may also be options. Patients assessed and treated by the intern

may or may not present with primary psychopathology; some cases will be more medically based, with co-occurring psychosocial or educational concerns. Typically, patients will range in age from early childhood through late adolescence, and represent diverse cultural, ethnic, racial, and socio-economic backgrounds. Interns will provide psychological and neuropsychological assessment across the rotations. Intervention approaches will emphasize interpersonal, family systems, parent management, behavioral, and cognitive-behavioral therapies.

Our Pediatric Neuropsychology and Child/Pediatric Track interns share a common core of experiences as they both spend a significant proportion of their time in the outpatient child psychiatry clinics providing assessment and psychotherapy with some differences in terms of rotation selection. As part of their outpatient work, interns will carry a caseload of outpatient psychotherapy patients; these cases will be varied and may concern both internalizing and externalizing difficulties, as well as issues of adjustment to medical and psychiatric illness. Interns will be primarily supervised by child psychology faculty, with additional supervision provided by child psychiatrists within the Department. We recognize that the rotations on the Pediatric Neuropsychology track are more demanding and involve several more didactic hours than rotations in our other tracks. Therefore, our neuropsychology interns are expected to see fewer outpatient cases as part of the general requirements of the internship.

In addition to two required Pediatric Neuropsychology rotations, the intern must also complete a rotation in Pediatric Consultation-Liaison. The final rotation may be selected from among the variety of opportunities that exist within Child/Pediatric Track or the Adult Neuropsychology Track. By the end of the training year, the Pediatric Neuropsychology intern will develop comprehensive skills in the neuropsychological assessment and psychological treatment of medical, psychiatric, and neurodevelopmental disorders. Through the pediatric neuropsychology rotations, the intern will become familiar with the selection, administration, scoring, and interpretation of commonly used assessments; develop appropriate case conceptualizations through integration of history, test data, and behavioral observation; and communicate test results in oral and written formats to patients, families, schools, and other providers. The intern will develop a working knowledge and experiential base in neurological diagnosis, neurosurgery, and psychiatry, and be able to provide neuropsychological consultation to Pediatric Neurology, Neurosurgery, Developmental and Behavioral Pediatrics, General Pediatrics, Hematology/Oncology, and other referral sources. Further, the intern will effectively collaborate with schools, families, and other professionals concerning appropriate strategies for learning and behavior development.

The Pediatric Neuropsychology intern participates in the section's weekly interdisciplinary clinical case conference, where patients are discussed from the perspective of psychiatry, psychology, and other specialties involved in the treatment of the child. Additional required didactics include a series of child mental health seminars, held at the beginning of the academic year; a seminar on Cognitive-Behavioral Therapy with Children and Adolescents; and attendance at the relevant clinic-based seminars throughout the year (i.e., the Pediatric Clinical Neuroscience Seminar or the Eating Disorders Seminar); in addition to departmental grand

rounds and colloquia. Rotations for the Pediatric Neuropsychology Track are described in more detail below.

# Pediatric Neuropsychology: Israel Gross, Ph.D. and Pediatric Neuropsychology Faculty

The general Pediatric Neuropsychology Rotation is required for the Pediatric Neuropsychology track. This rotation, supervised by one of our pediatric neuropsychologists, offers training in conducting brief and comprehensive evaluations of children and adolescents with suspected or known neurocognitive dysfunction. Referrals are received from inpatient and outpatient pediatrics services, including Psychiatry, Neurosurgery, Oncology, Neurology, Infectious Disease, Rheumatology, and General Pediatrics, and from schools and professionals across the Chicagoland community. The intern will learn to address referral questions through guidance in test selection, administration, and interpretation. Experience in the communication of results, diagnosis, and recommendations for intervention to families and other professionals is also obtained. In terms of collaboration with the medical and psychiatry services, experience in differential diagnosis, comprehensive assessment of comorbid concerns, and the use of appropriate pharmacological and behavioral interventions is provided. Additionally, collaboration with school districts and outside agencies around intervention programming is an opportunity included on this rotation.

## Pediatric Consultation-Liaison: Tina Drossos, Ph.D.

The Pediatric C/L Rotation is a required rotation for the Pediatric Neuropsychology track and provides the intern with opportunities to participate actively in the assessment and intervention of psychological concerns that accompany medical illness and treatments. Both inpatient and outpatient experiences will be available with this rotation, with an emphasis placed on assessment, diagnosis, consultation, and brief intervention. The intern will attend weekly Consultation-Liaison Rounds while on this rotation. Additional supervision may be provided by psychiatrists who also staff the C/L service, Drs. Khalid Afzal, and Stephanie Lichtor. (COVID-19 adaptation: The Pediatric C/L rotation was one of the first services to return to inperson care and currently requires the intern to be on site. However, given the level of risk to patients and providers, some components of the evaluation, such as consultation with the care team may occur virtually).

