



# Department of Psychiatry

UNIVERSITY OF WISCONSIN

SCHOOL OF MEDICINE AND PUBLIC HEALTH



Doctoral Internship in  
Health Service Psychology  
Program Brochure  
2020-2021

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## COVID-19 Training and Recruitment Update

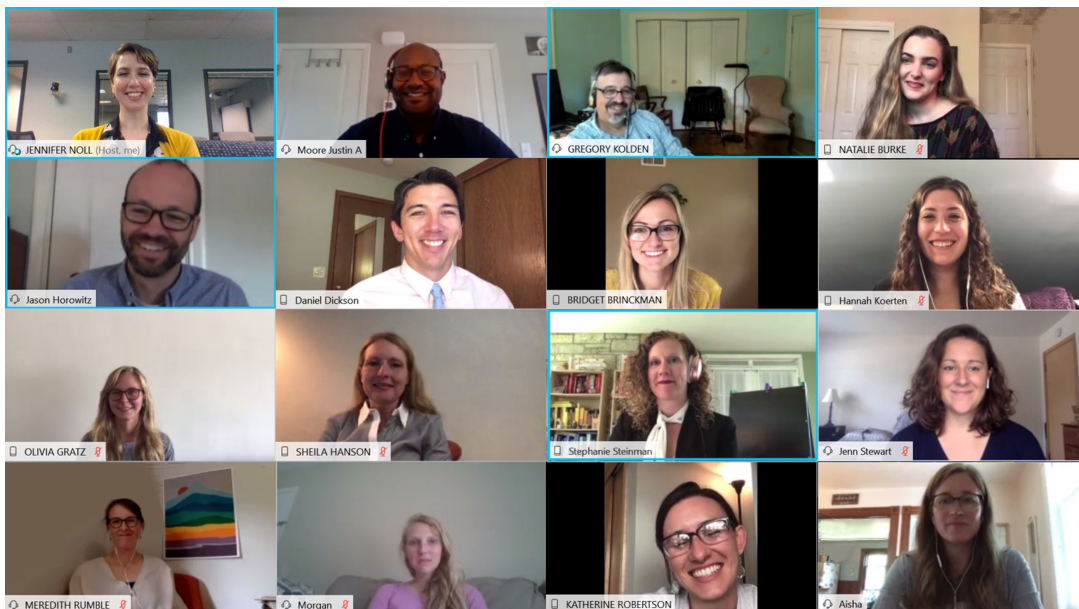
First, we hope this finds you all safe and well. As you might imagine, there has been a lot of uncertainty that we have had to manage as well as a number of adjustments we have had to make to our current training activities rather quickly. Interns and faculty have all been understanding, compassionate and remained in good spirits as we have all learned to provide virtual clinical care and training. We are also providing individual and group supervision as well as seminars virtually. In addition to self-care, one of our core training values is transparency. As best we can, we would like to share with you our thoughts with regards to training for the next two years.

### Training Year 2021-22

Recruitment. Consistent with the internship training community nationally, we will engage in virtual interviewing and recruitment. Our AAPI deadline will be November 2, 2020. We would expect to review applications and offer virtual interviews for December and January. The interview day would be a half day structured around a presentation by track directors, Q&A with current interns, and 3-4 interviews with faculty.

Training. The 2021-22 year will also likely involve a combination of virtual and in-person clinical care, supervision, and seminars. Our program track directors and administrative support staff will be available to assist in carefully crafting a program of clinical activities to meet individualized training goals and objectives. This is a core value of our training program.

**Thank you for considering our training program as we all take on the challenges of the ongoing public health crises our communities are facing – Racism and COVID-19.** Our program is committed to increasing awareness and taking action on both fronts. And, while doing so, we will do our best to provide a safe and secure setting that promotes professional growth. Please do not hesitate to reach out for conversation and questions.





## **Introduction to University of Wisconsin (UW) Health**

UW Health is the integrated health system of the University of Wisconsin-Madison serving more than 600,000 patients each year in the Upper Midwest and beyond with approximately 1,750 physicians and 21,000 staff at seven hospitals and more than 80 outpatient sites. UW Health is governed by the UW Hospital and Clinics Authority and partners with UW School of Medicine and Public Health to fulfill their patient care, research, education and community service missions.

UW School of Medicine and Public Health is the nation's only combined school of medicine and public health. Its 1,750 faculty in 10 basic science and 17 clinical departments engage in research, education and clinical care at UW Health's clinic locations, University Hospital, American Family Children's Hospital, UW Health at the American Center, UW Health Rehabilitation Hospital, other Madison hospitals and approximately 80 regional locations.

## **APA Accreditation**

Our internship program has been accredited by American Psychological Association (APA) since 1963. The last APA site visit occurred in 2013 at which time the program was fully reaccredited for seven years. The program's next accreditation site visit for 2020 is currently paused due to the COVID-19 pandemic. We will update this information when we know more.

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Website: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation)

## **APCS Membership**

Our internship program is a member of the Academy of Psychological Clinical Science (APCS), an alliance of leading, scientifically oriented, doctoral and internship training programs in clinical and health psychology. Our training is integrative and patient-focused; we strive to prepare clinicians to provide quality clinical care informed by psychological clinical science.



