



Psychology Training Brochure 2022-2023



**Behavioral Health Institute
W. O. Walker Building
10524 Euclid Ave.
Cleveland, Ohio 44106**

Program Goals and Objectives

University Hospitals Behavioral Health Institute, offers a 2000-hour (minimum), one-year internship in professional psychology to qualified graduate students from clinical or counseling psychology programs. The primary aim of the University Hospitals psychology internship program is to train scholar-practitioners in an academic medical setting in preparation for independent clinical practice caring for children, adolescents, adults, couples and families with complex behavioral health needs. To this end the training program is structured to facilitate the integration of didactically acquired knowledge into guided professional practice. Supervisors collaborate in the incremental engagement of interns with highly complex cases from assessment and diagnosis to case conceptualization and treatment. Interns are considered integral members of each rotation's treatment team. Interdisciplinary teams look to interns to provide assessment, testing, diagnostic recommendations and treatment facilitation across multiple rotations. Serving patients across the lifespan, our training program affords interns the opportunity to develop areas of specialization at the start of their careers.

The educational philosophy of the UH-BHI psychology internship program is based on a Practitioner-Developmental-Apprentice model, emphasizing direct clinical practice consistent with the tradition of professional psychology training in the United States (practitioner), facilitating the transition from intern to professional psychologist (developmental), and providing consistent guidance for quality clinical service delivery, as well as, personal and professional growth (apprentice).

The integration of scientific research and clinical practice is emphasized within the psychology department, as well as at University Hospitals. The Behavioral Health Institute is dedicated to the training of motivated and well-prepared psychologists. Psychology interns/fellows completing the program will be capable of providing comprehensive psychological care to children from infancy through adulthood. The psychology graduates of our program will have mastered a comprehensive understanding of normal child, adolescent, and adult, relationship and family development, and will have extensive knowledge of the biologic and behavioral underpinnings of psychopathology. In addition, the genetic, medical, and social contributions to normal development and psychopathology will be understood.

The influences of cross-cultural and socioeconomic factors on development will also be carefully considered. The graduating psychology intern/fellow, with a broad base of knowledge, will effectively evaluate and select treatment modalities for the patient population. The ability to work skillfully in consultative and educative roles with other professionals caring for others is essential to the practicing psychology. This skill should be mastered within this training program.

The Behavioral Health Institute is committed to providing a rich and varied educational experience. Trainees will have the opportunity to work under close faculty supervision while learning through their own clinical experiences. These experiences will mold the trainees' attitudes, theoretical viewpoint, and technical skills. The process will be formalized through a review of each trainee's progress through the training program by the training director.

Interns are viewed in terms of their individually assessed needs and strengths, they are provided with training experiences that facilitate the transition from student to professional, and they are evaluated in terms of what would be expected of someone at their level of training. Goals and expectations for the interns change over the course of the training year, as they acquire new clinical skills and professional competencies. The interns' areas of needs and strengths are formally evaluated twice annually in addition to ongoing supervision. Appropriate and realistic goals are then established for the next review period. Expectations for clinical practice may change over the course of the year.

Training methods, content & curriculum

Hours of Training:

Interns working full-time (40 hours) are expected to provide at least 20 hours in direct service to patients. Other hours will be delegated to assessment and testing services, consultation, supervision, didactics, and other necessary meetings and trainings. Hours may be prorated.

General Outpatient Therapy: Child, Adolescent & Adult / Various locations

Interns will provide weekly therapy services to patient populations at UH Behavioral Health Institute including child/adolescent, adult, families and couples. Interns are encouraged to utilize the theoretical orientation of their choice for therapy based on education and expertise. Training in other approaches of interest will be provided to increase depth and breadth of intervention. Interns will be matched appropriately with supervisors based on these interests. This allows caseloads to be supervised effectively based on theoretical orientation. The list below includes the Psychology Trainee Committee Members and their areas of interest, which will be used to determine supervisor-intern match once a candidate is selected and accepted into our program.

Outpatient Psychological Testing and Assessment

Interns will have practice with administration, scoring and interpretation with a comprehensive suite of psychometric instruments and scoring software.

Rounding: Inpatient at CAPU/Behavioral Pediatrics

Interns will have the opportunity to round with patients on our inpatient units of UH Behavioral Health Institute, including Child/Adolescent patients on the CAPU and Behavioral Pediatrics.

