



## Alexian Brothers Behavioral Health Hospital

### Psychology Internship Application

Dear Applicant:

Thank you for your interest in Alexian Brothers Behavioral Health Hospital's Pre-Doctoral Psychology Internship. Enclosed you will find the description of our program, the following application form, and the requirements and procedures.

Alexian Brothers Behavioral Health Hospital offers six internship positions for 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 Tract. We interview candidates for placement emphasizing one area of particular interest. Therefore, please choose only one of the following tracts; ranking of preferences is not acceptable. Completed applications must be received by mail no later than November 25.

- \_\_\_\_\_ Child and Adolescent Internship (1 intern)
- \_\_\_\_\_ Adult/Chemical Dependency Internship (2 interns)
- \_\_\_\_\_ Eating Disorders/Self Injury Internship (2 interns)
- \_\_\_\_\_ Neuropsychology Internship (1 intern)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Home Phone #: (\_\_\_\_)\_\_\_\_\_ Cell #: (\_\_\_\_)\_\_\_\_\_

Work Phone #: (\_\_\_\_)\_\_\_\_\_X\_\_\_\_\_

Email Address: \_\_\_\_\_

Graduate School/Program: \_\_\_\_\_

Address: \_\_\_\_\_

Academic Director of Training: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_



## **Alexian Brothers Behavioral Health Hospital**

### **PREDOCTORAL INTERNSHIP**

#### **IN**

### **CLINICAL PSYCHOLOGY**

#### **I. INTRODUCTION TO ALEXIAN BROTHERS BEHAVIORAL HEALTH HOSPITAL**

Alexian Brothers Behavioral Health Hospital is a one hundred and thirty-six (136) bed, not-for-profit, JCAHO-approved provider of mental health and addiction services. The hospital provides inpatient and outpatient behavioral health 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 practice is located on the campus of Alexian Brothers Medical Center in Elk Grove Village, Illinois, a short drive from the Behavioral Health Hospital. A multidisciplinary team comprised of psychologists, neuropsychologists, psychiatrists, neuropsychiatrists, psychiatric nurses, social workers, counselors, and dieticians staffs 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](http://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, psychiatric medical clerkship and residency, 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 and Canada for our hospital-based, practical, and applicable training within a managed care setting.

## **II. BEHAVIORAL HEALTH CARE TREATMENT PHILOSOPHY**

Alexian Brothers Behavioral Health Hospital successfully blends a long-respected tradition of care giving with an emphasis on the latest in cognitive behavioral, solution-focused, 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, all of our programs emphasize a cognitive behavioral approach with skill-based interventions. Additionally, many patients are medically managed with psychotropic medications and other therapies, such as ECT. Therefore, interns also receive thorough training in the actions, benefits, and side effects of the most frequently used medications or treatments for mental disorders and substance abuse and dependence.

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

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 particular interest 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 Outcome Research Department. Interns are encouraged to avail themselves of opportunities to conduct research under the approval and supervision of the Director of Research.

### **III. PATIENT POPULATIONS SERVED**

Alexian Brothers Behavioral Health Hospital provides therapeutic services to patients from early childhood through older adulthood, approximately 5 years and upward. Our intensive level outpatient partial hospital programs (PHP/IOP) typically serve individuals who exhibit a significant Axis I disorder (major depression, bipolar disorder, severe dysthymia, disabling panic and anxiety, 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 eating disorder or a history of severe trauma are also common. The Chemical Dependency Program treats adults with both chemical dependency and substance abuse.

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 chemical dependency program 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, chemical abuse, bi-polar disorder, and adjustment disorders through severe, 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 adult's use Medicare benefits. While our population is predominantly white, the cultural diversity of our patient

population grows each year. We welcome patients/clients of all cultural, ethnic, and religious preferences to use our services. It is the mission of the Alexian Brothers to provide services for severe and acute mentally ill patients. This population also receives services through Alexian Center for Mental Health, our community mental health center, located in Arlington Heights, IL. The Center offers only psychology practica training at this time.

