Western Psychiatric Institute and Clinic (WPIC), part of the University Pittsburgh Medical Center (UPMC), and the Department of Psychiatry at the University of Pittsburgh School of Medicine offer an American Psychological Association (APA)-accredited internship in clinical psychology. Our program is a member of the Academy of Psychological Clinical Science and adheres to a “clinical science” model of training and professional development which emphasizes the integration of research and clinical training and a commitment to empirically informed approaches to clinical work. The program offers rotations in both inpatient and outpatient settings; individual and group supervision in adult and child assessment and intervention; clinical and didactic seminars; and an opportunity to pursue clinical research activities.

We are a member of the Academy of Psychological Clinical Science.

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PROGRAM DESCRIPTION
Western Psychiatric Institute and Clinic (WPIC), part of the University Pittsburgh Medical Center (UPMC), and the Department of Psychiatry at the University of Pittsburgh School of Medicine offer an American Psychological Association (APA)-accredited internship in clinical psychology. Our program is a member of the Academy of Psychological Clinical Science (http://www.acadpsychclinicalscience.org/), and adheres to a “clinical science” model of training and professional development in which the primary principles are a commitment to empiricism for guiding both clinical and scientific work and an emphasis on the reciprocal relationship between clinical practice and the development and investigation of important questions for clinical research.

Program accreditation:
APA Office of Program Consultation and Accreditation
750 First Street, NE
Washington, DC 20002-4242
Phone: (202) 336-5979

APPIC Program Information:
Program: Western Psychiatric Institute and Clinic
APPIC Program Code Number: 154411
APPIC Program Description: Psychology Internship

PROGRAM GOALS AND OBJECTIVES
The internship year includes rotations in both inpatient and outpatient settings; individual and group supervision in adult and child assessment and intervention; weekly clinical and didactic seminars; attendance at case conferences, grand rounds, educational conferences, and guest lectures by scholars in various mental health disciplines; and an opportunity to pursue clinical research activities.

We have three general goals for the program:
1. Develop and consolidate clinical skills in psychiatric assessment, conceptualization, and evidence-based psychological interventions.
2. Provide broad clinical experience within multidisciplinary treatment and research teams located within a university-based medical center.
3. Consolidate and enhance skills in clinical psychological science and supplement the clinical experience with adequate time and resources for empirical exploration of a specialty area.

Interns gain expertise in the following areas:
- Development and consolidation of clinical skills in psychiatric assessment, diagnosis, and case conceptualization;
- Increased familiarity and proficiency with evidence-based psychological interventions;
- Increased effectiveness working as a scientifically trained clinical psychologist within multidisciplinary treatment and research teams located within a university-based medical setting;
- Increased competence in critically evaluating, disseminating, and utilizing empirical research findings across clinical contexts;
- Completion of a small research project within a selected clinical science specialty area
PROGRAM REQUIREMENTS

Because of the size and diversity of our divisions of adult and child psychiatry, one of the strengths of the program is our ability to train students with interests in adult psychopathology, problems of childhood and adolescence, or both. At the beginning of the year, a rotation schedule for the entire year is developed collaboratively with each intern. We are committed to general clinical training. Thus, interns are required to have experience with adults and children as well as inpatients and outpatients. Within this framework, there is considerable flexibility regarding specific rotations. The year is divided into four quarters (three-month periods), and rotations are typically selected either to be half-time (two days per week, Monday through Thursday) or quarter-time (one day per week) for three or six months.

In developing individual rotation schedules, all interns are expected to meet the following program requirements:

1. **Participation in Friday morning group supervision and didactic sessions.** These weekly seminars are coordinated by the internship training directors and cover a wide variety of content and process areas, including basic training in empirically supported treatments such as Interpersonal Psychotherapy (IPT) and Dialectical Behavior Therapy (DBT), ethical issues for psychologists, issues of individual and cultural diversity, and theory and methods of supervision.

2. **A rotation in the Diagnostic Evaluation Center (DEC).** This half-time, three-month rotation in the psychiatric emergency room provides interns with the opportunity to enhance their assessment, diagnostic, and triage skills in an evaluation setting that provides exposure to a variety of acutely ill psychiatric patients.

3. **Experience with severely and persistently ill patients.** All interns are required to complete at least one rotation that focuses on the assessment and treatment of severely and persistently ill psychiatric patients. Relevant rotations include the inpatient psychiatric units, the Intensive Outpatient Programs (IOPs), and Service and Research for Recovery in Severe Mental Illness program.