Brief Intervention/Integrated Care: Midtown

Each intern will have the opportunity to engage in brief intervention (15-30 minute sessions) at our Midtown location. This location prides itself on working through an Integrated Care Model. University Hospitals is continuing its commitment to providing close to home, high quality health care with the new UH Rainbow Center for Women & Children. Our state of the art women and children's health center offers pediatric primary care, women's health and OB/GYN services, pregnancy and parenting classes, community resources and much more – all housed in one convenient facility.

The UH Mood Disorders Intensive Outpatient Program / Walker building, UH Cleveland Medical Center

This program was created for individuals who can benefit from a rapid stabilization program and education on how to manage symptoms related to mental illness. Interns provide group therapy, which is the program's primary treatment modality. Group topics include, but are not limited to:

CBT, DBT, Art therapy, Assertiveness skills, Boundary Setting, Illness education and Medication management.

TAY Program / Walker building, UH Cleveland Medical Center

The TAY (Transitional Adults and Youth) program includes a weekly interactive workshop series for young adults (18-29 years old). Each session we train participants in mentor-mentee relationships with the goal of getting “un-stuck” and completing their successful transition to adulthood.

From Zero to One: Time Management, Goal Setting, and Starting New Things	Dealing with Humans: Friendship, Workplace, and Family
Adulting 101: Knowledge to Navigate	Knowing Yourself: Values, Identity, and Fulfillment

Research: IRB Meeting OPTIONAL

Interns have the opportunity to attend an OPTIONAL IRB meeting 1 x every two weeks. IRB meetings would be appropriate for interns who have a strong interest in research, and learning about the logistics of this process. An institutional review board (IRB) is a type of committee that applies research ethics by reviewing the methods proposed for research and to ensure that they are ethical. The main goal of the IRB is to assure that appropriate steps are taken to protect the rights and welfare of human subjects participating in a research study. The board is formally designated to monitor, review and approve or reject biomedical and behavioral research involving humans. Committee board meetings occur biweekly and include introducing, reviewing and voting on the proposed studies. Each study is reviewed and analyzed ahead of the meeting by at least two reviewers.

Didactics

Didactic experiences at UH Behavioral Health Institute cover a wide array of topics related to Child/Adolescent Psychology and Adult Psychology. Didactics are psychoeducational and informative. They encourage and provide the platform for each intern to further develop skills in treatment planning, conceptualization, and treatment protocols. Grand Round presentations take place every Friday, and include topics of interest by various outside presenters and faculty members. Morbidity & Mortality (M & M) presentations are also included periodically throughout the year.

Supervision

Interns will engage in a minimum of 2 hours of direct individual supervision per week. Available supervisors and areas of interest are listed below. For more detailed information regarding supervision, please view the Clinical Supervision and Evaluation section of the UH Behavioral Health Institute manual.

Psychology Training Committee

Felipe Amunategui – Training Director

- Adolescent Co-Morbid Disorders
- Child-Onset Mood and Anxiety Disorders
- Cognitive Behavioral Therapy (CBT)
- Disruptive Behavior Disorders
- Hypnotherapy, Eriksonian and Formal
- Medical Education
- Parent-Child Relationship Problems
- Program Design/Evaluation
- Psychology Education and Training
- Psychotherapy
- Psychotherapy Process Research
- Refractory Disorders
- School/Community Consultation
- Self-Producing Systems

Irina Bransteter

- Children/Adolescents/Young Adult Therapy
- Anxiety
- Depression
- Parent-Child Therapy
- Psychological Issues
- Trauma (TF-CBT)
- LGBTQ+
- Research

David Brinkman-Sull

- Individual Adult Psychotherapy – Using Internal Family Systems, ACT, and DBT approaches
- Anxiety
- Depression
- Trauma/PTSD
- Relationship and Life Transition issues
- Program Development and Evaluation
- Administrative Leadership experience
- Integration of Behavioral Health in Primary Care

Kimberly Burkhart

- Assessment of trauma in youth with neurodevelopmental disorders
- Trauma-informed intervention (TF-CBT, PCIT)
- Trauma-informed parent training in behavior management
- Adolescent stress management
- Research

- Integrated care
- Gastrointestinal disorders
- Neurodevelopmental disorders (ADHD, ASD, and FASD)

Karissa Fogarty

- Late adolescence
- College student population
- Transitional age youth
- Mood disorders
- Anxiety disorders
- Women's health
- Trauma-informed care
- Intensive outpatient