In addition to the above two required rotations, the intern will complete the equivalent of two additional full rotations. These elective rotations include:

### Pediatric Hematology/Oncology: Israel Gross, Ph.D.

The Pediatric Hematology/Oncology Assessment Clinic may be selected as either a full or a mini rotation. This experience provides the intern with the opportunity to develop competency as a consultant working directly within a specialty medical clinic team (e.g., the attending Hematologist/Oncologist, residents and fellows, nurse practitioners, and social workers) and to receive specialized training in neuropsychological evaluation for a specific medical population. The intern will, while under supervision, serve as the principal consultant-liaison regarding neuropsychological functioning for both the team and the clinic's patients. The intern will spend a portion of their time in the HEM/ONC clinic embedded with the medical team, first becoming

familiar with the medical evaluation and management of a variety of presenting concerns, and then taking on a greater role within the team regarding behavioral, neurocognitive, and educational needs. The intern will provide brief and full neuropsychological evaluations with this patient population. While participating in this rotation, the intern will take the lead with regard to test selection, administration, and interpretation, and provide results and recommendations to families as well as consult with the treatment team regarding results and recommendations.

## Pediatric Neurology: Israel Gross, Ph.D.

The Pediatric Neurology Rotation, available as either a full or mini rotation, provides the intern with the opportunity to develop competency as a consultant working directly within a specialty medical clinic, as a member of the treatment team (e.g., the attending Neurologist, residents and fellows, and nurse practitioners). The intern will, while under supervision, serve as the principle consultant-liaison regarding neuropsychological and pediatric psychological functioning, for both the team and the clinic's patients. The intern will spend their clinic day embedded with the Neurology team, first becoming familiar with the medical evaluation and management of a variety of presenting concerns, and then taking on a greater role within the team regarding behavioral, neurocognitive, and educational needs The intern will provide brief and full neuropsychological evaluations with this patient population. While participating in this rotation, the intern will take the lead with regard to test selection, administration, and interpretation, and provide results and recommendations directly within a clinic consultation framework. Extended experience in differential diagnosis, brief assessment of comorbid concerns and referrals for more extended psychological and neuropsychological consultation, and the provision of behavioral interventions, is all provided.

#### Pediatric Neuropsychology Research: Israel Gross Ph.D.

A research rotation within the Pediatric Neuropsychology program is an available full or mini option for the internship year. The Pediatric Neuropsychology Service is actively engaged in a series of collaborative clinical studies addressing neurocognitive and behavioral development and functioning in children and adolescents undergoing interventions for intractable epilepsy, childhood cancers, and infectious disease. The intern can work on already established projects, or alternatively, develop a specific question concerning patient populations evaluated by the Pediatric Neuropsychology Service, in conjunction with program faculty. Data analysis, presentation preparation, and manuscript writing are all opportunities available as part of this rotation.

Note: The intern on the Pediatric Neuropsychology Track may select any of the Child track rotations which focus on clinical child or pediatric psychology as a fourth rotation. For interns seeking lifespan experience in Neuropsychology, Adult Neuropsychology rotations are also options

COVID-19 adaptation: Our Pediatric Neuropsychology rotations currently require the intern to be on site during the Neuropsychology clinic day. Some components of the evaluation may be conducted virtually (e.g., neurobehavioral interview, feedback), and some testing may be

administered in face-to-face formats. All in-person contact occurs per appropriate safety protocols including the use of personal protective equipment (PPE).

## **Training Faculty**

Our internship program is an essential component of the Education Mission of the Department of Psychiatry. Our psychologists serve as core faculty for the internship program. However, we and our trainees work closely with other faculty members in the Department and our postdoctoral fellows who are also involved in our training program.

## **Core Faculty**

**Fabiana Souza Araujo, Ph.D.** (Illinois Institute of Technology)
Assistant Professor, Psychiatry & Behavioral Neuroscience
Director, Behavioral Medicine in Primary Care
Director of Wellness and Peer Support, Disaster Recovery Program
Rotation: Integrated Primary Care, Healthcare Workers Wellness and
Resilience

<u>Dr. Araujo</u> is a health psychologist who specializes in integrated behavioral medicine, mindfulness and self-compassion based psychotherapy, and healthcare professionals resilience. The majority of her clinical practice which is integrated in UCM Primary Care focuses on the provision of evidence-based psychological services to patients with chronic medical conditions. She is also a key member of UCM's Disaster Recovery Program and is involved in a number of initiatives throughout the institution addressing burnout and secondary trauma among healthcare workers. Relying on her HCWs wellness expertise and her experience as a UCM clinical psychology alumnus, she developed and implements the Resilience Program for the clinical psychology interns.



**Nancy Beckman, Ph.D.** (Rosalind Franklin University of Medicine and Science)

Assistant Professor of Psychiatry & Behavioral Neuroscience Director, Adult Health Psychology

Rotations: Pain and Health Psychology

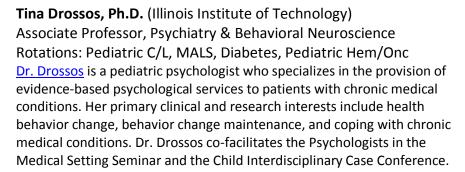
Dr. Beckman is a licensed clinical psychologist who provides cognitive behavioral therapy and other evidence-based psychological treatments to adults with comorbid mental health and medical conditions. She has particular interest in promoting behavioral health integration and in interventions to promote improved symptom management and quality of life among people with conditions such as chronic pain and cancer. She also co-leads the Psychologists in the Medical Setting Seminar and provides supervision for departmental trainees on outpatient therapy and health psychology cases.



