



Clinical Psychology Internship Program

University of Wisconsin-Madison

School of Medicine & Public Health

**Director of Psychology Training
Gregory G. Kolden, Ph.D.**

**Director, Health Psychology Track
Stephanie Farrell, Ph.D.**

OVERVIEW

The University of Wisconsin Center for Health Sciences (UWCHS) internship program in clinical psychology welcomes you. Clinical science training is offered in two tracks, Health Psychology and General Psychology. Thank you for your interest in learning more about us. Please see our website at <http://www.psychiatry.wisc.edu/psychintern/Introduction.htm>. The UWCHS internship program in clinical psychology is accredited by:

**Office of Program Consultation and Accreditation
American Psychological Association
750 First Street, NE
Washington, DC 20002-4242
202-336-5979**

Our educational mission emphasizes empirically supported approaches to clinical care. Specifically, we offer training in Interpersonal Psychotherapy (IPT), Cognitive-Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), and Behavioral Marital therapy. We are also a member of the **Academy of Psychological Clinical Science**, an alliance of leading, scientifically oriented, doctoral and internship training programs in clinical and health psychology.

While we strive to provide training in evidence based clinical practice, we also recognize the limitations of this approach and endeavor to foster experiences that are consistent with the highest current standards of care. Our core training program is structured, yet flexible. We strongly encourage and support, via close mentoring, self-directed learning and the pursuit of individualized elective interests and experiences. Ours is a rich, stimulating and vital training milieu characterized by invigorating multidisciplinary discussions and collaborative clinical instruction. Moreover, our trainees describe our program as inviting, warm, and friendly.

TRAINING TRACKS

The **Health Psychology Track** emphasizes training in psychological assessment and interventions for individuals of all ages referred through the UW Hospital and Clinics. Opportunities are offered for short and long-term psychotherapy, consultation, mental status evaluation, behavioral interventions, relaxation training and hypnotherapy, social skills training, and other interventions appropriate to facilitating adjustment to medical illness. The patient population includes those with spinal cord dysfunction, acute and chronic pain, progressive neurological disorders, pulmonary disorders, orthopedic disabilities, traumatic brain injury, organ transplantation, metabolic disorders, burns, cancer and stroke. Primary clinical rotations include medical/surgical consultation, pediatric consultation, and rehabilitation medicine. Multiple opportunities are available for elective rotations, including extended pediatric experience, neuropsychology, chronic pain, oncology, preventive cardiology, HIV/AIDS, and research. In addition, health track interns also receive psychotherapy training (primarily CBT and IPT) in the Department of Psychiatry outpatient clinic. This experience typically involves assessment and intervention with individuals, couples/families and/or groups.

The **General Psychology Track** emphasizes adult outpatient clinical services. This includes assessment and consultation as well as individual, couple/family, and group psychotherapy with a diagnostically diverse patient population. Assessment approaches include use of structured (SCID – I & II) and semi-structured clinical interviews, objective personality assessment (e.g., MMPI, MCMI, WISPI), and a variety of self-report instruments (e.g., BDI, STAI). The patient population is heterogeneous with considerable diagnostic comorbidity including adjustment disorders, major depression, bipolar disorder, panic, social phobia, generalized anxiety, PTSD, OCD, and personality pathology. Interns in this track spend 50% of their time engaging in psychotherapy with adults and 20% (one day) for 4 months on a child/adolescent rotation. Each intern is also involved in a weekly DBT skills training group for the entire year and live couple/family group supervision. Elective opportunities are numerous and may include inpatient psychiatry and cancer psychology as well as any of the health psychology options offered. All general track interns spend at least one half day per week in research throughout the training year.