## **Living in Madison**

Rich with geographic beauty, world-class education, and entrepreneurial innovation, Madison is repeatedly ranked as a "best" place to live, work, do business, and play. You will find Madison to be a well-maintained capital city situated on an isthmus between lakes Mendota and Monona offering a variety of housing options, a highly rated public transportation system, and that warm and friendly Midwestern feel. Here, you'll find world-class entertainment every night, including the Madison Opera, Overture Center for the Arts, Concerts on the Square, and a variety of music venues featuring up-and-coming international talent. When not catching a show or concert, Madisonians like being outside, enjoying a healthy lifestyle with over 120 shared-use trails and paths, five major lakes and 29,000 acres of parkland designated for recreational use, including biking, hiking, running, swimming, sailing, skiing, snowshoeing, ice fishing, skating, and hockey. After a full day, you can refuel at one of Madison's wide variety of award-winning restaurants, microbreweries, or ice cream shops, all of which celebrate Wisconsin's local foods, traditions, and cultures. Like to cook? These same local foods are available to buy fresh from the farm at Dane County's award-winning Farmer's Market! If this isn't enough, unwind on the weekends with a college sports game in Madison, often noted as one of the country's best college sports towns. If you currently have children, or look forward to starting a family in Madison, you will find Madison to be an extremely family-friendly city with strong public schools and many activities for parents and children including Henry Vilas Zoo, one of the country's few free zoos, and the Madison Children's Museum, a museum for the whole family.



## What Makes Us Unique

- **Diversity of experience, allowing for exposure to depth and breadth.** We offer a number of training experiences across three tracks: adult, child, and pediatric psychology. Importantly, we collaborate across these various tracks to offer a full internship experience to all of our interns. Each track allows for deepening areas of interest as well as new opportunities to round out your training. And variety does not just happen throughout the year—trainees often comment on how they appreciate having the opportunity to engage in different types of clinical experiences each day.
- **Flexibility.** One of our program's core hallmarks is allowing you to *create and choose* your own internship experience. You are given the opportunity to shape your core experiences and select from a number of electives.
- **Exposure to an array of psychotherapeutic frameworks.** Our faculty celebrate a variety of approaches to patient care and offer a respectful environment in which to practice and learn. Frameworks represented in our training program include cognitive-behavioral, dialectical behavioral, acceptance and commitment, psychodynamic, family systems, interpersonal, emotion-focused, cognitive processing, exposure, motivational interviewing, and mindfulness-based. We do not dictate the theoretical orientation from which interns should work, and we greatly value the intern who is willing to consider new perspectives and integrate frameworks.
- **Ample supervision.** With 5 hours or more of supervision a week, we want to make sure you have the space and time you need to reflect on your practice and professional growth. Supervision occurs both through formal individual and group supervision time, as well as through each supervisor's open door policy.
- **Respect for your autonomy and independence.** Although we provide ample supervision and feedback, we also respect your individual competence and contributions.
- **Number and quality of seminars.** We dedicate a full morning each week to didactic learning, in which interns from all three tracks work and learn together. Interns from the William S. Middleton Memorial Veterans Hospital (the Madison VA Hospital) and UW Psychiatry residents also share in some of the discussion and learning in seminars. The topics covered in these seminars range widely from in-depth discussions about specific psychotherapy frameworks to topics like supervision, professional development, multicultural practice, and psychopharmacology basics for psychologists. A collection of specialized seminars is also provided within the adult, child, and pediatric psychology



tracks. Seminar leaders are often our core faculty, as well as adjunct faculty, sharing their expertise and inviting the skills and thoughts of our interns.

- **Multidisciplinary collaboration.** There is no shortage of opportunity to work with multidisciplinary teams. Whether you are part of a psychiatric treatment team (e.g., working as a therapist on a complex case alongside a psychiatrist, nurse, and social worker), working with a large team in a hospital unit (e.g., working as a psychological consultant alongside physicians, nurses, medical assistants, physical therapists, occupational therapists, speech therapists, social workers, and pastoral care), or in other settings offered in our training experiences, you will find many opportunities to collaborate, contribute, and learn from other disciplines.
- **Access to research and program development.** UW-Madison is a large research institution with a robust number of exciting and cutting-edge research programs. Our internship offers the opportunity to connect with some of our core faculty in their research projects, as well as the opportunity to connect with other faculty across UW engaging in research of interest. For those who may be interested in clinical program development, we are also glad to support interns who wish to pursue such endeavors.
- **Promotion of a positive work environment and self-care.** Overall, trainees describe our program as warm and friendly. We find this essential as internship year can be challenging! You are embarking on full-time clinical work for the first time, often in a new city, while balancing the completion of your graduate work and considering the next steps of your career. Our faculty understand these challenges and work to make your experience fun and supportive through supervision, seminars, and dedication of a full day to a self-care workshop designed by the interns for themselves. We also love to have fun outside of work with our interns and have a number of events set up throughout the year to help in promoting self-care and fellowship, including nights at the UW Terrace, our annual departmental holiday party, and a graduation dinner with a bonfire afterwards.
- **Opportunities for training after internship.** For those interested in a more clinically focused post-doctoral fellowship, we have several opportunities consistently offered through UW Health in health psychology and child and adolescent psychotherapy. There is also another clinical post-doctoral fellowship in the area of primary care behavioral health (this is also one of our off-site elective opportunities). For those interested in a more research focused post-doctoral fellowship, those research programs available during your internship experience may also offer the opportunity to stay on for fellowship, and UW offers many training grants and fellowship awards that can be pursued during your internship year. Additionally, the Madison VA offers research-focused fellowships in addictions and women's health. Regardless of whether you want to stay in Madison or search for your next opportunity more broadly, you will find we want to support you in the process of selecting the next step of your career.
- **Training tailored to your career goals is prioritized.** This is our main guiding principle, and we support interns in a variety of career paths. This allows all of our interns to explore the best path for them moving forward. We are delighted you are considering us for your internship training.