**Alyse Bedell, Ph.D.** (Northwestern University Feinberg School of Medicine)

Assistant Professor of Psychiatry & Behavioral Neuroscience Rotation: Psychogastroenterology

<u>Dr. Bedell</u> is a clinical health psychologist specializing in psychogastroenterology. Her clinical work includes providing cognitive behavioral therapy and gut-directed hypnotherapy to adults with gastrointestinal disorders, including disorders of gut-brain interaction, inflammatory bowel diseases, and esophageal disorders. Her research interests include cognitive-affective factors associated with treatment response in GI disorders and sexual health in patients with GI disorders. Dr. Bedell provides psychogastroenterology training and supervision to clinical psychology interns and externs.



## Molly Erickson, Ph.D. (Indiana University)

Assistant Professor, Psychiatry & Behavioral Neuroscience Rotation: EEG and Psychosis Research

Dr. Erickson is a licensed clinical psychologist who specializes in the use of electroencephalography (EEG) to study neural mechanisms of cognitive impairment in people with psychosis. In particular, her research involves measuring neural markers of visual working memory disruption in people with schizophrenia, and using neurofeedback to remediate these neural processes to restore cognitive function. Dr. Erickson provides training in EEG data collection and analysis, and serves as a research mentor to trainees at the undergraduate, graduate, and postdoctoral levels.

# Joseph Fink, Ph.D., ABPP (University of Notre Dame) Associate Professor, Psychiatry & Behavioral Neuroscience Rotations: Adult Neuropsychology, Memory Disorders, and Neuropsychology Research

<u>Dr. Fink</u> is a board-certified clinical neuropsychologist with interests in medical neuropsychology, the neurocognitive sequelae of electrical trauma, neuropsychological detection and characterization of neurodegenerative conditions, and investigation of various classes of memory disruption and their neural substrates. Dr. Fink is the director of the Department's satellite neuropsychology clinic at St. Mary's Hospital in Hobart, IN. He co-facilitates the Adult Neuropsychology clinical neuroscience didactic series.







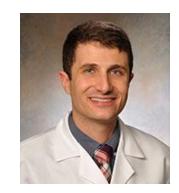


Daniel Fridberg, Ph.D. (Indiana University)

Assistant Professor, Psychiatry & Behavioral Neuroscience

**Rotations: Addictions & Transplant** 

<u>Dr. Fridberg</u> is a licensed clinical psychologist specializing in the assessment and treatment of chemical and behavioral addictions. Dr. Fridberg¹s research focuses on personality and neurocognitive mechanisms in substance use disorders and how they can inform novel intervention strategies. Dr. Fridberg provides training and supervision to medical residents and psychology interns in the provision of empirically supported treatments for addiction and comorbid psychopathology.



Israel Gross, Ph.D. (Loyola University Chicago)

Assistant Professor, Psychiatry & Behavioral Neuroscience Rotations: Pediatric Neuropsychology, Pediatric Hematology/Oncology, Pediatric Neurology, Developmental & Behavioral Pediatrics, Positive Parenting Program (Triple P)

Dr. Gross is a licensed clinical psychologist within the section of Child and Adolescent Psychiatry. He specializes in pediatric neuropsychological assessment and evidenced-based positive parenting interventions. His clinical and research interests include the assessment and treatment of neurodevelopmental disorders, psychiatric illness in children and adolescents, and neurological/medical conditions with co-occurring neuropsychological sequelae. In addition, Dr. Gross facilitates training in Triple P (a positive parenting program) and is interested in better understanding the role of parental and child self-regulation in neurocognitive development. Dr. Gross facilitates the Pediatric Neuropsychology clinical neuroscience didactic series.



**Sarah Keedy, Ph.D.** (Rosalind Franklin University of Medicine & Science)

Associate Professor, Psychiatry & Behavioral Neuroscience Chief, Research Section

Director, Cognition Emotion Neuroscience Laboratory

Rotation: Psychosis Research

<u>Dr. Keedy</u> is a licensed clinical psychologist who is primarily engaged in research activities on the cognitive neuroscience, biology, and genetics of major psychotic disorders. She also has a specific interest in the neurobiology and phenomenology of hallucinations and the acute psychotic state, inflammation and stress. Dr. Keedy is involved with the training of undergraduates through postdoctoral levels and provides support to other faculty working on EET or MRI clinical research studies. Current projects include working with populations ranging from psychosis, aggression, substance use and addiction, diabetes, HIV, conduct disorder, and trauma.



Andrea King, Ph.D. (University of Oklahoma)
Professor, Psychiatry & Behavioral Neuroscience
Director, Clinical Addictions Research Laboratory
Rotation: Addictions Research

<u>Dr. King</u> is a licensed clinical psychologist specializing in the treatment of addictions. She is also the Director of the Department's Research Section. Her research focuses on the biological and psychosocial factors involved in the predisposition to substance abuse, and in mechanisms of alcohol and drug reinforcement. Dr. King provides training and supervision in the use of empirically supported approaches to treating addictive behaviors.