PREPARATION REQUIREMENTS

Applicants must be enrolled in an APA-approved doctoral program in clinical or counseling psychology. Applications from members of diverse populations (e.g., gender, race, ethnicity, age, sexual orientation, religious affiliation, socioeconomic class, and health status) are especially welcomed. Applicants from graduate programs adhering to a scientist-practitioner model of training (or model similar in philosophy) are preferred. We especially encourage applicants with a clinical science orientation to apply as the UWCHS Psychology Training Program is a member of the Academy of Psychological Clinical Science. Clinician-scientist trained Psy.D. applicants may be considered on a case by case basis. All applicants must have completed the third year of their graduate program by the beginning of the internship year. Completion of all academic work, including the dissertation, is preferred. Practicum experiences will be evaluated for type of setting and clinical experiences commensurate with the respective training tracks of General Psychology and Health Psychology. The General Psychology Track looks for broad-based outpatient assessment, consultation, and intervention experiences, especially those outside departmental training clinics. The Health Psychology

Track emphasizes hospital-based assessment, consultation, and intervention experiences with medically ill children, adolescents, and adults.

APPLICATION

Application materials must be received no later than November 15.

All application materials are submitted through the AAPI Online service. The following items should be included:

1. Cover Letter

The cover letter should indicate why the applicant is interested in the UWCHS Psychology Training Program. Applicants may apply to only one track. **Please clearly specify the track you are applying to in your cover letter: General Psychology or Health Psychology. Be sure to include your APPIC Program Code Number on your cover letter.**

APPIC Program Code Numbers:

General Psychiatry Track: 162811
Health Psychology Track: 162812

2. Curriculum Vitae

Please include your 5-digit NMS Applicant Code Number

3. AAPI Application

Our site requires the AAPI Online application (which includes essays and the DCT's verification of eligibility and readiness) which may be accessed at www.appic.org, click on "AAPI Online."

4. Official graduate transcript(s)

5. Three letters of recommendation

All application materials must be submitted electronically.

If you have any questions regarding our program you can contact:

Pam DeGolyer
Psychology Internship Training Coordinator
(608) 263-6273
degolyer@wisc.edu

INTERVIEW NOTIFICATION AND SELECTION

Applicants may be invited for an interview after a review of application materials. Notification of invitation will be no later than December 15 via an email. The UWCHS

Psychology Training Program interview days typically take place on Mondays and Wednesdays in January. Telephone interviews are not an option. We invite all applicants to identify special needs that might require an accommodation during the interview process. The UWCHS Training Program is committed to providing access for all people with disabilities and will provide accommodations for interviewees if notified within two weeks of interview day. For more information about assistance to individuals with special needs please refer to the APPIC web site (www.appic.org - "Interviewing Applicants with Disabilities for Doctoral and Postdoctoral Internship Positions").

The UWCHS Psychology Training Program participates in the APPIC Internship Matching Program (www.appic.org). This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant.

BENEFITS AND RESOURCES

Financial Assistance

A stipend is provided (\$23,350) along with fringe benefits that include health insurance, a professional expense allowance (\$400), and professional liability insurance. Interns also receive three weeks of vacation and state recognized holidays. Attendance at local, regional, and national professional meetings is encouraged. Additional leave days may be negotiated for professional activities (e.g., presentations at meetings, postdoctoral fellowship and/or job interviews).

Administrative Assistance

Interns have offices with computers, telephones, voice mail, photocopy privileges, and clerical support. Pagers are also issued to interns. Educational resources available to interns include the University of Wisconsin library and computer systems, a departmental library, and audiovisual equipment for viewing and recording clinical work.

TRAINING MODEL, GOALS, AND OBJECTIVES

Educational Model

Scientist/Practitioner

Training Goals and Objectives

1. To produce a psychologist who is trained for practice in the essential skill areas of Clinical Psychology
 - a. Assessment
 - b. Psychotherapy and Intervention
 - c. Consultation
 - d. Supervision

2. Provide opportunity to prepare for areas of concentration in a health care setting
 - a. General Psychology (outpatient clinical practice)
 - b. Health Psychology (hospital-based clinical practice)
3. Integrate scientific and professional knowledge, attitudes, and skills
4. Integration of basic science practice with knowledge and practice of ethical and professional standards.
5. Integration of basic science practice with knowledge and sensitivity of individual, cultural, and ethnic diversity
6. Socialization into the professional practice of psychology