## **Training Model and Philosophy**

Our internship program follows a clinical science model of training and is intended for those individuals whose training and interests emphasize the application of scientific principles within clinical psychology. Our educational mission emphasizes evidence-informed approaches to clinical care. Our goal is to provide our interns with a comprehensive training experience that will enable them to become highly effective clinicians. The primary training method is experiential with conscientious attention to didactic exposure, mentoring, modeling and supervisory/consultative guidance. Clinical experiences are structured in order to achieve a balance between ongoing activities throughout the internship year and activities that change according to predictable time frames. 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 with multicultural awareness, are also highly emphasized.

## **Profession-Wide Competencies**

Our program provides clinical and educational activities for all interns to achieve and demonstrate *competency* in the core elements of the professional practice of health service psychology “profession-wide competencies” (PWC). To “be competent” is to possess the knowledge, skills, and abilities to carry out clinical activities well enough to meet a standard of performance. The standard of performance for completion of psychology internship training is “readiness for entry-level practice”. Performance expectations for interns for minimum levels of achievement (MLA) always take into consideration level of training, prior clinical experience, and stage of professional development. In general, interns are expected to demonstrate each PWC with increasing levels of independence and complexity as they progress through the training year so that at completion each intern demonstrates readiness for entry-level practice. The Psychology Trainee Competency Assessment Form (PTCAF) specifies the content of each PWC and associated elements. Supervisors complete the PTCAF quarterly for each intern they oversee and provide performance feedback in a face-to-face conversation. Interns will have met performance expectations for MLA for required profession-wide competencies and successful program progression (i.e., “readiness for entry-level practice”) when they have achieved average ratings of “intermediate- routine supervision required”. In addition, interns will have no specific competency element rated by any supervisor as “Entry Level - Remedial/intensive supervision required”.

Below are our internship program’s goals and objectives for each intern participating in our training program:

1. Understands research. Respects scientifically derived knowledge.
2. Applies ethical concepts and aware of legal issues regarding professional activities. Seeks consultation as needed.

3. Demonstrates awareness, sensitivity and skills in clinical work with diverse individuals.
4. Displays comportment that reflects the values of integrity and responsibility.
5. Relates effectively and meaningfully. Demonstrates personal and professional self-awareness.
6. Evaluates and identifies diagnosis of problems, issues and strengths of individuals and groups/communities.
7. Designs and implements treatment plans to alleviate suffering as well as promote health and well-being.
8. Understands supervision. Respects supervisory process and functions.
9. Aware of concepts and issues in related disciplines. Cultivates interactions with professionals in related disciplines. Provides professional assistance and guidance.



## Across All Tracks

More specific information about each of our tracks is provided on the following pages. However, below are several components that are consistent across all tracks:

- Supervision. Interns receive a minimum of five hours of supervision each week, at least 2 of which are individual. Each clinical experience has its own supervision structure, and efforts are made to allow each intern to have contact with as many supervisors as possible. We believe that the more people you can interact with, the more you will learn.
- Electives. Interns have 1 day per week to engage in elective activities. There is a broad array of electives to choose from, and your track director will work with you individually to put together a training year that best supports your professional growth. Interns are encouraged to sample electives from *any* track (adult, child, and/or pediatric psychology) to broaden their experience. Please see the section on electives in this brochure for more details.
- Seminars. Each week, a half-day is set aside to engage in didactic learning across all tracks, as well as some shared seminars with Madison VA Hospital psychology interns and UW Psychiatry residents. For a sample of topics covered in this series, please see the section on seminars in this brochure. A variety of faculty are involved in this training.
- Research and Professional Development Time. All interns have a half-day per week protected for research activities and/or other professional development. Your supervisor will work with you to figure out the best use of this time. Some interns use this time to complete their dissertations and/or apply for post-doctoral fellowship. Others work with their graduate school supervisors on continued projects or engage in research at UW. There are also opportunities to expand your research time with a research elective.





## The Adult Track

- **Overview of the Adult Track.** The Adult Track emphasizes adult outpatient clinical services. This includes assessment, consultation, and individual, group, and couples/family psychotherapy with an emphasis on psychotherapy practice.
- **Weekly Sample Schedule for the Adult Track** (all components can occur at various times of the week; the below sample schedule just provides an overview of time allotment).

