



Alexian Brothers Behavioral Health Hospital

Predoctoral Psychology Internship Application

Dear Applicant:

Thank you for your interest in Alexian Brothers Behavioral Health Hospital's Internship. Enclosed you will find a full description of our program. We use the AAPI with the request that you name the tract you have chosen in the first paragraph of your cover letter.

Alexian Brothers Behavioral Health Hospital offers six internship positions and four Tracts during this training year. They include: Child and Adolescent Partial Hospitalization Tract, Adult/Chemical Dependency Partial Hospital Tract, Eating Disorder/Self Injury Partial Hospital Tract, and Neuropsychology and Anxiety Disorder Partial Hospital Tract. We interview candidates for placement emphasizing one area of interest. Therefore, if you name more than one tract, you will interview for each position separately. Applications without a specified Tract will not be considered. AAPI completed applications must be received no later than November 25.

These are the tracts you may apply for in the AAPI:

Child and Adolescent Tract (1 intern)

Adult/Addictions Tract (2 interns)

Eating Disorders/Self Injury Tract (2 interns)

Neuropsychology Tract (1 intern)

Please state your preference in the first line of your cover letter.



Alexian Brothers Behavioral Health Hospital

PREDOCTORAL INTERNSHIP

IN

CLINICAL PSYCHOLOGY

INTRODUCTION TO ALEXIAN BROTHERS BEHAVIORAL HEALTH HOSPITAL

Alexian Brothers Behavioral Health Hospital is a one hundred forty-one (141) bed, not-for-profit, JCAHO-approved provider of mental health and addiction services. The hospital provides inpatient and outpatient behavioral health and addiction services in Hoffman Estates, Illinois (a northwest suburb of Chicago). An outpatient Psychiatry and Behavioral Sciences practice is located on the hospital campus in a separate building. The Alexian Brothers Neurosciences Institute, which houses the Neuropsychology department, is located on the campus of Alexian Brothers Medical Center in Elk Grove Village, Illinois, a short drive from the Behavioral Health Hospital. A second and smaller Neuropsychology office is located in St. Alexius Medical Center, which is next to our hospital. A multidisciplinary team comprised of psychologists, neuropsychologists, psychiatrists, nurses, social workers, counselors, dieticians, and expressive therapists staff programs and units.

For over seven centuries, the Alexian Brothers, a Roman Catholic order of laymen, have dedicated their lives to caring for the poor and sick. The Alexian Brothers maintain several hospitals and medical centers along with facilities caring for the elderly in the United States and Europe. Promoting the emotional well being of patients is an integral part of this mission. Thus, training in behavioral health sciences is highly valued. A strong spirit of inclusiveness prevails at the hospital and diversity among staff and patients contributes to the richness of the treatment milieu. For more information about the Alexian Brothers and their mission and values, please go to www.alexianhealthsystem.org.

Alexian Brothers Behavioral Health Hospital is committed to excellence in training clinical professionals across all disciplines. We offer experience and training in psychology, social work, counseling, expressive therapy, dietetics, physician assistants, and nursing. The Pre-doctoral Clinical Psychology Internship Program is our most intensive training program, offering the breadth of experiences interns seek during their pre-doctoral year. Interns apply from across the United States for our hospital-based, practical and evidence-based training within a managed care setting.

II. BEHAVIORAL HEALTH CARE TREATMENT PHILOSOPHY

At Alexian Brothers Behavioral Health Hospital, we formulate our internship training philosophy on a Practitioner - Scholar model with a developmental paradigm emphasis for clinical supervision. In the intensive outpatient programs, in which the interns spend at least half of their time, acute care of highly symptomatic patients directs our treatment and training approach. We provide clinical practice in training models that build upon the theoretical, empirical, and clinical foundations that interns accumulate in their respective academic training programs. The basis for the empirical model for treatment in our programs emanates from evidence-based research applied for use with specific psychological diagnosis.

The hospital's mission is to provide effective and efficient care of patients in a structured, supportive, and empathic environment, and our internship training attends to methods, concepts, and scientific evidence that coalesce with the personal and professional development of each intern. In addition, we strive to treat every patient with the dignity and respect due to them especially because of their vulnerability and distress. Training our interns to cope with stressful circumstances becomes a central feature of the supervision and mentoring provided. ABBHH embodies the mission to treat the whole person; mind, body, and spirit and lives this out in the services we provide for patients that include therapy, medication, expressive therapy, and spiritual opportunities. Interns not only practice this model but also apply the scholarly approach to the study of evidence-based and empirically valid treatment models in the internship's "Journal Club". Therapeutically, we predominately utilize cognitive behavioral, acceptance and commitment therapy, self-regulatory process models, and systems theory and practice. Training and supervision are the means by which our interns expand their ability to practice ethical, professional, and supported treatments.

Scholar - The thoughtful integration of recent and relevant empirically supported theory and practice, empathic inquiry, and innovation inform this intelligent approach to scholarly knowledge. We believe that clinical practice and clinical science inform each other and that the observer is also the observed. Therefore, we use theory, research, and practice to identify the individual, social, biological, and cultural influences that require consideration during assessment, treatment, supervision, and training.