#### **IV. BEHAVIORAL HEALTH UNITS AND PROGRAMS**

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

##### Inpatient Units:

- Adult Unit – 3 South, Acute: Cognitive-Behavior Based
- Adult Unit – 2 South, Chronic Mental Illness: Skills Based
- Adult Unit – 2 Northeast
- Adult Chemical Dependency – 3 Northeast
- Child Unit – 2 North, separated from the Adolescence
- Adolescent Unit – 2 North
- Eating Disorders and Self-Injury Unit – 2 East
- Older Adult Unit – 3 North – Self-Care and Skills Based
- Older Adult Unit – 3 East – Cognitive Behavioral Based

##### Intensive Outpatient Programs:

- Child Partial Hospital Program
- Adolescent Partial Hospital Program
- Adult Psychiatric Partial Hospital Program
- Chemical Dependency Partial Hospital Program
- Eating Disorders Partial Hospital Program
- Self-Injury Recovery Services (SIRS) Partial Hospital
- OCD and Anxiety Disorders Program

Autism Spectrum Disorder Services

(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 is a portal to the latest neurological advances that are transforming our ability to help patients with these and other conditions.

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

Neuropsychology: Adult Neuropsychological Testing  
Pediatric Neuropsychological Testing

Outpatient Group Practice: Located at Alexian Brothers Medical Plaza, next to the Behavioral Health Hospital. All therapists are licensed providers i.e. LCSW, LCPC, Licensed Clinical Psychologists, or Licensed Nurses, and Psychiatrists. Psychology Interns provide outpatient services through the **Internship Training Clinic**, which provides reduced fee services to persons with financial difficulties, including the uninsured and underinsured.

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 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, and case management services and receive 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 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 seeks to provide a learning environment that:

- ◆ Refines the intern's clinical skills through opportunities to apply research based diagnostic and therapeutic techniques and interventions under close supervision.
- ◆ Integrates each intern's clinical skills with their individual talents and personality to develop an empirically based clinical style that is effective and comfortable.
- ◆ Encourages teamwork and respect among behavioral health providers from various disciplines.
- ◆ Fosters critical investigation and understanding of a patient's individual and cultural differences that influence diagnostic and treatment results, as well as the influence of the student's own individual and cultural concepts and biases.
- ◆ Supports the intern's formation of a professional identity as a responsible, compassionate, skillful provider of psychological or neuropsychological services.
- ◆ Instills an understanding of the professional, legal, and ethical issues that define and challenge psychology professionals.
- ◆ Encourages and supports self-observation and self-examination, which form the foundation of responsible, ethical, and compassionate practice.

### **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 (Adult/Chemical Dependency, Eating Disorders/Self-Injury Recovery, Child and Adolescent Program, or Neuropsychology). During the application process, the intern specifies a tract that fits 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, chemical dependency, neuropsychology.

The intern's daily and weekly activities afford them the opportunity to treat patients in 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.

Weekly staffing of patients facilitates the coordination of care and treatment. Interns participate in these staffing 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.

### **Full Year Activities:**

#### **Program Assessments**

In conjunction with their duties in assigned PHP 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 progresses.

#### **Psychological and Neuropsychological Testing:**

Interns complete at least 8 full psychological batteries during their internship year. Neuropsychology interns will meet the requirements

of the supervisor and their training needs. 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 or other provider 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 or 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 cases through the Internship Training Clinic. The Clinic operates in unison with the hospital's Outpatient Group Practice and trains interns to conduct outpatient therapy in a group practice setting. Patients are assigned to the intern based on the intern's training, experience, 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, treatment planning, assessment summary, discharge planning and collateral contacts with psychiatrists, family members, schools, and other mental health practitioners.

**Program Tracts**

We accept six interns for training during the year. All interns begin their training in late August with a Student Training Orientation. Immediately following the orientation, each intern begins his/her first rotation (shown on the schedule below). At seven 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 – March)	Second Rotation (March – August)
Neuropsychology (3 days per wk) ABBHH PHP (2 days per wk)	Neuropsychology (3 days) A Different PHP (2 days) (this choice is determined by the intern with their supervisor)
Adult Partial Hospital Program	Chemical Dependency PHP
Chemical Dependency PHP	Adult Partial Hospital Program
Self-Injury Recovery Services (SIRS)	Eating Disorder PHP
Eating Disorder PHP	Self-Injury Recovery Services (SIRS)
Adolescent Partial Hospital Program	Child Partial Hospital Program

## **Partial Hospital Programs**

Five of the six interns train primarily in the Partial Hospital Programs (Day Treatment). Because these programs are highly structured and intensive, the education and training allows immersion in the treatment milieu while also conducting diagnostic testing and individual treatment in the Training Clinic.

### **Adult/Chemical Dependency Tract**

**Adult Partial Hospitalization 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 severe Axis I disorders who may have concomitant Axis II disorders or dual-diagnosis as well. Therapy groups for these patients are co-led by staff that model the cognitive behavioral group treatment. As the intern becomes knowledgeable and proficient in the group process, they also lead psychoeducational groups. The intern also co-facilitates a multi-family support group, which continues 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 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.