4. **A minimum caseload of two outpatients in psychotherapy treated with evidence-based psychological interventions** (e.g., the repertoire of clinical tools available in such models as interpersonal psychotherapy, IPT; dialectical behavior therapy, DBT; or cognitive-behavior therapy, CBT). All interns are expected to carry an outpatient caseload of at least two patients seen through the WPIC Psychotherapy Training Clinic (PTC). As part of this experience, interns are partnered with licensed PhD supervisors to obtain weekly, individual supervision.

5. **Completion of a research project.** All interns are expected to devote 10% effort toward developing and completing a research project in conjunction with a research mentor. Interns are expected to identify a research mentor during the first 4-6 weeks of the training program. Typical research projects include analyses of archival data sets, development of a peer-reviewed paper or poster presentation, a specified literature review, or development of a small pilot study. This requirement ensures that interns gain experience in programmatic clinical research during their tenure at WPIC. For interns who choose to stay in the department for postdoctoral clinical research fellowships, research initiated during internship year provides a basis for the remaining years of postdoctoral research training.

SAMPLE INTERN SCHEDULE

A representative schedule for an intern with a primary adult focus could include:

**First quarter (September–November)**

Diagnostic Evaluation Center (two days)

Services for Teens at Risk (two days)
Second quarter (December–February)
Services for Teens at Risk (two days)
Pain Evaluation and Treatment Institute (two days)

Third quarter (March–May)
Pain Evaluation and Treatment Institute (two days)
Behavioral Medicine in Oncology (two days)

Fourth quarter (June–August)
Inpatient Unit: Psychotic Disorders Inpatient (three days)
Behavioral Medicine in Oncology (one day)

A schedule for an intern with a focus on childhood and adolescence could include:

First quarter (September–November)
Family Therapy Training Center (one day)
Child Development Unit (two days)
Sleep Medicine (one day)

Second quarter (December–February)
Family Therapy Training Center (one day)
Eating Disorders Clinic (two days)
Sleep Medicine (one day)

Third quarter (March–May)
Eating Disorders Clinic (two days)
Women’s Intensive Outpatient Program (two days)

Fourth quarter (June–August)
Diagnostic Evaluation Center (two days)
Children’s Hospital Consultation/Liaison Service (two days)

Throughout the year interns also participate in ongoing activities, which occur as rotation schedules permit (during unscheduled hours in outpatient rotations; late in the day during inpatient rotations and Friday afternoons):

- clinical research practicum (10 percent effort)
- longitudinal outpatient cases (PTC) and supervision
- group supervision and didactic experiences (Friday mornings)
CURRENT INTERN CLASS - 2014-2015

Rachel Bachrach, MS, MA (University of Buffalo). Interests include understanding the etiology of alcohol use and its consequences in college-aged populations. Her research evaluates individual and social factors that contribute to the co-occurrence of PTSD and problematic alcohol use, and incorporates the use of ecological momentary assessment (EMA) methods.

Lindsay Bodell, MS (Florida State University). Interests include the etiology and pathophysiology of eating disorders, and the link between eating disorders and suicidality. Her research has included the evaluation of neural correlates of decision-making deficits in patients with anorexia nervosa, and biological correlates of binge eating behaviors.

Amy Byrd, MS (University of Pittsburgh). Interests include understanding the mechanisms that influence the development and persistence of disruptive behavior disorders in youth, using multiple levels of analysis. Specifically, her interests center on examining genetic and neurobiological mechanisms that increase risk for disruptive behavior disorders, and the interaction between child-specific and environmental factors.
INTERNSHIP STIPEND AND BENEFITS
Five candidates are selected as interns each year. For the first year, interns are awarded a stipend of $24,000. In addition, $1,000 is available for professional development activities (for example, travel to scientific meetings), and individual or family health insurance is provided. Ten days of vacation are granted and six days may be used for professional activities. The first year of the program is considered a predoctoral internship, whereas the later years are supported as postdoctoral fellowships through a National Institute of Mental Health (NIMH) institutional training grant. Prior to beginning the postdoctoral program, trainees must have completed all of the requirements for the doctoral degree. New postdoctoral fellows are paid based on current NIMH stipend amounts. The Department of Psychiatry supplements these stipends as well, and the training grant also includes support for travel to scientific meetings ($1,000 per year). Only those students who expect to complete their doctoral requirements prior to the second year of the program will be considered for postdoctoral fellowships.