Practitioner – Interns practice clinical approaches that promote the patient's wellbeing and further their professional development. While training and supervision are paramount for an intern's development, clinical practice with its challenges and rewards catapults a trainee to another, higher level of clinical skillfulness. When the intern practices skills, he or she can integrate a broader and deeper understanding of the complexity of interventions. Add to this the diversity of the patients at ABBHH in terms of diagnostic complexity, age, sex, ethnicity, socioeconomic status, religion and other differences, and interns learn to become flexible in the face of numerous challenges.

Alexian Brothers Behavioral Health Hospital successfully blends a long-respected tradition of care giving with an emphasis on evidence-based treatment approaches, which include cognitive, behavioral, ACT, and other research-based treatment models. We believe that with the right skills and methods to implement them, people can take charge of the problems that disrupt their lives. Psychiatrists, physicians, schools, and managed care companies refer most of our patients. These referral sources expect us to treat the symptoms and problems presented effectively and efficiently. Thus, our programs primarily emphasize a cognitive and behavioral approach with skill-based interventions. Additionally, many patients are medically managed with psychotropic medications and other therapies, such as expressive therapy and ECT. Therefore, interns also receive thorough training in the actions, benefits, and side effects of the most frequently used medications and treatments for mental disorders and addictions.

Interns are encouraged to conceptualize cases from an integrated perspective using their knowledge of developmental, cognitive, behavioral, solution-focused, self-regulatory, motivational methods and family systems models. Knowledge of psychodynamic and humanistic theories and treatment models is supported and fosters the intern's ability to conceptualize across theories while practicing empirically based short-term group, family, and individual therapy. Setting specific goals, objectives, and interventions with patients helps them develop a skill set that applies not only to the patient's current problems but also to future difficulties that they and their families may repeatedly encounter. We focus therefore on reducing recidivism rates. Consequently, prior experience in cognitive-behavioral approaches is advantageous for the intern.

Alexian Brothers Behavioral Health Hospital has continuous performance improvement and organization improvement (PI/OI) programs that include peer review and studies of outcome indicators. Thus, ABBHH has a strong investment in program evaluation and outcome research. The Alexian Brothers Health System supports and encourages specific types of quality research and scholarly inquiry. Research is currently implemented in our Department for Clinical Outcomes/Evidence-Based Practice. We provide the opportunity for one intern, highly competent in research methods, protocols, and procedures, to accept the opportunity to conduct research projects under the supervision of the Director of Outcome Research. This intern's research replaces the weekly psycho-diagnostic testing time and the diagnostic group.

III. PATIENT POPULATIONS SERVED

Alexian Brothers Behavioral Health Hospital provides therapeutic services to patients from childhood through older adulthood, approximately seven years and upward. Our intensive partial hospital programs and intensive outpatient programs (PHP/IOP) typically serve individuals who exhibit significant Axis I disorders (depression, addictions, bipolar disorder, disabling anxiety, behavior difficulties, and psychotic disorders). Many of these patients also exhibit concurrent Axis II disorders. Dual diagnoses such as major depression and chemical dependency, or major depression and

an eating disorder or a history of severe trauma frequently occur in our hospital. The Center for Addiction Medicine treats adults with both chemical and process addictions.

The patients' problems are not limited to only psychiatric disorders. They frequently present with co-occurring physical or developmental problems but with the psychiatric diagnosis as the primary focus of treatment. For example, the nutritionally compromised patient with an eating disorder or the patient undergoing detoxification in the Center for Addiction Medicine often require nursing and nutritional education and treatment as well as recovery from the psychiatric diagnosis.

Outpatient psychotherapy patients present with disorders ranging from mood and anxiety disorders, addictions, bi-polar disorder, behavior, and adjustment disorders through moderate, but more stable, Axis II disorders.

The hospital primarily reflects the population of the surrounding suburban area — employed individuals and families who have health insurance benefits. However, we do serve a growing population of lower income and uninsured families and are especially sensitive to the needs of the poor and the disenfranchised. Our child and adult inpatient units and partial hospital programs accept Medicaid patients and most of our older adults utilize their Medicare benefits. While our population is predominantly white, the cultural diversity of our patient population grows each year. In the past five years we observed a larger Spanish speaking population and substantial numbers of Eastern European patients. We welcome patients/clients of all race, cultural, ethnic, and religious backgrounds to utilize our services.

IV. BEHAVIORAL HEALTH UNITS AND PROGRAMS

Alexian Brothers Behavioral Health Hospital offers a full continuum of behavioral health services conducted in the following units, programs, and services:

Inpatient Units:

- Youth Unit – 3 South (10 – 17 years): Behaviorally Based
- Older Adult Unit – 3 North (Lower functioning): Medical and Nursing
- Older Adult Unit – 3 Northeast (Mixed) Skill-Based
- Older Adult Unit – 3 East (Higher functioning): Cognitive-Behavioral Based

- Adult Unit – 2 South (Severe and Persistent Mental Illness): Skill-Based
- Adult Unit – 2 North (Acute): Cognitive-Behavioral Based
- Adult Unit – 2 Northeast (Addictions): Detoxification and Stabilization
- Eating Disorders and Self-Injury – 2 East: Re-feed and Self-Regulation Based

Intensive Outpatient Programs:

- Child Partial Hospital Program – 7 to 12 years: Structured Behavioral Based

Adolescent Partial Hospital Program – 13 to 17 years: CBT and Family Systems
Adult Partial Hospital Program – 18 to Older Adult: CBT, ACT, DBT
Center for Addiction Medicine – 18 to Older Adult: Motivational, CBT, ACT
Eating Disorders Partial Hospital Program – 13 to Adult: Self-Regulation
Self-Injury Recovery Services (SIRS) – 13 to Adult: Self Regulation
OCD and Anxiety Disorders – Adolescent to Older Adult: Exposure with
Response Prevention, CBT

(Various AA 12-step, multifamily, aftercare, ANAD, and self-help groups meet in our facility. Some of these are facilitated by Psychology Interns)

Neuroscience Institute:

The Neuroscience Institute, housed in Alexian Brothers Medical Center's Eberle Building, is comprised of clinics that serve the needs of patients with Neurological Disorders. The Institute was created as part of Alexian Brothers Hospital Network's commitment to advanced medicine. It comprises facilities and services that are a portal to the latest neurological advances that are transforming our ability to help patients with these and other conditions.

Neurology:

Alzheimer's disease
Stroke
Brain Tumors
Parkinson's Disease and Movement Disorders
Pediatric Neurological Disorders, including PDD, Autism, Aspergers, ADHD, Learning Disorders. Brain Disorders of other origins.

Neuropsychology:

Pediatric Neuropsychological Testing
Adult Neuropsychological Testing

Outpatient Group Practice:

The Group Practice is located in Alexian Brothers Medical Plaza situated next to the Behavioral Health Hospital and houses psychiatrists, therapists, nurses as well as the support services. All therapists are licensed providers, i.e. Licensed Clinical Psychologists, Licensed Clinical Professional Counselors, Licensed Clinical Social Workers, Advanced Practice Nurses. Psychology interns offer outpatient services through the Internship Training Clinic, which provides reduced fee services to persons with financial difficulties, including the uninsured and underinsured. These patients are

treated in the hospital's offices rather than the group practice to make it more convenient for the interns and their scheduling.

Psychiatry

General Adult
Child and Adolescent
Neuropsychiatry
Women's Clinic

Psychotherapy

Individual, Couple, Family: Child, Adolescent, Adult, Older Adult

Diagnostic Testing by Licensed Clinical Psychologists or Psychology Interns and Externs under intensive supervision.

V. PRE-DOCTORAL INTERNSHIP PROGRAM

Training Goals and Objectives:

Alexian Brothers Behavioral Health Hospital's APA accredited internship strives to develop well-rounded clinical psychologists and neuropsychologists who are prepared to provide diagnostic and therapeutic services to patients at all levels of care from outpatient psychotherapy through partial hospital and inpatient treatment. Interns are responsible for a patient's diagnostic, psychotherapeutic, psycho-education, and case management services and receives assignments as the primary therapist/case manager. In today's health care environment, psychologists need to develop the skills necessary to interact effectively with patients, families, community agencies, and managed care insurance companies to provide research-based, empirically supported, effective, and efficient treatment. Proficiency in communicating and documenting care according to external accrediting-body standards is a skill that each intern learns.

Our program's goals and objectives outline a learning environment in which the interns will gain competence at their level of training and education. The goals and objectives are presented during the application process, are reiterated during internship orientation, and are also contained in the Internship Training Manual and the Internship Competency Evaluation.

They are found online as a download brochure at:

www.alexianbrothershealth.org/services/abbhh/professionaleducation/internship-opportunities

Goal 1: Competence in Professional Conduct, Ethics and Legal Matters

Objectives:

- A. Demonstrates Professional Interpersonal Behavior
- B. Seeks and Uses Supervision and Consultation
- C. Demonstrates the Use of Positive Coping Strategies
- D. Professional Responsibility and Documentation
- E. Efficiency and Time Management
- F. Knowledge and Application of Ethics and Law
- G. Gains Administrative Competency

Goal 2: Competence in Individual and Cultural Diversity

Objectives:

- A. Builds Positive Patient Rapport
- B. Sensitivity to Patient Diversity
- C. Awareness of Own Cultural and Ethnic Background

Goal 4: Competence in Theories and Methods of Effective Psychotherapeutic Intervention

Objectives:

- A. Attends to Patient Risk Management and Confidentiality
- B. Case Conceptualization and Treatment Goals
- C. Applies Evidence Based Therapeutic Interventions
- D. Effective Use of Emotional Reactions in Therapy
- E. Group Therapy Skills and Preparation

Goal 5: Competence in Scholarly Inquiry and Application of Current Scientific Knowledge to Practice

Objectives:

- A. Seeks Current Scientific Knowledge
- B. Develops and Implements Writing or Presentation Plan

Goal 6: Competence in Professional Consultation

Objectives:

- A. Program Treatment Assessment
- B. Consultative Guidance

Goal 7: Competence in Providing Supervision

Objectives:

A. Develop Knowledge of and/or Use of Empirically Supported Supervisory Skills

The Internship Competency Evaluation Form contains an expanded explanation of the internship competency objectives along with a rating of achievement. Interns are expected to familiarize themselves with the ratings so as to become aware of and motivated to gain developmentally appropriate achievement.