Elizabeth Harris

- Child and Adolescent Psychology
- Transitional Age Youth
- Integrated Care
- Consultation/Liaison Services
- Co-morbidity of Chronic physical health and mental health concerns
- Anxiety
- Mood Disorders
- ADHD
- Parent-Child Relationships
- Sociocultural Stress
- Health Disparities

Steven Krause, PhD, MBA

- Anxiety
- Chronic Pain
- Depression
- Marital & family functioning
- Organizational Development
- Transplant Psychology
- Trauma

Sara Zryl

- Adult Psychology
- Anxiety Disorders
- College Mental Health
- Exposure Therapy
- Grief and Loss
- Post-Traumatic Stress Disorder (PTSD)

- Trauma Focused Therapy
- Trauma Informed Care
- Women's Health

Sample Intern Schedule

(Trainee and supervisor are to include 2 hours of individual supervision into schedule listed below based on availability of parties.)

SAMPLE SCHEDULE ROTATION 1 (1st 6 MONTHS)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Morning: Individual Therapy Patients (Child/Adult) 8:00AM-11:00AM</p> <p>Afternoon: Individual Therapy Patients (Child/Adult) 1PM-5PM</p>	<p>Morning: Individual Therapy Patients (Child/Adult) 8:00AM-11:00AM</p> <p>Afternoon: Individual Therapy Patients (Child/Adult) 1PM-5PM</p> <p>Every other T: Optional IRB meeting</p>	<p>Morning: Didactics (Adult) 8:00 AM-11:00 AM</p> <p>Individual Therapy Patients (Child) 8:00AM- 11:00AM</p> <p>Afternoon: Individual Therapy Patients (Child/Adult) 1PM-5PM</p>	<p>Morning: Outpatient Psychological Testing and Assessment</p> <p>Afternoon: Individual Therapy Patients (Adult) 1PM-5PM</p> <p>Individual Therapy 1:00PM-2:00PM (Child)</p> <p>Didactics (Child) 2:30-4:30 PM</p>	<p>Morning: Grand Rounds 8:00- 9:00 AM</p> <p>Didactics Child or Adult 9:00 AM-12:00 PM</p> <p>Afternoon: Administrative Time 1:00PM-4:00PM</p>

SAMPLE SCHEDULE ROTATION 2 (2nd 6 MONTHS)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Morning: Rounding with Patients on CAPU/Behavioral Pediatrics Brief Intervention Midtown (15-30 minute session slots) 8:00AM-11:00AM</p> <p>Lunch 11AM-12PM</p> <p>Afternoon: Individual Supervision 1PM-2PM</p> <p>Individual Therapy Patients (Child/Adult) 2PM-5PM</p>	<p>Morning: Individual Therapy Patients (Child/Adult) 8:00AM-11:00AM</p> <p>Lunch 11AM-12PM</p> <p>Afternoon: Individual Therapy Patients (Child/Adult) 1PM-5PM</p> <p>Every other T: Optional IRB meeting</p>	<p>Morning: Didactics Adult 8:00 AM-11:00 AM</p> <p>IOP Group 11:00 AM- 12:00 PM</p> <p>Afternoon: Lunch 12PM-1PM</p> <p>Individual Therapy Patients (Child/Adult) 1PM-5PM</p>	<p>Morning: Outpatient Psychological Testing and Assessment 8:00AM-11:00AM</p> <p>Lunch 11AM-12PM</p> <p>Afternoon: Individual Supervision 12PM-1PM</p> <p>Group Supervision 1:00PM-2:30PM</p> <p>Didactics Child 2:30-4:30 PM</p>	<p>Morning: Grand Rounds 8:00-9:00 AM</p> <p>Didactics Child or Adult 9:00 AM-12:00 PM</p> <p>Lunch 11AM-12PM</p> <p>Afternoon: Administrative Time 1:00 PM-4:00PM</p>

OPTIONAL ROTATIONS (Highlighted)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Morning: <i>Testing Patients on CAPU/ Behavioral Pediatrics</i></p> <p>Afternoon: IOP Team Meeting 12:30-2:00 PM</p> <p><i>Brief Intervention Family Medicine (15-30 minute session slots)</i></p>	<p>Morning: <i>Testing Patients on CAPU/ Behavioral Pediatrics</i></p> <p>Afternoon: Individual Therapy Patients (Child/ Adult)</p> <p><i>Every other Tuesday: Optional IRB meeting</i></p>	<p>Morning: <i>Didactics Adult 8:00 AM-11:00 AM</i> <i>IOP Group 11:00 AM-12:00 PM</i></p> <p>Afternoon: <i>Individual Therapy Patients (Child/ Adult)</i></p>	<p>Morning: <i>IOP Group 11:00 AM – 12:00 PM</i></p> <p>Afternoon: <i>TAY Group 1:00-2:00 PM</i> <i>Group Supervision 1:00PM-2:30PM</i> <i>Didactics Child 2:30-4:30 PM</i></p>	<p>Morning: <i>Grand Rounds 8:00-9:00 AM</i></p> <p><i>Didactics Child or Adult 9:00 AM-12:00 PM</i></p>