CLINICAL TRAINING ACTIVITIES

The primary training method is experiential with careful attention to didactic exposure, mentoring, role-modeling and supervisory/consultative guidance. Clinical experiences are structured in order to achieve a balance between ongoing activities throughout the internship year (e.g., outpatient psychotherapy) and activities that change according to predictable time frames (e.g., 3, 4 or 6 month rotations and elective experiences). All clinical activities are carefully supervised according to the required needs and desires of the individual intern. Special attention is given to training in and provision of evidence based practice in all training activities. Professional and ethical conduct as well as the highest standards for quality of care is also highly emphasized. An outline of the required training activities in each track is provided below.

General Psychology track training activities include, but are not limited to, the following:

1. Psychiatry Outpatient Clinic (5 half days per week for 12 months)
2. Child/Adolescent Rotation (required; 1 full day for 4 months)
3. Dialectical Behavior Therapy (DBT; 2 hour skills group; 1 hour therapist consultation group supervision)
4. Elective Rotations (3 half days or 12 hours for 8 months, 1 half day or 4 hours for 4 months)
5. Couple/Family Clinic (C/F; weekly live observation and group supervision)
6. Case consultation with psychology practicum trainees
7. Seminars
8. Supervision: Individual and group as well as case consultation
9. Research
10. Journal club (monthly)

	MON	TUES	WED	THUR	FRI
AM	OPC Intakes Seminar	Seminars	Child X 4 mos. Elective X 8 mos.	Seminars DBT Cons. Group	OPC Couple/Family Clinic
PM	OPC	OPC	Child X 4 mos. Elective X 8 mos.	OPC	Elective

Tuesday

- 8 – 9:30 a.m. Topics in Clinical Practice
Child and Adolescent psychopathology (9 sessions)
Marcia Slattery, M.D. and Greg Rogers, Ph.D.

Seminars Common to General and Health Track Interns:

Thursday

- 8 – 9 a.m. Clinical Science and Consultation
Includes guest speakers, faculty presentations, and presentations by interns on various topics, including research, ethics, case presentations, psychopharmacology, multicultural issues, and professional development.
- 9 – 10 a.m. Psychotherapy Seminar
- Psychotherapy Basics (4 sessions)
Greg Kolden, Ph.D.
 - Dialectical Behavior Therapy (6 sessions)
Greg Kolden, Ph.D.
 - Interpersonal Psychotherapy (8 sessions)
Gregory G. Kolden, Ph.D.
 - Acceptance and Commitment Therapy (4 sessions)
Erin Costanzo, Ph.D.
 - Functional Analytic Therapy (6 sessions)
Al Gurman, Ph.D.
 - Biological Basis of Psychopathology and Intervention (12 sessions)
Jack Nitschke, Ph.D. and Heather Abercrombie, Ph.D.
 - Cognitive Therapy (7 sessions)
Greg Rogers, Ph.D. and Meredith Rumble, Ph.D.
 - Motivational Interviewing (2 sessions)
Meredith Rumble, Ph.D.
 - Psychotherapy Integration (4 sessions)
Pauline Thome, Ph.D.
- 10:00 – 11:00 a.m. Couple/Family Interventions (10 sessions)
Al Gurman, Ph.D.

11 a.m. – 12 p.m. Supervision Seminar (48 sessions)
Gregory G. Kolden, Ph.D. and Pauline Thome, Ph.D.

This seminar includes didactic material for the first 3 months. In September, interns begin case consultation with a practicum student. This seminar then assumes an experiential group supervision format.

Track-Specific Didactic Training Activities: General Psychology

Monday

11 a.m. – 12 noon Assessment Seminar (48 sessions)
Lance Woods, Ph.D.

Thursdays

12 – 1 p.m. DBT Consultation Group (48 sessions)
Bill Schmitt, Ph.D.