The Internship Training Committee promotes these goals and supports the effective accumulation of scholarly knowledge and empirically supported practice outlined in the specific objectives. These objectives are identified in the Psychology Internship Evaluation Form. The Internship Training Committee formalizes its semi-annual evaluation process in a committee meeting, which includes all members of the team who have frequent and intensive supervision or educational opportunities with the intern.

The primary supervisor discusses the committee's ratings with the intern during regularly scheduled supervision. Open discussion of any question or divergent opinions is encouraged. However, the committee's rating stands as it was presented in the committee's meetings unless compelling reasons lead to reevaluation. The evaluation is signed by the supervisor, intern, and director of training. A copy of the evaluation with a letter of comment is sent to the intern's academic institution for their Training Director's review.

TRAINING OPPORTUNITIES:

The internship is composed of activities that foster an intern's personal and professional development, broadens and refines their skills and abilities, and prepares them for licensure following the postdoctoral/fellowship year/s. Therefore, the intern is assigned to a specific tract i.e. Adult/Addictions, Eating Disorders/Self-Injury Recovery, Child and Adolescent Program, or Neuropsychology and OCD and Anxiety Disorders. During the application process, the intern specifies a tract that fits with their learning goals and objectives. This match focuses on an age group, i.e., child and adolescent or adult, or a specialized branch of learning and treatment i.e., eating disorders/self-injury, neuropsychology/anxiety disorders.

The intern's daily and weekly activities may afford them the opportunity to treat patients at various levels of care. For example, an intern may initiate treatment of a partial hospital patient who within a week is "stepped up" to an inpatient unit for an additional week, and then returns to the PHP for three additional weeks. After that time, if the patient qualifies for reduced fee clinical services, the intern may continue as the patient's outpatient therapist in the Internship Training Clinic.

Weekly staffing of patients facilitates the coordination of care and treatment. Interns participate in these staffings and other staff meetings along with hospital-wide training events. Case management within a managed-care setting is a skill that all of our interns learn.

VI. YEARLY ACTIVITIES

Program Assessments:

In conjunction with their duties in assigned Partial Hospital Programs, interns perform assessments of patients treated in intensive level services. Learning to collect and coordinate data, make appropriate treatment decisions, and convey necessary clinical information to staff, managed care utilization reviewers, schools, and other providers are the goals of this experience. While this training is expected of interns in the first months, the number of assessments declines as training proceeds.

Psychological or Neuropsychological Testing:

Interns complete at least 6 full or partial psychological batteries during their internship year. Neuropsychology interns meet the requirements of the supervisor and their training needs (additional information under Neuropsychology Tract). The intern's schedule provides ample time and resources for developing skills in diagnostic testing. The referral for testing is ordered by the treating psychiatrist to clarify a specific question or concern related to the current psychiatric/neurological problem and treatment needs. Interns have the opportunity to test/assess patients across the life span unless previous training permits only certain age groups, i.e., no experience with young children. They also learn assessment skills across the continuum of care and spectrum of psychiatric disorders. Consequently, understanding the purpose of the testing becomes an important assessment focus.

The assessment process includes collecting background data, administering, scoring, and interpreting data, as well as providing feedback to referring psychiatrists and treatment teams. Intern's present cases in a diagnostic case conference and consult with supervisors and other team members to further the learning process. Consultation and feedback with clinicians, patients, families, and schools is expected.

The psychology testing protocol typically includes a Wechsler Adult or Child Intelligence Test, Minnesota Multiphasic Personality Inventory, Millon, or other objective personality measure, Sentence Completion, Thematic Apperception Test, etc. For children, a variety of interview and behavioral inventories and parent schedules are necessary instruments. Additionally, collateral interviews, structured and semi-structured clinical interviews are taught and evaluated. Neuropsychological screenings and other carefully selected instruments are included to answer specific referral question.

The intern in the Neuropsychological rotation is trained in the administration, scoring, and interpretation of tests with an emphasis on pediatric and adult cases. The intern will

be exposed to all populations. Three days per week are spent in the Neurosciences Institute for both training and neuropsychological didactics.

Outpatient Psychotherapy:

Throughout the year, interns may carry up to four individual, couple, or family cases through the Internship Training Clinic. The Clinic operates in collaboration with the hospital’s Outpatient Group Practice and trains interns to conduct outpatient therapy with underserved populations. Patients are assigned to the intern based on the intern’s training, experiences, as well as interest in furthering their knowledge base. Referrals to the Training Clinic emanate from ABBHH Access department, partial hospital programs, inpatient units, group practice intake office, and the community. These patients are typically uninsured, underinsured, or have maximized their insurance benefits, although other factors may influence the decision to refer or accept a patient into the clinic. Since insurance is not used, interns learn to manage the collection of fees as part of the training experience. Interns are responsible for assessment, treatment, and management of their clinic cases. This includes a semi-structured clinical interview, assessment summary, treatment planning and provision of services, discharge planning, and collateral contacts with psychiatrists, family members, schools, and other mental health practitioners. All sessions are audio-taped with the patient’s signed release to do so.