	Mon	Tues	Wed	Thurs	Fri
Morning	Outpatient Clinic	Elective	Outpatient Clinic & Intake Clinic	Seminars & DBT Consultation Team	Outpatient Clinic
Afternoon	Outpatient Clinic & Couples Therapy Training Clinic	Elective	Child Therapy Training Clinic	DBT Skills Training Group	Research & Professional Development Time

- **Core Components of the Adult Track.**
  - Outpatient Clinic. Interns participate in the Outpatient Clinic at the Wisconsin Psychiatric Institute and Clinics (WISPIC) for about two days per week. Patients are quite diverse diagnostically ranging from adjustment disorders to severe and complex mood, anxiety, trauma-related and personality disorders. Interventions offered are consistent with evidence-informed outpatient clinical practice from a variety of theoretical orientations. In addition to individual supervision, our outpatient clinic provides in-session supervision in which a faculty member is present for a small portion of each therapy session. To take a quotation directly from one of our past interns, “I won't deny that I was a little nervous about the in-session supervision and worried about how it might interrupt the flow of a therapy session. I quickly realized how beneficial it was to have direct supervision with every session. ... I believe that this model has significantly helped with my growth as a clinician.” Supervisors: A variety of our faculty.
  - Intake Clinic. Interns complete a mental health intake once a week on Wednesday mornings. Supervision is provided during the intake and then in a group format with the other adult interns. Group supervision also allows for didactics related to psychiatric diagnosis, formulation and treatment planning, and psychological assessment practices. Each intern has the opportunity to use standardized assessment measures to inform treatment planning and outcomes monitoring. Supervisor: Daniel Dickson, PhD.
  - Dialectical Behavior Therapy (DBT) Skills Training Group. Interns co-lead a weekly DBT Skills Training Group for a half-day per week, including the 2-hour group, 1 hour for group preparation, and 1 hour for group DBT consultation. Supervisor: Stephanie Steinman, PhD.
  - Couples Therapy Training Clinic. Interns participate in this clinical experience with third year Psychiatry residents. A didactic seminar is provided that emphasizes humanistic, experiential and emotion-focused interventions for couples as well as a review of relevant special topics for couples. Demonstrations of assessment interviews and clinical interventions are incorporated into the activities of this clinic. Couples interventions are offered in a co-therapy structure and group supervision is provided using a “live supervision” model. Supervisor: Michael Thalasinis, LMFT.
  - Child Therapy Training Clinic. To gain experience throughout the developmental lifespan, adult interns spend a half-day per week treating children and adolescents with diverse presenting issues along with the child interns, child psychology post-doctoral fellows, and child psychiatry fellows. During this half-day, interns observe child therapy for 1 hour, receive supervision for 1 hour, and then see 1-2 patients weekly with in-session supervision. Clinical cases are chosen to match an intern's experience in working with children, allowing flexibility to accommodate trainees with either significant or minimal experience with this population. Supervisors: Jason Horowitz, PhD, and Michael Thalasinis, LMFT.



## The Child Track

- **Overview of the Child Track.** The Child Track emphasizes child and adolescent outpatient clinical services. This includes diagnostic assessment, consultation, and individual, group, and family psychotherapy with an emphasis on psychotherapy practice.
- **Weekly Sample Schedules for the Child Track** (all components can occur at various times of the week; the below sample schedule just provides an overview of time allotment).

	Mon	Tues	Wed	Thurs	Fri
Morning	Outpatient Clinic	Elective	Outpatient Clinic & Intake Clinic	Seminars & DBT Consultation Team	Family Therapy Clinic
Afternoon	Outpatient Clinic	Elective	Child Therapy Training Clinic	DBT Skills Training Group	Research & Professional Development Time
	Mon	Tues	Wed	Thurs	Fri
Morning	Primary Care Behavioral Health	Elective	Outpatient Clinic & Intake Clinic	Seminars & DBT Consultation Team	Family Therapy Clinic
Afternoon	Primary Care Behavioral Health	Research & Professional Development Time	Child Therapy Training Clinic	Outpatient Clinic	Elective

- **Core Components of the Child Track**

- Outpatient Clinic. The largest portion of clinical work of a child track intern occurs in the outpatient clinic at the Wisconsin Psychiatric Institute and Clinics (WISPIC). WISPIC serves a diagnostically diverse population, including those with behavioral disorders, anxiety, depression, ADHD, and OCD. Interns provide ongoing therapy for children, adolescents, and families throughout the year. In addition to individual supervision, our outpatient clinic provides in-session supervision in which a faculty member is present for a small portion of each therapy session. To take a quotation directly from one of our past interns, "I won't deny that I was a little nervous about the in-session supervision and worried about how it might interrupt the flow of a therapy session. I quickly realized how beneficial it was to have direct supervision with every session. ... I believe that this model has significantly helped with my growth as a clinician." Supervisors: A variety of our faculty.
- Intake Clinic. Interns complete a mental health intake on a new child patient to the clinic once a week. A parent or family member is required to be a part of the intake process. Interns then determine what measures to include as part of the intake process and get supervision both during and after the intake to assist in this process. Weekly group supervision offers an opportunity to discuss the intake, diagnosis, and treatment plan. Interns are responsible for writing up a mental health diagnostic evaluation each week. Supervisor: Stephanie Steinman, PhD.
- Primary Care Behavioral Health. Each child track intern spends six months working in a primary care behavioral health setting. The rotation is one day per week and occurs at a UW Health Pediatric Clinic. The clinical experience involves collaboration with physicians, nurses, and staff psychologists. It is a faster-paced setting than the outpatient clinic, with warm handoffs on a daily basis and a focus on consultation and brief interventions. Supervisor: Shanda Wells, PhD.
- Family Therapy Clinic. Child track interns spend a half-day per week in the Family Therapy Clinic. A didactic seminar is provided that emphasizes modern and post-modern conceptualizations of family dynamics, structural, experiential and emotion-focused interventions, and a range of other topics related to families. Demonstrations of assessment interviews and clinical interventions are incorporated into the activities of this clinic. Family interventions are offered in a co-therapy structure, and group supervision is provided before and after sessions. Supervisor: Mike Thalasinis, LMFT.
- Adolescent DBT Group. Child track interns spend 6 months co-leading a DBT skills group for adolescents and their families. Group occurs once per week, and adolescents participate in multiple modules with their parents. Supervisors: Mike Thalasinis, LMFT, and Stephanie Steinman, PhD.
- Child Therapy Training Clinic. Led by child psychologists, this experience also includes child and adult track interns, child psychology post-doctoral fellows, and child psychiatry fellows. Therapy demonstrations are presented behind a one-way mirror by child therapists in the department, and group supervision of cases is conducted. The group has diverse training backgrounds and expertise, and this is often an opportunity for child track interns to take leadership roles and provide peer supervision to other trainees with less child therapy experience. Supervisors: Jason Horowitz, PhD, and Michael Thalasinis, LMFT.