**Chemical Dependency Partial Hospital Program** This internship rotation trains interns in intensive work with adults suffering from the effects of abuse or dependency to substances. These substances may including alcohol, hallucinogens, opioids, and amphetamines. These patients are frequently dually diagnosed with another psychiatric problem and may receive treatment in both the chemical dependency program and the adult 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 complete complex diagnostic testing cases. 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 CD program and the Adult PHP offer an excellent opportunity for an intern to gain breadth and depth of experience when treating an adult population.

### **Eating Disorder/Self Injury Recovery Services Tract**

**Eating Disorder Partial Hospital Program.** The eating disorder program is well renowned in the Chicagoland 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. Along with individual therapy and group treatment the intern gains knowledge of family therapy from staff trained in family and marriage therapy. Since some of our patients begin their treatment on the inpatient unit, the intern can treat patients throughout the continuum of care and can expect a number of children and adolescent patients in their caseload. The intern also 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 Structural Process Model and CBT to treat patients as they move toward recovery. The interns who rotate in these programs learn this model as well as the biological, psychological, societal, and family system contributions to these complex disorders. 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**

**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 5 through 12 years. These children suffer from mood, anxiety, attention, developmental, Autistic Spectrum, 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 an Autism Spectrum Disorders specialist, 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.

**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. The program operates five days per week from 8:30 a.m. - 3:30 p.m. 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.

### **Neuropsychology**

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 weekly group supervision/case conferences. Didactic training in neuropsychology includes one to two seminars per week in the areas of applied clinical neuropsychology, neuroanatomy, and 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. Opportunities may also be provided for observation of neurological examinations and neurosurgical procedures as available.

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. The majority of the patients in the adult rotation are older adults with known dementia or suspected cognitive decline, and interns should expect to gain significant experience with this population. However, they will also be exposed to a broad range of other patient populations including individuals with traumatic brain injury, multiple sclerosis, 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).

### **Supervision**

Licensed clinical psychologists, according to the schedule defined 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 the Director of Training.
- ◆ The 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 and Training Clinic cases.

### **Didactic Experiences**

The training program provides a series of planned didactic sessions for all students with an additional training for only psychology interns. With students from other disciplines the intern trains in the ability to work collegially in a multidisciplinary setting. In addition, interns are encouraged to attend as many continuing education presentations as possible during the year including those presented within our health system.

- ◆ ProSeminar – Didactic program for all medical, psychology, social work and counseling students - one hour per week
- ◆ 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 (including program assessments)
10 hrs	Case management/therapy (patient treatment, charting, phone calls, staffing, etc.)
6 hrs	Diagnostic Testing Cases
4 hrs	Clinical supervision
3 hrs	Didactic experiences
<u>2 hrs</u>	<u>Administrative/research time</u>
40 hrs	Weekly average

The following is a typical weekly schedule:

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	Mon.	Tues.	Wed.	Thurs.	Fri.		
8:00	Office		Office	Office	Office	Off	
9:00	Intro. Group	Start Late Out of PHP	Intro. Group	Intro. Group	Diagnostic Seminar		
10:00	Case Mang.	Clinical Sup	Case Mang.	Case Mang.	Case Mang.		
11:00	Process Group	Diagnostic Testing	Process Group	Process Group	Group Sup		
12:00	Lunch	Lunch	ProSeminar	Lunch	Lunch		
1:00	Case Mang.	Diagnostic Testing	Skills Group	Case Mang.	Skills Group		
2:00	Case Mang.	Research	Staff Mtg.	Case Mang	Case Mang		
3:00	Exit Group	Diagnostic Testing	Research	Clinical Sup	Exit Group		
4:00	Training Clinic	Diagnostic Testing	Journal Club	Training Clinic	Case Mang		
5:00	Dinner	Training Clinic	Case Mang.	Training Clinic	Case Mang		
Evening							
6:00	Family Group		Training Clinic				
7:00	Family Group						

**VI. TRAINING STAFF**

Alexian Brothers Behavioral Health Hospital’s internship training staff consists of eight full-time and four part-time licensed clinical

psychologists. Members of the clinical training staff specialize in the various clinical intern rotations provided by the hospital. They also provide direction for the Training Committee and assist 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. Quarterly meetings of the Training Committee set the direction for the program and offer opportunities for continued growth and development in the skills of cultural competence, supervision, and evaluation.