Maureen Lacy, Ph.D. (Illinois Institute of Technology)
Professor, Psychiatry & Behavioral Neuroscience
Rotation: Adult Neuropsychology, Memory Disorders, and
Neuropsychology Research

<u>Dr. Lacy</u> is a clinical neuropsychologist with interests in the cognitive aspects of neurologic diseases, with a special interest in caring for individuals with Hydrocephalus, brain tumors, Movement Disorders, and Epilepsy. Dr. Lacy is primarily based at the Medical Center, where she sees referrals from Neurology, Psychiatry, Oncology, Primary Care, and Surgery. Dr. Lacy cofacilitates the Adult Neuropsychology clinical neuroscience didactic series.



# **Sonya Mathies Dinizulu, Ph.D.** (DePaul University) Assistant Professor, Psychiatry & Behavioral Neuroscience Rotations: USTAR & REACT

Dr. Dinizulu is a licensed clinical psychologist within the section of Child and Adolescent Psychiatry. She provides evidence-based individual and family interventions for youth from diverse racial/ethnic and socio-economic backgrounds presenting with depression, anxiety, and disruptive behaviors. Dr. Dinizulu specializes in the assessment and treatment of children and adolescents exposed to traumatic experiences, ranging from natural disasters to violence in the home or community. Her research is an extension of her clinical interests, which emphasizes developing and implementing community-based service delivery models to promote mental health and positive youth development for urban children and adolescents exposed to violence. She leads the intern Diversity seminar.



Candice Norcott, Ph.D. (University of Connecticut)
Assistant Professor, Psychiatry & Behavioral Neuroscience
Director, Graduate Medical Education Wellness
Rotation: Women's Behavioral Health

<u>Dr. Norcott</u> is a licensed clinical psychologist who primarily provides assessment, intervention, consultation, and patient and provider education within the Department of Obstetrics and Gynecology, and specifically within the Ryan Center of the Section of Family Planning. Dr. Norcott's clinical interests include adolescent mental health and wellness, gender responsive and trauma-informed services, reproductive health and justice, and behavioral medicine integration. Dr. Norcott is involved in a national advocacy program, Voices, focused on self-discovery and empowerment for girls.



**Amy Siston, Ph.D.** (Illinois Institute of Technology)
Assistant Professor, Psychiatry & Behavioral Neuroscience
Rotation: Psycho-Oncology

<u>Dr. Siston</u> is a licensed clinical health psychologist specializing in psychosocial oncology and sexual dysfunction. She holds a certificate in sexual health within the sex therapy track at the University of Michigan. Her primary clinical interests include quality of life, adjustment to advanced cancer diagnosis and treatment, cancer survivorship and sexual health evaluation and therapy to cancer patients. She provides clinical services in conjunction with the Department of Medicine's Section of Hematology and Oncology and also collaborates with providers in Obstetrics and Gynecology.



**Shona Vas, Ph.D., ABPP** (Loyola University Chicago)
Associate Professor, Psychiatry & Behavioral Neuroscience
Director, Clinical Psychology Training and Cognitive Behavior Therapy
Program

Rotations: Adult Anxiety and Avoidance Clinic, PTSD Clinic, and Training/Administration

Dr. Vas is a licensed clinical psychologist who specializes in the diagnosis and treatment of mood, anxiety, obsessive-compulsive, and trauma and stressor related disorders using cognitive-behavioral and acceptance-based approaches. Dr. Vas is certified in Behavioral and Cognitive Psychology (BCP) by the American Board of Professional Psychology and is a Beck Institute CBT Certified Clinician. Further, she is certified as a provider and consultant for the provision of Prolonged Exposure therapy. Dr. Vas' additional interests involve the provision of culturally sensitive services in socially and ethnically diverse populations, clinical supervision, and the development and administration of psychology training programs. Dr. Vas facilitates the interns' Professional Issues and Advanced CBT Seminars and co-leads the Supervision seminar. She is active in the national training community and is the current Chair of the APPIC Board of Directors.



**Jennifer Wildes, Ph.D.** (University of Oregon)
Associate Professor, Psychiatry & Behavioral Neuroscience Director, Eating Disorders Program

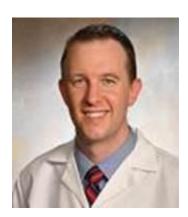
Rotations: Eating Disorders and Surgical Treatment of Obesity Dr. Wildes is a licensed clinical psychologist and Director of the Eating Disorders Program. Her clinical interests include the diagnosis and treatment of adolescents and adults with eating disorders, with an emphasis on evidence-based psychotherapeutic interventions. She also conducts research to elucidate mechanisms underlying the expression and maintenance of eating disorder symptoms, with the overall goals of refining diagnostic classification and developing more effective treatments. Dr. Wildes provides training and supervision in eating disorders assessment, treatment, and research.



## Matthew Young, Ph.D. (Ohio State University)

Assistant Professor, Psychiatry & Behavioral Neuroscience Director, Parent Child Interaction Therapy (PCIT) Program Rotation: PCIT Clinic

Dr. Young is a licensed child clinical psychologist who provides evidence-based diagnostic and intervention services in the Child and Adolescent Psychiatry Outpatient Clinic. Dr. Young's clinical practice is focused on individual and family-based interventions for mood and anxiety disorders from a cognitive-behavioral approach. In addition, he provides specialized intensive treatments for childhood disruptive behavior problems including behavioral parent management and PCIT. His research interests are focused on the implementation of evidence-based therapy and assessment models for children and adolescents. Dr. Young teaches the Child CBT Seminar and co-facilitates the Supervision seminar.