VII. PROGRAM TRACTS

We accept six interns for training during the year. All interns begin their training in late August with a two-day Intern Training Orientation. Immediately following the orientation, each intern begins his/her first rotation (shown on the schedule below). At six months, interns rotate into the second program, which is selected for its ability to provide a well-rounded training experience.

The rotations schedule is as follows:

First Rotation (August – Mid-March)	Second Rotation (March – August)
Neuropsychology (3 days per wk) Anxiety Disorders PHP (2 days)	Neuropsychology (3 days) Anxiety Disorders PHP (2 days)
Adolescent Partial Hospital Program	Child Partial Hospital Program
Adult Partial Hospital Program	Center for Addiction Medicine
Center for Addiction Medicine	Adult Partial Hospital Program
Self-Injury Recovery Services (SIRS)	Eating Disorder PHP
Eating Disorder PHP	Self-Injury Recovery Services (SIRS)

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Five of the six interns train in the Partial Hospital Programs (Day Treatment). The sixth intern splits their week between the Neuropsychology program and the OCD and Anxiety Disorders program. These programs are highly structured and intensive and education and training fosters engagement in the treatment milieu. One day is allotted outside of the program, which allows for diagnostic testing cases and Training Clinic clients.

Each intern is assigned four therapy groups, which may include process and psycho-education and up to four case management/therapy cases. They also conduct one aftercare or multi-family group. That group is defined by each program's emphasis.

Art and dance movement therapy and spirituality groups reflect the Alexian Brothers' mission to treat the whole person: mind, body and spirit. Every patient is provided with these services and interns can observe them as a co-leader, as their time allows.

ADULT/ADDICTION SERVICES TRACT

Adult Partial Hospital Program

The intern assigned to this rotation as their first experience, trains in the adult partial hospital program and then chemical dependency PHP. This rotation emphasizes the treatment of patients who suffer from mood, anxiety, personality disorders, as well as PTSD, and are, therefore, more difficult to treat and contain. The adult partial hospital program serves patients with more severe Axis I disorders who may have concomitant Axis II disorders or dual-diagnosis. Therapy groups for these patients are co-led by staff members who model the cognitive behavioral group treatment. The intern co-leads five groups per week, which includes psycho educational groups. The multi-family support group is co-led by the intern for the full year. Patients in this program receive significant amounts of group and family therapy, as well as individual case management/therapy. The intern provides these services for four patients per week. By the end of the rotation, the intern will have a strong grounding in adult treatment and have the tools to successfully assess and treat severe psychopathology.

Center for Addiction Medicine

This internship rotation trains interns in intensive work with adults suffering from the effects of addiction. The addiction may be to substances such as alcohol, hallucinogens, opioids, and amphetamines or it may be a process addiction, such as addiction to computer video games, sex, or gambling. These patients are at times dually diagnosed with another psychiatric problem and may receive treatment in both the chemical dependency program and the adult, eating disorder or anxiety partial hospital program. The intern functions as a group and family therapist, as well as case manager/ therapist. There are many opportunities to conduct substance abuse assessments and become

familiar with patient presentation. We teach the skills of case management to each intern in a stepwise fashion that allows the intern to become familiar with the hospital's addiction treatment model as well as the complex effects of abuse, dependency, and withdraw. Facilitating educational groups is another skill the intern will acquire during this rotation. The intern may offer to present foundational seminars to the high school students in the community. The rotation between the Addictions program and the Adult PHP offer an excellent opportunity for a intern to gain breadth and depth of experience when treating an adult population.

EATING DISORDER/SELF INJURY RECOVERY SERVICES TRACT

Eating Disorders Partial Hospital Program.

The eating disorder program is well known in the Chicago land area as well as the larger Midwest region and receives many specialty referrals. Although previous experience is not a prerequisite, the intern who selects this rotation should have a strong interest in understanding and treating eating disorders and self-injurious behavior. Experience in psychodynamic theory can be a useful adjunct to conceptualizing the patient's dynamics. The intern acquires the necessary skills to treat anorexia, bulimia, and binge eating disorders in a highly structured therapeutic setting. At the same time these patients are frequently diagnosed with another Axis 1 or 2 disorder such as OCD, mood, or PTSD, which complicates their presentation and treatment. Along with group and individual treatment the intern gains knowledge of family therapy. Since some of our patients begin their treatment on the inpatient unit, the intern may observe patients throughout the continuum of care and may interact with a few child patients, if the intern's background permits. The intern facilitates the weekly Anorexia Nervosa and Associated Disorders (ANAD) group.

Self-Injury Recovery Services (SIRS) PHP.

Eating disorders and self-injury can be conceptualized as compulsive disorders and share as a part of their etiology, distress intolerance or affect dysregulation. We have advanced our treatment model, through the use of the Self Regulation Model and CBT to treat patients as they move toward recovery. The intern who rotates in this program learns this model as well as the biological, psychological, societal, and family system contributions to this complex disorder. Patients in SIRS range in age from adolescent through adult and are frequently diagnosed with significant mood, anxiety, oppositional, PTSD, and personality disorders. Treatment is group based with family and individual case management/therapy occurring throughout the week. Skills in group process and containment along with education and expressive therapy aid the patients in their growth and recovery.