## The Pediatric Psychology Track

- **Overview of the Pediatric Psychology Track.** The Pediatric Psychology Track emphasizes the application of the principles of psychology to the understanding of health and illness, through assessment, intervention and consultation within a medical setting. Over the course of the year, interns will spend the majority of their time on the pediatric inpatient consultation liaison service.
- **Weekly Sample Schedule for the Pediatric Psychology Track** (all components can occur at various times of the week; the below sample schedule just provides an overview of time allotment).

	Mon	Tues	Wed	Thurs	Fri
Morning	Inpatient C & L	Inpatient C & L	Outpatient Pediatric Psychology Service /Elective	Seminars	Inpatient C & L
Afternoon	Inpatient C & L	Inpatient C & L	Child Therapy Training Clinic/ Elective	Research & Professional Development Time	Inpatient C & L

- **Core Components of the Pediatric Psychology Track**

- Inpatient Consultation-Liaison Service. Interns provide psychological assessment, intervention and consultation to children and families hospitalized in the American Family Children's Hospital (AFCH). Routine consults are seen for the following services: Hematology/Oncology, Rehabilitation, Pulmonary, Endocrine, NICU, Trauma, BMT, and a wide variety of other medical populations. Interns will have the opportunity to participate in multidisciplinary team meetings, including medical rounds and family conferences, as well as medical specialty rounds, such as hematology/oncology, rehabilitation, pulmonary and Neonatal ICU. Supervisors: Stephanie Farrell, PhD, and Emily Schweigert, PhD.
- Outpatient Pediatric Psychology Service. Interns will have the opportunity to assess and treat children and adolescents with primary presenting concerns related to a medical diagnosis; for example, coping with chronic pain or disability, adjustment to a new medical diagnosis, or anxiety affecting medical treatment. The intern will learn integrative biopsychosocial assessments and will apply cognitive-behavioral and mindfulness-based treatments for this patient population. In addition, the intern will learn behavioral treatment for symptoms common with medical illness, including fatigue, sleep disturbance, headache, and pain. Prior experience is not needed. Supervisor: Justin Moore, PhD.
- Child Therapy Training Clinic. Led by child psychologists, this opportunity also includes child and adult track interns, child psychology post-doctoral fellows, and child psychiatry fellows. Therapy demonstrations are presented behind a one-way mirror by child therapists in the department, and group supervision of cases is conducted. The group has diverse training backgrounds and expertise, and this is often an opportunity for child track interns to take leadership roles and provide peer supervision to other trainees with less child therapy experience. Supervisors: Jason Horowitz, PhD, and Michael Thalasinis, LMFT.