## **Associated Training Faculty**

In addition to the core psychology training faculty other psychologists, psychiatrists, physicians, and clinical social workers are affiliated with the internship program, and provide additional multidisciplinary training and supervision to our interns. Clinical psychology postdoctoral fellows may also provide guidance and supervision during the internship year. The supervisory psychologists and psychiatrists associated with the internship are all faculty of the Department of Psychiatry and Behavioral Neuroscience, with adjunct faculty across Chicago providing lectures and didactic training. Interns do have the opportunity to train with faculty across the University of Chicago Medicine, as well, through collaborative clinical and research projects and experiences.

**Khalid Afzal, M.D.** (Associate Professor of Psychiatry & Behavioral Neuroscience; M.D., Army Medical College of Pakistan) is the Director of the Pediatric Consultation-Liaison Service. <u>Dr. Afzal</u> provides some supervision for this rotation on the Child Psychology track.

Jon Grant, M.D., J.D., MPH. (Professor of Psychiatry & Behavioral Neuroscience; M.D., Brown University) supervises an outpatient clinic for addictive-impulsive-compulsive disorders. <u>Dr. Grant's</u> research focuses on the neurobiology, neurocognition, and treatment (psychopharmacologic and psychosocial) of impulse control disorders (e.g., gambling, stealing, shopping, sex), obsessive compulsive disorder, and drug addictions.

**Kate Keenan, Ph.D.** (Professor of Psychiatry & Behavioral Neuroscience; Ph.D., University of Pittsburgh) is a research clinical psychologist with expertise in early developmental markers of depression and disruptive behavior disorders. <u>Dr. Keenan</u> provides lectures during the internship year on her research, and professional development and identity, and she is available for consultation regarding research career development.

**Royce Lee, M.D.**, (Associate Professor of Psychiatry & Behavioral Neuroscience; M.D., Northwestern University) is the Associate Director of the CNPRU and an expert on the neurobiology of personality disorders. <u>Dr. Lee</u> conducts research on the effects of early life trauma on emotion regulation and personality, using multimethod approaches. He provides lectures to our interns on suicidality and its identification and treatment.

**Michael Marcangelo, M.D.** (Associate Professor of Psychiatry & Behavioral Neuroscience; M.D., University of Illinois at Chicago) is the Director of Medical Student Education for the Department and Associate Dean of Admissions at Pritzker. <a href="Dr. Marcangelo">Dr. Marcangelo</a> also serves as the associate director for the adult consultation-liaison program, and provides supervision for interns who elect that rotation and work with organ transplant patients.

**Marie Tobin, M.D.** (Professor of Psychiatry & Behavioral Neuroscience; M.D., National University of Ireland) is the Adult Section Chief and Director of the Adult Psychiatry Consultation-Liaison Service. <u>Dr. Tobin</u> provides training and supervision in Psychosocial Oncology and Consultation Psychiatry/Psychology.

#### **Post-Doctoral Fellows**

Postdoctoral clinical psychology fellows in the Department (see below) are involved in our training program supervising interns within our interdisciplinary settings, providing lectures in didactics, and serving as role models as they have usually had similar professional paths in academic settings.

**Emma Brett, Ph.D.** (Oklahoma State University) is a fellow in the Clinical Addictions and Research Laboratory and completed her internship at the Seattle VA. She is interested in factors that influence initiation and maintenance of substance use with a focus on nicotine/tobacco products, in particular, novel products such as e-cigarettes. Additionally, she is interested in motivational interventions for health behaviors and the impact of psychiatric disorders on substance use.

**Natasha Chander, Ph.D.** (Loyola University Chicago) is a Clinical Health psychology postdoctoral fellow who splits her time between the Adult Psychiatry Outpatient Clinic and the Behavioral Medicine Service in Primary Care. She completed her internship at the Edward Hines VA Medical Center. Dr. Chander's clinical and research interests include marginalized populations, resilience, multicultural competence, grief, and stress.

**Heather Davis, Ph.D.** (University of Kentucky) completed her internship at UCM and is a postdoctoral fellow in the Eating Disorders Research T32 fellowship. Dr. Davis studies emotion-based, transdiagnostic mechanisms that underlie comorbidity between eating disorders and other psychiatric problems including substance use, depression, and anxiety.

**Michelle Gilchrist, Ph.D.** (DePaul University) is a clinical fellow in the Trauma Program and completed her internship at Duke University Medical Center with a concentration in trauma. Dr. Gilchrist will be providing clinical services to children, adolescents, and families who have experienced trauma and been exposed to community violence.

Mary Lee, Psy.D. (Wheaton College) is the Pediatric Neuropsychology Postdoctoral Fellow. She completed her internship in lifespan neuropsychology at West Virginia University Medical Center. Dr. Lee's clinical and research interests include working with individuals with neurodevelopmental disorders and medical conditions, racial and cultural disparities within neuropsychological practice, and facilitating executive functioning and resilience in patients with neuropsychological challenges.