CHILD AND ADOLESCENT TRACT

Adolescent Partial Hospitalization Program

This intensive program treats adolescents with severe behavioral and emotional difficulties. Many of the adolescents present with significant substance abuse, misuse, or dependency as well. Group therapy sessions, case management, and family therapy are provided for every patient. A structured classroom setting, with licensed educators, assists the patients in their studies, and helps them to remain current in their school assignments. Art and Dance Movement therapy and Spirituality groups reflect the Alexian Brothers' mission to treat the whole person: mind, body and spirit. Interns are involved in all aspects of patient treatment including school staffing, and presentations for school and community personnel. Diagnostic testing and inpatient child and adolescent cases bring the intern into contact with the full continuum of care. The intern's second rotation into the Child Partial Hospital Program will expose him or her to treatment of grade school age children under the supervision of a Child Psychologist.

Child Partial Hospital Program

The intern who trains in the child program brings their knowledge of child development and learning theory to assess and treat children from 7 through 12 years. These children are treated for mood, anxiety, attention, developmental, oppositional and psychotic disorders and are often diagnosed for the first time while in our hospital. Within our highly structured treatment milieu, the children and parents gain skills and confidence in their ability to manage behaviors more effectively. The treatment team has the added benefit of special education teachers, and art and dance movement therapists. The intern will learn the techniques of behavioral treatment, exposure and response prevention, play therapy, and family therapy. The two-way mirror rooms bring "in vivo" teaching methods to the intern's learning experience; the gains from this experience are immeasurable.

In addition, the intern will meet with, educate, and assist in the referral of families who suspect a diagnosis of an Autism Spectrum Disorder in their child. While this aspect of the rotation occurs outside of the Child PHP, in the Outpatient Group Practice, it is an important aspect of the well-trained child and adolescent intern to effectively interact with individuals and families while the assessment process progresses. The ASD clinic is a referral and educational service offered by The Alexian Brothers Foundation.

NEUROPSYCHOLOGY AND ANXIETY AND OCD DISORDERS TRACT

Neuropsychology Rotation

The Neuropsychology Track of the Alexian Brothers Behavioral Health Hospital internship program is designed to meet American Psychological Association Division 40 and Houston Conference guidelines for training in clinical neuropsychology. As such, the goal is to complete training in the general practice of professional psychology and extend specialty preparation in the science and professional practice of clinical neuropsychology. Students spend at least 50% of their time in clinical activities and didactic training related to the practice of clinical neuropsychology. It is anticipated that individuals who complete this training will be prepared to move on to postdoctoral residency training in clinical neuropsychology.

The Neuropsychology Track offers rotations in adult and pediatric neuropsychology, with the amount of time spent in each rotation adjusted to accommodate the intern's interests and training needs. In both rotations, individual supervision is provided on a weekly basis with additional supervision throughout each stage of the evaluation process. Didactic training in neuropsychology includes weekly seminars in the areas of applied clinical neuropsychology, behavioral neurosciences, and professional issues/ethics. Interns will also be expected to present cases and topics at these seminars over the course of the year. In addition, interns participate in guided self study courses in neuroanatomy and clinical neuropsychology over the course of the year. Opportunities may also be provided for observation of neurological examinations and neurosurgical procedures as available. Interns will also participate in ongoing research projects conducted in the neuropsychology service, and will have the opportunity to present this research at conferences and/or through preparation of manuscripts for publication.

In their clinical experiences interns will be involved in clinical interviews, review of medical records, test selection, test administration, scoring, interpretation of results, report writing, and patient feedback under the supervision of the neuropsychologist. For the pediatric rotation, interns will also be involved in school observations and attending school meetings for determining eligibility for services. Interns focusing in the adult rotation will be exposed to a broad range of other patient populations including individuals with known or suspected dementia, traumatic brain injury, multiple sclerosis, seizure disorders, primary psychiatric disorders, and cerebrovascular disease. The pediatric program serves children and adolescents from age 18 months to 18 years, with various conditions including autistic spectrum disorders, learning disabilities, attention-deficit/hyperactivity disorder, genetic conditions, and other neurological disorders (e.g., seizure disorders, traumatic brain injury, etc).

Center for Anxiety and Obsessive Disorders Rotation

The Anxiety Center is the only Partial Hospitalization and Intensive Outpatient Treatment Program for anxiety disorders in the metropolitan Chicago area. Therefore, the range and intensity of anxiety disorder patient's presentations is very large. Some patients come in for the treatment of panic attacks, while others have severe OCD or PTSD. The treatment philosophy of the program is Cognitive Behavioral Therapy and Exposure and Response Prevention (ERP). All treatment is empirically based and is driven by updates

in the research literature. Interns can expect to be fully involved in all aspects of the program, from assessing potential clients to doing ERP with patients on a daily basis. Our motto is, “If you are afraid of it, we need to do it!” Interns will also be involved in running anxiety education groups, and are very involved in our cross-track groups, where we treat patients from other programs that also have anxiety concerns. We also encourage research development in our program, and would be happy to work with you on setting up a study that might contribute to the knowledge base of anxiety disorders.

VIII. CLINICAL SUPERVISION AND DIDACTICS

Licensed clinical psychologists/Neuropsychologists, according to the schedule outlined below, provide formal clinical supervision to interns. In addition, opportunities for informal supervision by doctors of clinical psychology and staff from other disciplines are readily available. Interns are also encouraged to make use of peer consultation.