## Electives

- Acceptance and Commitment Therapy Group (adult-focused). The ACT Group involves assessment and treatment of anxiety and depression using ACT-based principles for adults. Specific clinical activities include evaluating appropriateness for group, coordinating care with referring providers, leading of group sessions, and providing individualized skills coaching. Interns will have the opportunity to learn functional based assessments and case conceptualization from the ACT framework. Previous experience with ACT is not required. Supervisor: Daniel Dickson, PhD.
- Behavioral Sleep Medicine (adult-focused). Interns have the opportunity to assess and treat adults with sleep disorders who are appropriate for cognitive-behavioral interventions. Depending on the interest and experience level of the intern, the rotation includes opportunities for behavior sleep medicine consultation and cognitive-behavior therapy for insomnia, light therapy for delayed sleep phase disorder, and other evidence-based cognitive-behavioral interventions for sleep disorders. Prior experience in sleep disorders is not needed. Supervisor: Meredith Rumble, PhD, and Daniel Dickson, PhD.
- Cancer Psychology (adult-focused). Interns have the opportunity to assess and treat adults with cancer and their families across the cancer continuum, including diagnosis, treatment, survivorship, and end of life, and to provide care as part of a multidisciplinary health care team. Specific clinical activities are based on the intern's interest and availability, and may include outpatient psychotherapy, co-facilitating a group for cancer patients, providing assessment of candidates for blood and marrow transplantation (BMT) and consultation on the BMT inpatient unit, among other possibilities. Interns have opportunities for shadowing both psychologists and other health care providers. Prior experience in a cancer setting is not needed. Supervisors: Erin Costanzo, PhD, Lori DuBenske, PhD, and Lisa McGuffey, PhD.
- Eating Disorders (child- and young adult-focused). Interns will have the opportunity to assess and treat adolescent and young adult clients with eating concerns. The intern will learn about multidisciplinary approaches to care for the complex psychological and physical health issues that individuals with eating disorders may face and will work to coordinate care with nutrition, physician, and psychiatric providers. Focus will be on application of behavior therapy for eating disorders, including family-based treatment and acceptance and commitment therapy. Prior experience with eating disorder treatment is not necessary. Supervisor: Katherine Schaumberg, PhD.
- Inpatient Pediatric Consultation Liaison (pediatric-focused). Interns provide psychological assessment, intervention and consultation to children and families hospitalized in the American Family Children's Hospital (AFCH). Routine consults are seen for the following services: Hematology/Oncology, Rehabilitation, Pulmonary, Endocrine, NICU, Trauma, BMT, and a wide variety of other medical populations. Interns will have the opportunity to participate in multidisciplinary team meetings, including medical rounds and family conferences, as well as medical specialty rounds,

such as hematology/oncology, rehabilitation, pulmonary and Neonatal ICU.

Supervisors: Stephanie Farrell, PhD, and Emily Schweigert, PhD.

- Mansfield Hall (young adult-focused). Mansfield Hall is an innovative college support program offering a living and learning community for students with disabilities. Mansfield Hall's mission is to build a community that empowers and supports students with diverse learning needs to earn a college degree, develop authentic living skills, and create a meaningful life. Interns who participate in the Mansfield Hall elective will spend one half-day per week on site collaborating with the multidisciplinary staff and providing therapy to young adults with diverse mental health needs (including those with Autism Spectrum Disorders). Supervisor: Jason Horowitz, PhD.
- Mindfulness for Anxiety (child-focused). The mindfulness for anxiety elective involves assessment and treatment using mindfulness-based cognitive therapy for anxiety disorders in children ages 9-12. The assessment process includes interviews with the child and parents, administration of questionnaires and rating scales, and consultation with UW Psychiatry child clinic staff. Patients who meet specified criteria may then participate in an 8-week mindfulness-based group. Interns would have the opportunity to participate in the assessment and serve as a co-facilitator of the group that involves both children and parents. Supervisor: Stephanie Steinman, PhD.
- Neuropsychology (adult- or pediatric-focused). Clinical experience includes learning about neuropsychological assessment measures and approaches to assessment with a focus in an adult and/or pediatric population. Interns will staff cases in the clinic with faculty, participate in medical record review and clinical interview, and review and interpret test results with faculty and relate to pertinent literature. Patients are referred from throughout the medical center. Supervisors: Alanna Kessler-Jones, PsyD, and Hayley Crane, PsyD.
- Outpatient Health Psychology (adult-focused). Interns will have the opportunity to assess and treat adults with primary presenting concerns related to a medical diagnosis (e.g., coping with chronic pain or disability, adjustment to a new medical diagnosis, or anxiety affecting medical treatment). Interns will learn integrative biopsychosocial assessments and will apply cognitive-behavioral and mindfulness-based treatments for this patient population. In addition, interns will learn behavioral treatment for symptoms common with medical illness, including fatigue, sleep disturbance, and pain. Prior experience is not needed. Supervisor: Erin Costanzo, PhD.
- Primary Care Behavioral Health (adult-focused). Interns complete this rotation at a federally-funded clinic, which uses a Primary Care Behavioral Health (PCBH) model. The PCBH model is an emerging model of integrated care that places the mental health professional directly alongside the primary care provider to intervene. Cases are varied, including smoke cessation, depression, ADHD, or a range of medical issues. Interns learn how to perform brief functional consults and communicate recommendations both to the PCP and patient effectively and efficiently. The supervision is immediate as students are paired with a staff member, which means that the trainee works right alongside a psychologist and learns how to present cases efficiently. Supervisor: Meghan Fondow, PhD.