**Ilayna Mehrtens, Ph.D.** (Louisiana State University) is a fellow in pediatric psychology and completed her internship at Rush University Medical Center. Dr. Mehrtens currently works with youth and young adults with chronic medical conditions including cancer, diabetes, and sickle cell disease. Her clinical/research interests include identity-affirming psychotherapy services for gender variant youth; child and adolescent health disparities in underserved populations; and promotive factors among youth with chronic medical illnesses.

**Taylor Niccoletti, Psy.D.** (Wheaton College) is a clinical fellow in the Trauma Program and completed her pediatric psychology internship at Rush University Medical Center in Chicago, IL. Dr. Nicoletti is committed to providing strengths-based, trauma-informed services to Black children and families in urban, low-income settings. She also has extensive training in providing consultation liaison services within pediatric settings and works to promote trauma-informed care within broader health care systems. Her research interests include treatment engagement among Black families, trauma-informed care, and social determinants of health. Dr. Nicoletti is particularly interested in a combination of clinical practice and research, teaching, and training with a focus on the population-based care, prevention, and health promotion of Black children and families.

# **Program Trainees**

Information is provided below for our past few cohorts of interns. We are excited to be a part of their academic histories and take pride in following their careers after they graduate from our training program.

## **Current Interns**

Our current interns will be available to discuss their experiences in the program during the interview process. Remember that each intern's experience is customized to assist in accomplishing individual professional goals and as such, their training experiences may differ. Our class of 2021-2022 includes:

Jolin Yamin, M.A. Adult/Health Psychology

Wayne State University

**Madeline Konsor, M.S.** Adult/Health Psychology

Rosalind Franklin University of Medicine and Science

**Mark Sanderson-Cimino, M.S.** Adult Neuropsychology

University of California San Diego/San Diego State University Joint Doctoral Program



Hayley Goldenthal, M.A. M.S. Child/Pediatric Psychology

Northwestern University Feinberg School of Medicine

**Emily Carlson, M.A.**Pediatric Neuropsychology

American University



## **Intern Outcomes**

Interns who complete our training program typically pursue careers in academic medical centers and academic departments of psychology. Most graduating interns first complete a one to two year postdoctoral fellowship that further prepares them for the professional roles to which they aspire. Some of our interns have been able to move directly into faculty positions in academic institutions.

In the past few years, our interns have been successful at obtaining fellowships at other institutions including Northwestern University, Harvard University Health System, Brown University, University of Illinois at Chicago, Loyola University Chicago, Medical College of Wisconsin, University of Minnesota, University of Michigan, Johns Hopkins University, Stanford University, and Rush University Medical Center. On completion of these fellowships, most interns have obtained faculty positions at either academic medical centers or academic departments of psychology.

Some of our interns choose to remain at UCM for postdoctoral fellowship training as we have several clinical fellowship opportunities available within the institution including those in the areas of Adult/Clinical Health Psychology, Pediatric Psychology, Trauma, and Pediatric Neuropsychology. We also have T-32 fellowship positions available in Eating Disorders and Substance Abuse research (depending on the year and the recruitment cycle). In determining whether to apply for and/or accept fellowship training positions at UCM, we encourage interns to consider their future training and career goals in consultation with their mentors.

# Class of 2020-21

Intern	Postdoctoral Fellowship	Employment
Washington University in St.	Center for Anxiety and Related	
Louis University	Disorders, Boston University	
(Adult/Health)		
University of Louisville	Johns Hopkins University, Eating	
(Adult/Health)	Disorders Program	
University of Massachusetts	Northwestern University,	
Amherst (Adult	Department of Neurology	
Neuropsychology)		
University of Illinois at	Rush University, Department of	
Chicago (Child/Pediatric)	Family and Community	
	Medicine	
Drexel University (Pediatric	Harvard/Boston Children's	
Neuropsychology)	Hospital, Pediatric	
	Neuropsychology	

# Class of 2019-2020

Intern	Postdoctoral Fellowship	Employment
East Tennessee State	UCM	Loyola University Chicago
University (Adult/Health)		
University of Kentucky	UCM	Virginia Tech University
(Adult/Health)		
University of Wisconsin—	University of Illinois at Chicago,	
Milwaukee (Adult	Adult Neuropsychology	
Neuropsychology)		
Virginia Commonwealth	Loyola University Chicago	Loyola University Chicago
University (Child/Pediatric)		
Northwestern University,	Rush University, AARTS Center;	
Feinberg School of Medicine	Pediatric Neuropsychology	
(Pediatric Neuropsychology)		

# Class of 2018-2019

Intern	Postdoctoral Fellowship	Employment
Northwestern University	Northwestern University,	University of Chicago
Feinberg School of Medicine	Department of	
(Adult/Health)	Gastroenterology	
University of Illinois at	Depression and Anxiety	DASC Chicago
Chicago (Adult/Health)	Specialty Clinics (DASC) Chicago	

	(DASC)	
University of Alabama at	Baylor College of Medicine,	Baylor College of Medicine
Birmingham (Adult	Adult Neuropsychology	
Neuropsychology)		
DePaul University	University of California San	
(Child/Pediatric)	Francisco, Clinical Services	
	Research	
University of Houston	Kennedy Krieger/Johns Hopkins,	University of Texas Health
(Pediatric Neuropsychology)	Pediatric Neuropsychology	Center