- ◆ Two hours of individual clinical supervision with a Licensed Clinical Psychologist staff member; one is the Primary Clinical Supervisor and the other is the Director of Training.
- ◆ The Executive Director of Outpatient Services leads One hour of group supervision utilizing the one-way mirror.
- ◆ One hour of diagnostic supervision led by a Clinical Psychologist who specializes in diagnostic testing.

The basis for the assignment of a primary supervisor is both the intern’s rotation and the clinical specialty of the supervisor. We consider the intern’s personal preference in the supervisory assignment, but cannot promise any particular arrangement. The Primary Clinical Supervisor is responsible for all program related cases and organizes the mid-year and final evaluations. The Director of Training provides one hour of clinical supervision for each intern and is responsible for administrative training, training clinic cases, and the organization of the intern’s experiences.

Didactic Experiences

The training program provides a series of planned didactic sessions for all students with an additional training for psychology interns. With students from other disciplines the interns train in the ability to work collegially in a multidisciplinary setting. In addition, interns are encouraged to attend continuing education presentations during the year including those presented within the Alexian Brothers Health System.

- ◆ ProSeminar – Didactic program for all psychology, social work, counseling, and expressive therapy students - one hour per week

Internship Training Brochure

- ◆ Journal Club – Recent journal articles for discussion and investigation – one hour per week.
- ◆ Case Staffing – staff present cases for review – 1.5 hours per week.
- ◆ Diagnostic seminar – one hour per week

Typical Weekly Schedule for Interns:

15 hrs	Direct patient contact
10 hrs	Case Management/Therapy (charting, phone calls, staffing, etc.)
6 hrs	Diagnostic Testing Cases/Research
4 hrs	Clinical supervision
3 hrs	Didactic experiences
2 hrs	<u>Other administrative tasks</u>
40 hrs	Weekly

The following is a typical weekly schedule:

	Mon.	Tues.	Wed.	Thurs.	Fri.	S	
8:00			Prep. Notes	Prep. Notes	Prep. Notes		
9:00	Intro. Group		Diagnostic Testing	Intro. Group	Skills Group		
10:00	Case Mang.		Diagnostic Testing	Case Mang.	Case Mang.		
11:00	Process Group	Process Group	Diagnostic Testing	Process Group	Notes		
12:00	Lunch	Lunch	Lunch at ProSeminar	Lunch	Lunch		
1:00	Case Mang.	Case Mang.	Diagnostic Group Supervision	Case Mang.	Case Mang.		
2:00	Training Clinic	Research	Diagnostic Testing	Case Mang.	Notes		
3:00	Exit Group	Journal Club	Diagnostic Testing	Clinical Sup			
4:00	Training Clinic		Training Clinic	Training Clinic			
5:00	Family Group						

Evening

6:00	Multi-						
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	Family Group						
7:00							

IX. TRAINING STAFF

The Training Committee is comprised of 11 full-time and 2 part-time Clinical Psychologists/Neuropsychologists. Members of the training staff specialize in the various clinical intern rotations provided by the hospital. The Selection Committee Members are licensed Clinical Psychologists who participate in the selection and evaluation of psychology interns.

The training staff meets once per month to review the progress of the interns and to develop policies and procedures. Bi-Annual meetings of the Training Committee set the direction for the program and offer opportunities for continued growth and development in competency measures, supervision practices, and selection of future interns.

Licensed Clinical Psychologists/ Neuropsychologists

Name	Clinical Position	Clinical Specialties
Amy Davis, Ph.D., ABPP FT	Pediatric Neuropsychology Clinical Supervisor	Pediatric Neuropsychology
Jill Dorflinger, Ph.D. FT	Pediatric Neuropsychology Clinical Supervisor	Pediatric Neuropsychology
Kathleen Fader, Psy.D. FT	Director of Training, Psychotherapist Clinical Supervisor	Child, Adolescent, Adult, Addictions, Anxiety Disorders, Eating Disorders, Speaker
Tony Gorrie, Psy.D. FT	Clinical Supervisor Outpatient Practice Clinical Supervisor	Children, Adolescent, Adult, Mood, Anxiety Disorders, Behavioral Management, Diagnostic Testing
Shelley Gremley, Ph.D. FT	Neuropsychologist Clinical Supervisor	Adult Neuropsychologist
Cecelia Horan, Psy.D. FT	Director, Child and Adolescent PHP/IOP Clinical Supervisor	Child, Adolescent, Family, Mood Disorders, Conduct Disorders