- Research Elective (adult- or child-focused). Interns may choose to engage in additional research time through an elective either with one of our core training faculty in their research or another researcher of interest at UW. Our core training faculty offer research in areas such as psychosocial oncology (Erin Costanzo, PhD), understanding and treating trauma-related mental illness in youth (Ryan Herringa, MD), neurobiological basis of fear, anxiety, and depression (Ned Kalin, MD), and insomnia (Meredith Rumble, PhD).
- School-based Psychotherapy (child-focused). Interns who participate in the Madison Metropolitan School District rotation will spend one day at week at Sandburg Elementary School on Madison's northeast side or at Madison East High School. Sandburg serves a diverse and high-need population and provides dual-language immersion programming for children from 4K to 5th grade. Madison East High School is a large public high school serving a diverse community with multiple mental health needs. Supervisors: Jason Horowitz, PhD, and Rene Staskal, PhD.
- Unified Protocol Group (adult-focused). The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders Group provides CBT based interventions including mindfulness and exposure-based interventions in a group format. Interns will have the opportunity to complete assessments for appropriateness for group, lead group sessions, and review skills practice. Assessments include a diagnostic interview and administration of questionnaires and rating scales. Interns will learn to apply the transdiagnostic approach to therapy including case conceptualization, skills coaching, and evaluation of emotional disorders. Supervisor: Daniel Dickson, PhD.
- VA PTSD (adult-focused). The PTSD Clinical Team (PCT) at the Madison VA Hospital provides outpatient treatment to Veterans with PTSD, regardless of whether the trauma originated during military service (e.g., combat, sexual trauma) or prior to service (e.g., childhood abuse). Both group and individual treatments are offered. Interns will receive didactic training in Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE) therapy. Interns will also have the opportunity to learn a number of other treatments for PTSD such as Anger Management, Behavior Activation for PTSD, and PTSD Class for Couples. Interns on this rotation will receive individual and group supervision within the interdisciplinary PCT setting. Prior experience with exposure-based treatments is preferred but not required. Supervisor: VA faculty.

## Seminars

Below is a sample of diverse topics discussed in our shared seminar series on Thursday mornings with adult, child, and pediatric psychology interns. Madison VAMC psychology interns and UW Psychiatry residents also participate in some of the below seminars.

- **Longer Series:**

- Acceptance and Commitment Therapy
- Behavioral Therapy for Sleep Disorders
- Dialectical Behavioral Therapy
- Interpersonal Psychotherapy
- Mindfulness-Based Cognitive Therapy
- Multicultural Practice and Diversity
- Processed-Based Cognitive Behavioral Therapy
- Psychodynamic Therapy
- Unified Protocol
- Alcohol and Other Drug Abuse
- Pediatric Psychology
- Psychopharmacology
- Ethics Discussions
- Professional Development
- Psychotherapy Demonstrations
- Research: Faculty and Interns
- Supervision

- **Shorter Series:**

- Autism Assessment and Treatment
- Behavioral Activation
- Cancer Psychology
- Crisis Management
- Eating Disorders
- Family Therapy
- Gender Transitions
- Interpersonal and Social Rhythm Therapy
- Motivational Interviewing
- Normative Human Development
- Postdoctoral Training
- Practical Uses of Our Electronic Medical Record
- Primary Care Behavioral Health
- School Psychology
- Sleep Assessment

- **Workshops:**

- Cognitive Processing Therapy
- Prolonged Exposure Therapy
- Self-Care
- Multicultural Practice and Diversity

## Intern Benefits

### FINANCIAL AND OTHER BENEFIT SUPPORT FOR UPCOMING TRAINING YEAR\*

Annual Stipend/Salary for Full-time Interns	\$25,350	
Annual Stipend/Salary for Half-time Interns	N/A	
Program provides access to medical insurance for intern?	Yes	
<b>If access to medical insurance is provided:</b>		
Trainee contribution to cost required?	Yes	
Coverage of family member(s) available?	Yes	
Coverage of legally married partner available?	Yes	
Coverage of domestic partner available?	No	
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	Yes*	*unused time is not paid.
Hours of Annual Paid Sick Leave	Yes*	*unused time is not paid.
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	Yes	
Other benefits (please describe):		
\$400 professional expense allowance		
*Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table.		

Interns receive three weeks of vacation as well as paid sick days and 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).

## Intern Resources

Interns have offices with computers, telephones, photocopy privileges, and clerical support. Pagers are also issued to interns with the expectation that interns will be on call during regular business hours (i.e., non-holidays, Monday through Friday 8am-5pm). 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. Our internship is also supported by an internship coordinator.

## Feedback to Interns

We regularly provide informal feedback in each intern's daily practice and each supervisor observes each supervisee at least once per evaluation period either through live supervision or reviewing audio- or video-recordings. Additionally, for more formal feedback, each of your supervisors completes the Psychology Trainee Competency Assessment Form (PTCAF) every quarter. The PTCAF is designed to guide psychology trainees in the development of profession-wide competencies as well as provide constructive feedback regarding professional development. Supervisors provide ratings of knowledge, skills, and values observed during training activities. In addition to these ratings, supervisors are encouraged to provide narrative comments highlighting individualized training goals and objectives. Trainees receive copies of the PTCAF at the time of orientation to internship training. At the beginning of the training year, interns are also given copies of all the relevant policies that address expectation for performance, feedback, retention, terminations, and their rights as trainees.

## Eligibility for Application

### 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 requirements:**

Our program "holistically" considers types of clinical experiences (e.g., DBT, mindfulness, diverse populations, special interests), achievements (e.g., leadership positions in program, community service, research record), personal qualities (e.g., foreign language, character, interpersonal skills, resilience/adversity, self-care), and unique/outstanding characteristics (e.g., diversity/multicultural background, awards). Practicum experiences will be evaluated for type of setting and clinical experiences commensurate with the respective training tracks of Adult, Child, and Pediatric Psychology.

**Does the program require that applicants have received a minimum number of hours of the following at time of application?**

No: Hours listed are "guidelines" ONLY; they are not mandatory requirements.