Selection of trainees for the training program:

Selection includes review of applications, credentials, and letters of recommendation by all PTC members, personal interviews by at least three Psychology Training Committee members, and interviews with some of the current interns. Meetings will be held when eligible applicants are identified so that candidates can be offered positions.

Application Eligibility

Applications for internship are accepted from persons who have met the following requirements:

- Comprehensive Examination successfully completed
- Master's degree (or equivalent) completed
- Dissertation or Doctoral Project proposal approved by match ranking deadline
- Completion of a minimum of 1000 total practicum hours, of which...
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 - 250 should be Intervention and Assessment hours
 - 100 should be Supervision hours
- Completion of all required coursework for doctoral degree (other than dissertation/doctoral project)
- Approval to participate in the APPIC National Match (eventual requirement)

Applicants with a Master's degree may be given preference in the applicant selection process.

University Hospitals requires background checks, vaccinations and drug screens prior to beginning the internship. Eligibility to begin internship, even after match, is contingent upon the intern passing these tests. If a matched intern fails to pass a background check or drug screen University Hospitals reserves the right to withdraw the invitation to match with the intern.

The following documents should be included in the application packet:

1. Resume/Curriculum Vitae
2. Two writing samples of psychological reports. These samples, should reflect at least assessments completed on children and/or adolescents ages 4-18 years or adults 18+. Please remove identifying information.
3. Three letters of recommendation written by faculty or clinical supervisors.
4. All graduate transcripts.

Employment is contingent upon:

- Satisfactory professional references, previous employment, and education verifications
- Proof of required licenses, certifications, registrations, and regulatory documents
- Successful completion of a pre-employment screening
- Confirmation you are legally authorized to work in the United States

If a matched intern fails to pass pre-employment screening, University Hospitals reserves the right to withdraw the invitation to match with the intern.

APPLICATION PACKETS MUST BE RECEIVED BY JANUARY 31st

Applicants will be notified by Email as to whether or not they will be invited to interview. The Psychology Training Committee will review application packets, and selected applicants will be contacted by Email to schedule an interview.

Appendix C – SAMPLE TRAINEE SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p style="text-align: center;">Morning: Individual Therapy Patients (Child/Adult) 8:00AM-11:00AM</p> <p style="text-align: center;">Afternoon: Individual Therapy Patients (Child/Adult) 1PM-5PM</p>	<p style="text-align: center;">Morning: Individual Therapy Patients (Child/Adult) 8:00AM-11:00AM</p> <p style="text-align: center;">Afternoon: Individual Therapy Patients (Child/Adult) 1PM-5PM</p> <p style="text-align: center;">Every other T: Optional IRB meeting</p>	<p style="text-align: center;">Morning: Didactics (Adult) 8:00 AM-11:00 AM</p> <p style="text-align: center;">Individual Therapy Patients (Child) 8:00AM- 11:00AM</p> <p style="text-align: center;">Afternoon: Individual Therapy Patients (Child/Adult) 1PM-5PM</p>	<p style="text-align: center;">Morning: Outpatient Psychological Testing and Assessment</p> <p style="text-align: center;">Afternoon: Individual Therapy Patients (Adult) 1PM-5PM</p> <p style="text-align: center;">Individual Therapy 1:00PM-2:00PM (Child)</p> <p style="text-align: center;">Didactics (Child) 2:30-4:30 PM</p>	<p style="text-align: center;">Morning: Grand Rounds 8:00- 9:00 AM</p> <p style="text-align: center;">Didactics Child or Adult 9:00 AM-12:00 PM</p> <p style="text-align: center;">Afternoon: Administrative Time 1:00PM-4:00PM</p>

- This sample schedule is for illustration purposes only, and may not reflect the activities of a particular intern.
- Individual supervision is also provided for at least 2 hours per week, with exact times depending on individual schedules.