Internship Training Brochure

Brian Leahy, Ph.D., ABPP FT	Director, Neuro- psychological Services Clinical Supervisor	Adults and Older Adults, Neuropsychologist
Patrick McGrath, Ph.D. FT	Director, Anxiety Disorders Program Clinical Supervisor	Adolescent and Adult Anxiety Disorders
Clifton Saper, Ph.D. FT	Executive Director, Intensive Outpatient, Clinical Supervisor	Child, Adolescent, Adult, Solution Focused Therapy, ADHD, Hypnosis, Management
Kathryn Juzwin, Psy.D. PT	Director of Self-Injury Recovery Services Clinical Supervisor	Adolescent, Adult, Family CBT, Emotion Regulation
Jason Washburn, Ph.D., ABPP PT	Director, Outcome Research, Journal Club	Hospital-Based Outcome Research
Jennifer Charles, Psy.D. FT	Adult PHP/IOP Therapist Clinical Supervisor	Adults, Older Adults Personality Disorders
Michelle Gebhardt, Psy.D. FT	Clinical Coordinator Eating Dis./Self-Injury Inpatient Unit Clinical Supervisor	Adolescents, Adults, Families Eating Disorders and Non-Suicidal Self Injury

Other Internship Committee Members

Name	Clinical Position	Clinical Specialties
William Koumiss, MA, LSW FT	Director, Adult and Older Adult Partial Hospital Program	Adult, Older Adult Psychotherapy Mood, Anxiety, Personality Disorders
Linda Lewaniak, LCSW FT	Director, Intensive Outpatient Services and Center for Addiction Medicine	Adolescent, Adult, Older Adult Addiction Services
Denise Styer, Psy.D. FT	Director, Eating Disorders and Self Injury Programs	Adolescent, Adult, Eating Disorders, Self Injury Services

APPLICATION INFORMATION AND PROCEDURES

Information:

- ❖ There are six pre-doctoral psychology interns. The internship extends for one full year with a minimum of 2000 hours. No part-time internships are offered.
- ❖ Alexian Brothers Behavioral Health Hospital is an equal opportunity employer and complies with all government requirements pertaining to EEOC and ADA regulations. We encourage persons with individual difference, racial, cultural, language, and ethnic diversity to apply and make reasonable accommodations for physical or mental disabilities.
- ❖ The stipend is \$21,000 per year. Neither health nor life insurance benefits are provided.
- ❖ Interns receive two weeks of paid vacation; six paid holidays, and five sick days. Additionally, we encourage free time for conferences and presentations at the discretion of the supervisor and director of clinical training.
- ❖ If an intern wishes to be granted accommodations for any health related issues, please contact the Director of Training for the accommodation request.
- ❖ Alexian Brothers Behavioral Health Hospital abides by the Association of Psychology Postdoctoral and Internship Centers guidelines regarding application and notification day procedures.
- ❖ Interns are expected to abide by the American Psychological Association Code of Ethics at all times.
- ❖ The Internship begins the last Monday in August with a mandatory two-day psychology intern orientation program. (This date can change with advance notice)
- ❖ Alexian Brothers Hospital System requires and pays for all Predoctoral Psychology Interns to attend a hospital orientation, receive specific immunizations, complete a pre-employment drug screen, a two-part TB test, a CANTS screen, and employment paperwork before the internship begins.

- ❖ Interns complete the ABBHH employment application form before the internship begins. The application includes personal work history including licensure, health limitations, and felony convictions. We caution interns to provide all information accurately and honestly and to inform the Director of Clinical Training in advance if they have specific limitations or problems that require accommodations or may interfere with the internship. If at all possible, reasonable accommodations will be made with advance notice. Sudden illness or other individual or family related difficulties will be decided on an individual basis and with the Training Committee and Interns full cooperation.
- ❖ ABBHH provides formal evaluations with interns at mid-year (6 months) and end-of-year (12 months). The Internship Training Committee meets monthly to review each intern's progress. Interns are informed immediately, and before formal evaluation, if they are falling behind in any area of competence. If necessary, a plan of action is implemented between the intern and supervisors.
- ❖ If problems arise during the training year, either for the student or supervisor/s, ABBHH provides policies and procedures for remediation and intern grievance. These documents are defined and presented during the orientation program and in the Internship Training Manual. They are also available for review before the training year begins.

Application Requirements and Procedures:

In order to qualify for the internship, all applicants must demonstrate that they will complete the following before the first day of the internship:

- ❖ The applicant must be matriculated in an APA-accredited academic training program.
- ❖ Evidence of at least 800 hours of supervised practica (MA internship experience counts toward these hours as well as experience not yet completed).
- ❖ Successfully completion of all doctoral coursework.
- ❖ Completion of comprehensive exams in clinical or counseling psychology.
If Comps aren't offered in your training program, please note that on AAPI

Applicants must submit the following application materials via AAPI online, no later than **November 25** in order to begin internship the following year. Applicants will be notified by **December 15** if an interview is being offered.

Interviews are conducted in both an individual and group format. An hour long informational meeting precedes the interviews and an informal lunch offers the applicant time to discuss the internship with present interns. A tour of the facility is offered as well. The interviews are scheduled during the first and second weeks of January.

Documents will include the following:

1. AAPI Online application.
2. Specify the Tract to which you are applying in the first paragraph of your cover letter.
3. APPLY TO ONLY ONE TRACT

Communication is made by E-mail only; please do not call the program.

Kathleen M. Fader, Psy.D.

Kathleen.fader@abbhh.net

If you have any questions or concerns about our APA accredited internship, please contact the Office of Program Consultation and Accreditation

750 First St, NE

Washington, DC 20002-4242

Phone: (202) 336-5979

TDD/TTY: (202) 336-6123

Fax: (202) 336-5978