# Class of 2017-2018

Intern	Postdoctoral Fellowship	Employment
Florida State University	N/A	Ohio University;
(Adult/Health)		Department of Psychology
Washington University in St.	University of Chicago Medicine,	University of Illinois at
Louis (Adult/Health)	Clinical Health Psychology	Chicago
University of Virginia	Harvard Partners/Massachusetts	Harvard Partners/MGH
(Adult/Neuropsychology)	General Hospital (MGH), Adult	
	Neuropsychology	
Vanderbilt University	Harvard/Boston Children's,	Rush University Medical
(Child/Pediatric)	Pediatric C/L	Center
University of Connecticut	Harvard/Boston Children's,	Children's
(Pediatric Neuropsychology)	Pediatric Neuropsychology	Neuropsychology Group,
		Boston, MA

## Class of 2016-2017

Intern	Postdoctoral Fellowship	Employment
Florida State University	University of Chicago, Clinical	Centre for Addiction and
(Adult/Health)	Addictions Research Program	Mental Health, Ontario,
		Canada
University of Alabama at	University of Michigan,	University of Michigan,
Birmingham (Adult/Health)	Psychogastroenterology	Section of Gastroenterology
Drexel University (Adult	Northwestern University,	University of California San
Neuropsychology)	Feinberg School of Medicine,	Francisco
	Adult Neuropsychology	
Northwestern University,	Loyola University Chicago,	Rush University Medical
Feinberg School of Medicine	Chicago Healthy Adolescent	Center
(Child/Pediatric)	Transitions Study	
University of Wisconsin—	Children's National, Pediatric	Medical College of
Milwaukee (Pediatric	Neuropsychology	Wisconsin

#### Class of 2015-2016

Intern	Postdoctoral Fellowship	Employment
Illinois Institute of Technology	Harbor/UCLA & UCM,	University of Chicago
(Adult/Health)	Women's Health & Primary Care	
Washington State University	Indiana University, Adult	Rush University Medical
(Adult Neuropsychology)	Neuropsychology	Center
Temple University	Medical College of Wisconsin,	West Virginia University
(Child/Pediatric)	Pediatric Neuropsychology	
Pennsylvania State University	New York University,	Private Practice, NY
(Pediatric Neuropsychology)	Pediatric Neuropsychology	

# **Applications**

Thank you for reviewing the information about our internship program. The following sections will help you further determine if you are a good fit for our site and will help you prepare your application for submission.

## **Application Criteria**

- Accreditation: Applicants for the Clinical Psychology Internship Program at the
  University of Chicago must be from an American Psychological Association (APA)
  accredited university-based doctoral program in Clinical or Counseling Psychology.
  Applicants from Canadian Psychological Association (CPA) accredited Clinical and
  Counseling Psychology programs are also eligible. We will not consider candidates
  whose programs are not accredited at the time of application.
- 2. Educational requirements: You must have a Master's degree, have finished your core clinical coursework, be admitted to doctoral candidacy, and have proposed your dissertation by the time you apply to our program. The requirement of a Master's degree is non-negotiable as one is required for credentialing on our insurance panels. No exceptions are possible.
- 3. Clinical experience: You should have completed a minimum of three years of graduate-level practicum training and have at least 1000 hours of supervised clinical experience by the start of internship. Further, we expect interns to have a minimum of 600 face-to-face assessment and intervention hours (combined) in order to be competitive applicants and adequately prepared for the rigors of our training program. The ratio of assessment to intervention hours is differentially important, depending on the particular track. Applicants to our Adult and Pediatric Neuropsychology tracks typically have more assessment hours than applicants to our Adult/Health and Child tracks who have a greater proportion of intervention hours. (COVID-19 Adaptation: Although we recognize that the COVID-19 pandemic has disrupted acquisition of clinical hours towards

preparation for internship, our required minimum number of face-to-face hours remains the same. Most of our interns in recent years have far exceeded this benchmark. However, we encourage applicants whose training was significantly disrupted to apply to our program if they determine that they are a good fit. In evaluating applications, we consider minimum number of hours to be one variable among many others in determining a candidate's fit for our site.)

## **Application Process**

As an APPIC member program, we will accept applications through the APPIC online portal only. You must register with APPIC and then complete the AAPI Online. We participate in the match and you must also register with National Matching Service (NMS).

You may apply to only one track of our internship program. Applicants who apply to more than one track will be disqualified from further consideration. Please specify which track you are applying for in your cover letter:

- 1. Adult Health Psychology (APPIC Match Number 126612): 2 positions
- 2. Adult Neuropsychology (APPIC Match Number 126614): 1 position
- 3. Child Psychology (APPIC Match Number 126613): 1 position
- 4. Pediatric Neuropsychology (APPIC Match Number 126615): 1 position

Applications are due by 11:59 pm EST on Monday, November 1, 2021 after which the portal will be closed for submissions.

You will be notified via email by December 1, 2021 if you are selected for an interview.