Additional Didactic Training Activities: All Tracks

Thursday evening monthly: 6:30 – 8:30 p.m. Journal Club (10)
April 8 a.m. – 5:30 p.m. Wisconsin Symposium on Emotion

Track-Specific Didactic Training Activities: Health Psychology

Wednesday

1 – 2:30 p.m. Health Psychology Training Forum

This forum involves faculty and trainee presentations on the following topics
Case Presentations
Ethics Discussions
Research Presentations
Current Topics in Professional Growth

Friday

11:30 a.m. – 1 p.m. Health Psychology Seminar Series (Biweekly)

This biweekly seminar focuses on clinical issues that are unique to working as a psychologist in a medical setting (e.g. Biofeedback, Chronic Pain, Organ Transplants, HIV, End of Life Issues, Bedside Mental Status Evaluation, Decisional Capacity, Trauma Treatment with EMDR).

PRIMARY TRAINING SETTINGS

General Psychology Track

UW Psychiatry Outpatient Clinic (OPC). Interns see outpatients for evaluation and consultation as well as individual, couple/family, and group psychotherapy. Patients are quite diverse diagnostically ranging from adjustment disorders to severe and complex mood and personality disorders. Interventions offered are consistent with evidence based outpatient clinical practice (e.g., CBT, IPT, DBT, Behavioral and Integrative Couples Therapy). Most patients served in the clinic are Caucasian (approximately 90%) although they range broadly in age and socioeconomic background.

Child/Adolescent Anxiety Disorders Clinic (CAADP). The CAADP specializes in the assessment and treatment of anxiety-related disorders in youth (ages 7-17). The Program offers comprehensive evaluations, including semi-structured interviews with the child/adolescent and family members, administration of questionnaires and rating scales, and observational methods. Treatment plans are developed in a multidisciplinary team setting and are consistent with evidence based outpatient clinical practice for this age group and may include cognitive-behavioral therapy, pharmacotherapy, or a combined approach. Patients served are ethnically and economically quite diverse.

Cancer Psychology. This hospital-based service offers inpatient and outpatient consultation, assessment, and interventions for cancer patients and their families. Interventions offered are consistent with evidence based outpatient clinical practice for this medical population and are primarily CBT in nature and include individual CBT, behavioral marital therapy, IPT, and Stress Management and Relaxation Training groups. Patients served are diagnostically, ethnically and economically quite diverse.

Inpatient Psychiatry. This hospital-based service offers inpatient consultation, assessment and interventions for psychiatric patients suffering from severe and persistent mental illness. Assessments typically involve evidence based objective personality assessment. Interventions are guided by principles of CBT and DBT and include shorter-term individual and group modalities. Patients served are ethnically and economically quite diverse.

Health Psychology Track

Rehabilitation Medicine Service. Interns provide evaluation and consultation to multi-disciplinary teams, and therapeutic intervention to patients and families on the Inpatient Rehabilitation Medicine Unit. Some outpatients are seen post-hospitalization for ongoing psychotherapy. Patients typically have incurred traumatic brain injury, stroke, or spinal cord injury. Interventions offered are consistent with evidence based clinical practice for this medical population and include CBT, IPT, couple/family therapy, behavioral coping skills. Patient ages range from 15 through older adulthood and socioeconomic backgrounds are quite diverse. Length of stay of patients on the Rehabilitation Service varies from short term to extended (i.e., months).

Medical-Surgical Consultation Service. Interns provide consultation to numerous services throughout the hospital (e.g., neurology, burn unit, orthopedics, trauma, palliative care, and transplant) serving medical ill patients with a range of mental health issues and diagnoses. Typical referral questions relate to anxiety management, depression, adjustment to disability, coping, loss, terminal illness, and mental status. Direct behavioral intervention is provided as needed and is usually short-term, although follow-up outpatient care is also provided when

appropriate. Interventions offered are consistent with evidence based clinical practice for these patients although it is important to appreciate the limits of our knowledge base in the general medical arena. In addition, interns also provide outpatient pre-transplant patient/donor assessments. Patients seen are adults and come from diverse socioeconomic and ethnic backgrounds.