Total Direct Contact Intervention Hours No Minimum. Amount suggested: 500

Total Direct Contact Assessment Hours No Minimum. Amount suggested: 100

**Describe any other required minimum criteria used to screen applicants:** NA

## Application Procedure

To apply to our program, our site requires a completed APPIC application form (APPI), which is available from the APPIC website ([www.appic.org](http://www.appic.org)). In addition to the completed APPI form, the following must be included:

1. A cover letter indicating how our Program will meet your training goals and interests, and specifying which Track you are applying to (Adult (APPIC Code: 162813, 3 positions), Child (APPIC Code: 162814, 2 positions), or Pediatric Psychology (APPIC Code: 162812, 1 position). Note: It is important that applicants apply to only one Track).
2. A current curriculum vitae.
3. Official graduate transcript(s).
4. Letters of recommendation (please note that we require 3 letters of recommendation; however, applicants will not be penalized if they chose to provide more than three).

***Application Deadline for the 2020-2021 UW SMPH Psychology Internship Program: November 2, 2020. Please see the note about our approach to the interviewing process at the start of this brochure.***

Applicants may be invited for an interview after a review of application materials submitted through APPIC. The UW SMPH Psychology Internship Training Program interview days typically take place in December and January. We invite all applicants to identify special needs that might require an accommodation during the interview process. Our 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. The training program adheres to APPIC policies regarding applicants with special needs. For more information about assistance to individuals with special needs please refer to the APPIC web site ([www.appic.org](http://www.appic.org) - "Interviewing Applicants with Disabilities for Doctoral and Postdoctoral Internship Positions").

The UW SMPH Psychology Internship Program participates in the APPIC Internship Matching Program ([www.appic.org](http://www.appic.org)). Our program 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.

UW internship training faculty and interns participate in the selection process by involvement in reviewing applicant materials and face-to-face interviews. After all applicant interviews have been completed, a meeting is convened in which the applicants are discussed and ranked for submission to the APPIC match process. An offer of employment is conditional pending the results of a criminal and/or caregiver background check. If the results of the background check are unacceptable, the offer will be withdrawn or, if you have started employment, your employment will be terminated. Please be sure to disclose all misdemeanors and felonies when completing your background check. Undisclosed convictions found in a criminal and/or caregiver background check may be grounds for withdrawal of offer.

We are an Equal Opportunity Employer with a Strict Non Discrimination Policy.

## Where Do Our Interns Go After Training?

Our interns are successful in finding a good fit for their next step in their career. The majority of our graduates' next step is a post-doctoral fellowship in academic medical center setting, although we invite and support the career path that feels like a best fit for you. Please see the table below for information on our graduates over approximately the last 3 years.

### INITIAL POST-INTERNSHIP POSITIONS

(Provide an Aggregated Tally for the Preceding 3 Cohorts)

**2016 – 2019**

Total number of interns who were in the 3 cohorts	21	
Total number of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree	0	
	<b>PD</b>	<b>EP</b>
Community mental health center	0	0
Federally qualified health center	1	0
Independent primary care facility/clinic	0	0
University counseling center	0	0
Veterans Affairs medical center	2	0
Military health center	0	0
Academic health center	4	1
Other medical center or hospital	0	0
Psychiatric hospital	0	0
Academic university/department	11	1
Community college or other teaching setting	0	0
Independent research institution	0	0
Correctional facility	0	0
School district/system	0	0
Independent practice setting	1	0
Not currently employed	0	0
Changed to another field	0	0
Other	0	0
Unknown	0	0

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

## Statement of Nondiscrimination

The University of Wisconsin is an equal opportunity employer (see the Affirmative Action and Equal Opportunity Policy at the following url - <http://www.wisc.edu/policies/aaeo/>). As such, the UW SMPH Psychology Internship Training Program does not discriminate on the basis of sex, age, race, color, national origin, religion, sexual orientation or disability or any other applicable legally protected status in appointments to, or conduct of, our psychology training program. We encourage applicants from diverse backgrounds to apply and we endeavor to foster an atmosphere that supports diversity of experiences as well as opinions. All eligible candidates are invited to apply for position vacancies as appropriate. Furthermore, our program strives to avoid any actions that would restrict access or completion on grounds that are irrelevant to success in graduate training or the profession.

## Program Statement on Anti-Racism

Our training program recognizes that racism is a pervasive health crisis that affects all institutions in our society, including mental health care. We believe that all people have an equal right to health, well-being, and safety, and that the current racial disparities in health outcomes and access to health care are unacceptable. We believe that psychologists should fight against this systematic oppression in their personal and professional lives. It is an integral part of our mission to train psychologists who will embody the anti-racist values that are an aspiration of our profession.

Our program seeks to put these values into practice in multiple ways. Our trainings include workshops on cultural humility and self-identity, implicit bias, cultural formulation and inclusive language, as well as a two-day diversity forum. We also work with community partners to provide our interns opportunities to work in different parts of our community with a diverse array of clients. These opportunities include primary care clinics, community mental health centers, and public schools. Our department has an ongoing effort to increase diversity in hiring, and we strongly encourage Black, Indigenous, and People of Color to apply to our program.

## Contact Information

If you have any questions about the program, please contact our program coordinator, Jennifer Noll, at [jnoll3@wisc.edu](mailto:jnoll3@wisc.edu).

### **Mailing address:**

UW SMPH Psychology Internship Training Program  
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