Luis Flores, BA (University of Illinois at Urbana Champaign). Interests include emotional and interpersonal factors in depression. Specifically, he has developed and tested a model of interpersonal emotion regulation, using experimental and daily diary methods, including the evaluation of emotional memory in interpersonal contexts.

Rachel Kolko, MA (Washington University). Interests include developing, refining and implementing empirically-supported treatments for obesity and eating disorders. Specifically, she is interested in creating both in-person and on-line training programs that can be disseminated across diverse settings, and evaluating the sustainability of treatment implementation.
ACADEMIC AND CLINICAL CRITERIA
Trainees selected for the WPIC program must come from APA-accredited PhD programs in clinical psychology. In addition, we belong to the Academy of Psychological Clinical Science (APCS) and endorse its mission statement, which emphasizes the integration of research and clinical training and a commitment to empirically informed approaches to clinical work. We encourage applications from students in graduate programs that belong to the Academy, but we do not limit admission to students from these programs.

Our program emphasizes training for clinical psychologists who have strong research backgrounds and who are interested in academic careers. Accordingly, we request that applicants submit a curriculum vitae that describes research experience (research assistant/associate experience, familiarity and experience with research assessments, experience on federally funded projects) and research productivity (publications and presentations). In the screening and selection process, we pay most attention to the academic vitae of applicants. Candidates must have demonstrated interest in and aptitude for conducting clinical research that exceeds the minimum requirements of a master’s thesis and doctoral dissertation. In addition, there must be evidence of written and verbal skills in scholarly communication, such as publication of peer-reviewed papers or presentations at national and regional professional meetings.

The internship program at WPIC provides intensive clinical experience, enabling interns to treat patients suffering from major psychiatric disorders. Therefore, it is essential that candidates have considerable supervised clinical experience. Students from clinical training programs that do not provide extensive practicum experience are unsuitable for the WPIC program.

Following internship, many trainees remain at WPIC to assume postdoctoral research training fellowships. Alternately, a proportion of trainees begin full-time positions as faculty members or senior research staff at various universities. Our goal is to identify and encourage interns whose ambitions focus on careers in academic research settings.

GOALS FOR POSTDOCTORAL TRAINING
For those who elect to stay at WPIC for further research training, the postdoctoral years consist of a full-time apprenticeship in clinical research. Trainees usually continue under the supervision of the mentor with whom they worked on a part-time basis during internship; occasionally, fellows start with a new mentor. In addition, trainees may select a secondary research preceptor. A trainee who is interested in mood disorders, for example, might choose to work with a secondary mentor whose interests include psychopathologies frequently associated with affective problems (for example, eating disorders, personality disorders). Research mentors are chosen from a large number of WPIC faculty (see below for a partial listing). Although the emphasis is on research, the nature of the work is usually linked to further enhancement of clinical skills. Thus, up to 20 percent effort might be devoted to further clinical training (that is, integrated clinical and research experiences).

Postdoctoral fellows develop several specific competencies, including:
- experience in assuming responsibility for the conduct of clinical research
- advanced clinical experience in a research-related area
- preparation of competitive grant applications
TRAINING DURING POSTDOCTORAL YEARS
At the postdoctoral level, we offer a core seminar in collaboration with other postdoctoral training programs at WPIC. This seminar addresses topics of professional socialization including:
- opportunities for external research funding (including federal agencies, private foundations, and corporate sources)
- development and submission of applications for research funding (including peer review of applications as they are being written)
- peer review and funding processes within federal agencies
- research communication skills (including the development of manuscripts for publication, discussions of how to serve as an editorial reviewer, and development of oral communication skills)
- research ethics (including potential conflicts between research and clinical priorities)
- procedures for obtaining consent from human subjects
- development of collaborative relationships in a multidisciplinary medical setting
- strategies for finding jobs (including the pros and cons of academic positions in medical settings versus arts and sciences departments)
- alternate career paths within academic settings
- preparation of a curriculum vitae
- dissemination of scientific finding to the public and practitioners

The seminar concludes each spring with the annual fellows review the status of their current work, report important results, and describe future directions.

Trainees may enroll in courses offered by various departments of the University on an individual basis. Tuition support for such courses is available. Since trainees are involved in research within their area of clinical interest, advanced clinical training in the specialty area is also encouraged.