We will conduct virtual interviews on Fridays in December and January (12/3/21, 12/10/21, 1/21/22 and 1/28/22). The interview day (8 am to 3.30 pm CST) will involve a group presentation and meetings with the Director of Clinical Psychology Training, individual interviews with faculty members and postdoctoral fellows, lunch with the interns, and a virtual tour of our facilities. During your interview, we will attempt to help you gather information to determine the quality of your fit with our program. We recognize that is hard to obtain this experience via virtual methods and encourage you to ask questions of our faculty and trainees. Applicants who do not interview with our program will not be ranked.

# **Application Materials**

In order to apply to our program, please submit the following materials through the APPIC online application portal:

1. Cover letter including statement of career goals and interests in our program. Specify the name of your graduate program, which year you are, and what track you are applying to in the first paragraph of your cover letter. Include your contact information (email and phone number).

- 2. Current curriculum vita
- 3. Official school transcript
- Three letters of recommendation, with one preferably from your academic advisor and two others from clinical supervisors. Do not submit more than three letters of recommendation.
- 5. One de-identified neuropsychological, diagnostic, psychological assessment, initial evaluation or treatment summary report. A neuropsychological report is required if you are applying to either the Adult or Pediatric Neuropsychology tracks.
- 6. Completion of the Online APPIC Application for Psychology Internship (AAPI) link: https://aapicas.liaisoncas.com/applicant-ux/#/login

We appreciate the time and effort you will invest in completing an application to our site. Each application is carefully reviewed by our training faculty and staff. We request that all interviewees email an electronic picture of themselves to Rachel Myszak (<a href="mailto:rmyszak@bsd.uchicago.edu">rmyszak@bsd.uchicago.edu</a>) following their interview. These photographs are only used to help us keep better track of names, faces, and application materials rather than for any discriminatory purposes. If the notion of providing a photograph makes you uncomfortable, feel free to decline.

As an APPIC member program participating in the match, we will 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.

We are accredited by the American Psychological Association through 2029. Questions related to our accreditation status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation American Psychological Association 750 1<sup>st</sup> Street, NE, Washington, DC 20002

Phone: (202) 336-5979 E-mail: apaaccred@apa.org

Web: www.apa.org/ed/accreditation

#### **Additional Information**

## **Duration**

The Clinical Psychology Doctoral Internship Program's training year will begin on July 1, 2022and run through June 30, 2023.

## **Stipend and Benefits**

The current yearly stipend is \$36,000, plus subsidized medical benefits. Dental benefits are also available for an additional fee.

Paid time off includes 15 days of vacation, 10 days of sick/wellness leave and 5 days for professional development which may be used for conferences, dissertation defenses, and job interviews. Further, the University of Chicago Medicine has seven holidays each year (New Year's Day, Martin Luther King, Jr. Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas). Interns have individual offices with telephones, computers, printer/scanners, voice mail, video cameras, photocopy privileges, and clerical support.

Educational resources available to interns include the extensive University of Chicago library and computer systems, and a separate departmental library.

# **Employment Eligibility**

Although we welcome applications from candidates who are not US citizens, we are not able to sponsor visas of any kind. Acceptable non-citizen status may include permanent residency, an international student (F-1 visa) on curricular or optional practical training as determined by their home institution, a valid Employment Authorization Document (EAD) obtained through various pathways, or a TN visa for Canadian citizens. Applicants are responsible for obtaining their own authorizations including permission to enter the United States in order to work at UCM. Inability to produce these documents and authorizations may result in inability to be employed at UCM.

Interns are employees of the University of Chicago Medicine and are subject to regulations addressing employee benefits, diversity training, the Medical Center termination policy, discrimination policy, and employee/labor relations forms. Applicants who are matched to the internship will be required to successfully pass a pre-employment health screening, which includes a drug test and a background check. Please note that although marijuana is now legal in Illinois, the use of marijuana in any form is not exempt from the drug test. This information is available to the public at the following link: <a href="http://www.uchospitals.edu/">http://www.uchospitals.edu/</a>.

#### **Due Process**

Grievance and due process polices specific to the Internship Program can be obtained by emailing Dr. Shona Vas at <a href="mailto:svas@bsd.uchicago.edu">svas@bsd.uchicago.edu</a>. These policies will be presented and discussed with interns during orientation week as part of the Intern Training Manual and are available on a shared drive to all interns and faculty members upon acceptance to the program.

## **Non Discrimination Policy**

In keeping with its long-standing traditions and policies, the University of Chicago considers students, employees, applicants for admission or employment, and those seeking access to University programs on the basis of individual merit. The University does not discriminate on the basis of race, color, religion, sex, sexual orientation, gender identity, national or ethnic origin, age, status as an individual with a disability, protected veteran status, genetic information, or other protected classes under the law (including Title IX of the Education

Amendments of 1972). For additional information regarding the University of Chicago's Policy on Harassment, Discrimination, and Sexual Misconduct, please see: <a href="http://harassmentpolicy.uchicago.edu/page/policy">http://harassmentpolicy.uchicago.edu/page/policy</a>

# **More Questions?**

If you have questions about our program and the application process that have not been addressed in our written materials, please call 773-702-0529 to speak with our Administrative Assistant, Rachel Myszak. Alternatively, you may email the Director of Clinical Psychology Training, Dr. Shona Vas, at <a href="mailto:svas@bsd.uchicago.edu">svas@bsd.uchicago.edu</a>.