Pediatrics. Interns in Pediatrics work with patients from infancy through young adulthood providing evidence based individual and family intervention as well as consultation to numerous multi-disciplinary teams throughout UW Children's Hospital (e.g., neurology, burn unit, orthopedics, trauma, rehabilitation, hematology/oncology, transplant, pulmonary, and cardiology). Typical referral questions relate to behavior and mood management, pain management, adjustment to disability, medical treatment non-adherence (e.g., pill swallowing, diabetes care) coping, grief/loss, terminal illness, and mental status. Direct behavioral intervention is provided in the form of individual, family, and group psychotherapy (e.g., CBT, IPT, play therapy). In addition, interns provide psychological evaluations, mental status evaluations, and cognitive screening. Follow-up outpatient treatment is provided when appropriate. Patients served come from diverse ethnic and socioeconomic backgrounds and length of stay varies from brief to prolonged with a number of patients repeatedly returning for hospital-based care.

Elective Training Settings

Elective training settings are numerous. Moreover, it is possible to structure trainee-specific elective clinical experiences. At a minimum, an elective clinical training experience would involve 4 hours per week for 3 months. Detailed descriptions of possible elective training settings can be found on the UWCHS Psychology Training Program web site.

PRIMARY TRAINING FACULTY

General Psychology

Heather Abercrombie, Ph.D.	UW Psychiatry Outpatient Clinic - Adult
Alan Gurman, Ph.D.	UW Psychiatry Outpatient Clinic - Adult
Gregory G. Kolden, Ph.D.	UW Psychiatry Outpatient Clinic - Adult
Jack Nitschke, Ph.D.	UW Psychiatry Outpatient Clinic - Adult
Pauline Thome, Ph.D.	UW Psychiatry Outpatient Clinic - Adult
Roseanne Clark, Ph.D.	Parent-Infant Clinic
Lori DuBenske, Ph.D.	Cancer Psychology
Jane Gogan, Ph.D.	UW Psychiatry Outpatient Clinic - Adult
Rick Hafer, Ph.D.	UW Psychiatry Outpatient Clinic - Adult
Erri Hewitt, Ph.D.	UW Psychiatry Outpatient Clinic
Jason Horowitz, Ph.D.	UW Psychiatry Outpatient Clinic - Child/Adolescent
Lisa McGuffey, Ph.D.	UW Psychiatry Outpatient Clinic - Cancer Psychology
Greg Rogers, Ph.D.	Child/Adolescent Anxiety Disorders Clinic
Meredith Rumble, Ph.D.	Behavioral Sleep Medicine and CBT
Bill Schmitt, Ph.D.	Inpatient Psychiatry and DBT Training Clinic
Tracey Smith, Ph.D.	VA PTSD Clinic
Katie Watermolen, Ph.D.	UW Psychiatry Outpatient Clinic - Child/Adolescent

Lance Woods, Ph.D.

UW Psychiatry Outpatient Clinic - Child/Adolescent

Health Psychology

Heidi Beckman, Ph.D.

Outpatient Service

Denise Connelly, Ph.D.

Medical-Surgical Consultation Service

Gretchen Diem, Ph.D.

Bariatric Clinic

Stephanie Farrell, Ph.D.

Pediatrics

Kathryn Hammes, Ph.D.

Pediatrics

Kelli Lee Hartford, Ph.D.

Pediatrics

Brian Juncker, Ph.D.

Medical-Surgical Consultation Services

Shilagh Mirgain, Ph.D.

Pain Clinic

Neftali Serrano, Ph.D.

Primary Care Behavioral Health

Jack Sherman, Ph.D.

Rehabilitation Medicine Service

Janice Singles, Psy.D.

Pain Clinic

Joel Wish, Ph.D.

Pediatrics