The Training Committee is comprised of the following full and part-time members.

<b>Name</b>	<b>Clinical Position</b>	<b>Clinical Specialties</b>
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 Clinical Training, Clinical Supervisor, Psychotherapist	Child, Adolescent, Adult, Addictions, Anxiety Disorders, Eating Disorders, and Management
Cecelia Horan, Psy.D.  FT	Coordinator, Child and Adolescent PHPIOP Clinical Supervisor	Child, Adolescent, Family, Mood Disorders, Conduct Disorders
Kammie Juzwin, Psy.D.  PT	Director, Self- Injury Recovery Services Clinical Supervisor	Adult and Adolescent Self-Injury, Eating Disorders, Trauma Recovery Supervision
Brian Leahy, Ph.D.  FT	Director, Neuro- psychological Services Clinical Supervisor	Adults and Older Adults, Neuropsychological testing
Patrick McGrath, Ph.D.  FT	Director, OCD and Anxiety Disorders Program Clinical Supervisor	Adolescent and Adult Treatment of Anxiety Disorders Supervision
Laura Monti, Ph.D., Psy.D.	Clinical Supervisor of Diagnostic Testing	Child, Adolescents, and Adults, Eating Disorders, Self Injury, Cognitive

PT		Psychology
Clifton Saper, Ph.D. FT	Director, Intensive Outpatient Services, Psychotherapist, Clinical Supervisor	Child, Adolescent, Adult Family Systems, Solution focused therapy, ADHD, Hypnosis, Management
Karen Trevithick, Psy.D. FT	Coordinator, Eating Disorders PHP/IOP Clinical Supervisor	Adolescent, Adult, Family Systems, CBT, Structural Process Model
Jason Washburn, Ph.D., ABPP PT	Director, Outcome Research, Clinical Supervisor	Research, Child and Adolescent Treatment

## VII. APPLICATION INFORMATION AND PROCEDURES:

### Information:

- ❖ There are six pre-doctoral psychology interns. The internship extends for one full year with a minimum of 2,000 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.
- ❖ If an intern wishes to be granted accommodations for any health related issues, please contact the Director of Training.
- ❖ The stipend is \$18,000 per year. We do not provide health or life insurance benefits.
- ❖ Interns receive two weeks of paid vacation; six paid holidays, and five sick days.
- ❖ 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.

- ❖ The Internship begins the last Monday in August with a mandatory two-day student orientation program. (This date can be changed with advance notification)
- ❖ Alexian Brothers Hospital System requires all interns to provide evidence of specific immunizations, complete a pre-employment drug screen, a two-part TB test, a CANTS screen, employment paperwork, and attendance at an ABBHH hospital orientation before the internship begins.
- ❖ Interns complete ABBHH application form before the internship begins. The application includes personal work history including felonies, licensure revocation, and health limitations. We caution interns to provide all information accurately and honestly.
- ❖ ABBHH evaluates interns at 6 and 12 months.
- ❖ 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.

### **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:

- ❖ Evidence of at least 1000 hours of supervised practica experience.
- ❖ Evidence of successfully completion of all doctoral coursework.
- ❖ Evidence of completion of comprehensive exams in clinical or counseling psychology.
- ❖ Evidence of an APA-approved academic training program.

Applicants must submit the following application materials, received by mail, no later than **November 25** in order to begin internship the following year:

All materials must be sent in one packet. Place all documents in the following order with a paper clip to attach each segment. Do not add return address postcard or envelope. We accept E-mail applications if followed immediately by a hard copy received by November 25.

**Documents include all of the following:**

1. ABBHH brief application coversheet indicating selection of program placement.
2. Make certain the brief application includes typed or clearly written email address for notification of application status and other communication.
3. APPIC standard application.
4. Brief Letter of Interest with details in the text of APPIC application.
5. Two copies of curriculum vitae.
6. All transcripts from graduate academic program/s.
7. Three letters of recommendation (At least one from a recent clinical supervisor).

Mail all application materials by **November 25** to:

Kathleen M. Fader, Psy.D.  
Director of Training  
Alexian Brothers Behavioral Health Hospital  
1650 Moon Lake Boulevard  
Hoffman Estates, IL 60194

Phone: 847-755-8026  
E-mail: [kathleen.fader@abbhh.net](mailto:kathleen.fader@abbhh.net)

**Communication is made by E-mail, please do not call unless absolutely necessary.**