WESTERN PSYCHIATRIC INSTITUTE AND CLINIC OF UPMC (WPIC)
WPIC, part of the University of Pittsburgh Medical Center (UPMC), opened in the early 1940s to serve as a psychiatric facility for teaching and research. Today, WPIC houses the Department of Psychiatry of the University of Pittsburgh School of Medicine as well as research laboratories and patient care facilities. The training programs offered by WPIC constitute a major educational resource for mental health professionals in southwestern Pennsylvania. WPIC, an integral component of the University of Pittsburgh Medical Center, operates numerous outpatient clinics and inpatient units, providing a variety of training experiences for the mental health professional. Research programs are designed to improve treatments for psychiatric disorders, to explicate the etiology and pathogenesis of major mental illnesses, and to improve current diagnostic procedures. Investigations range across the spectrum of basic and applied study of psychopathology.

PITTSBURGH
Pittsburgh has earned a reputation as a center for science, education, and the arts. Extensive redevelopment has occurred in the metropolitan area, with a significant shift away from heavy industry and a new emphasis on biomedical and applied technology enterprises. Cultural activities abound in Pittsburgh, with regular performances by the Pittsburgh Symphony Orchestra, one of the world’s premier orchestras; the Pittsburgh Ballet Theatre; the Pittsburgh Public Theater; and the Pittsburgh
Opera. Museum lovers will enjoy The Carnegie Museums of Pittsburgh, including the outstanding Museum of Art, Museum of Natural History, the Carnegie Science Center, and Andy Warhol Museum. Other attractions, within minutes of the University of Pittsburgh campus, include several large parks, the Pittsburgh Zoo and Aquarium, the National Aviary, Phipps Conservatory, and the Senator John Heinz Pittsburgh Regional History Center.

**INTERNSHIP TRAINING COMMITTEE**

Michele D. Levine, PhD  
Director, Psychology Internship Program  
Associate Professor of Psychiatry and Psychology

Tina R. Goldstein, PhD  
Co-Director, Psychology Internship Program  
Associate Professor of Psychiatry

Paul A. Pilkonis, PhD  
Director Emeritus, Psychology Internship Program  
Professor of Psychiatry and Psychology

Marsha D. Marcus, PhD  
Director Emeritus, Psychology Internship Program  
Professor of Psychiatry and Psychology

Erika E. Forbes, PhD  
Associate Professor of Psychiatry

Ellen Frank, PhD  
Professor of Psychiatry and Psychology

Frank A. Ghinassi, PhD  
Assistant Professor of Psychiatry

Gretchen L. Haas, PhD  
Associate Professor of Psychiatry

Benjamin L. Handen, PhD  
Associate Professor of Psychiatry, Pediatrics, Psychology, and Instruction and Learning (Education)

David J. Kolko, PhD  
Professor of Child Psychiatry, Psychology, and Pediatrics

Brooke S. G. Molina, PhD  
Associate Professor of Psychiatry and Psychology

Michael Pogue-Geile, PhD  
Associate Professor of Psychology and Psychiatry

Stephanie Stepp, PhD  
Assistant Professor of Psychiatry

Jennifer Wildes, PhD  
Assistant Professor of Psychiatry

**FACULTY AVAILABLE AS RESEARCH MENTORS**

This list represents only a sample of possible research mentors. We attempt to match interns with faculty mentors who best suit their training needs. For a full list of faculty members, please visit [http://www.psychiatry.pitt.edu/people](http://www.psychiatry.pitt.edu/people).

Dana Bovbjerg, PhD  
Clinical and Preclinical Investigation of Biobehavioral Factors in Cancer

David A. Brent, MD  
Childhood Depression, Suicide

Charlotte Brown, PhD  
Depression, Primary Care Settings

Meryl Butters, PhD  
Neuropsychological and Imaging Methods, Late-life Depression/Dementia Interface
Daniel J. Buysse, MD  
Sleep Studies

Duncan B. Clark, MD, PhD  
Adolescent Substance Abuse and Anxiety Disorders

Erika E. Forbes, PhD  
Child and Adolescent Affective Disorders, Neurobiology of Affect Regulation

Ellen Frank, PhD  
Depression, Women’s Issues

Anne Germain, PhD  
Sleep, Trauma, Military, Neuroimaging

Tina R. Goldstein, PhD  
Behavioral Interventions for Bipolar Disorder in Youth

Gretchen L. Haas, PhD  
Psychotic Disorders, Suicidal Behavior

Benjamin L. Handen, PhD  
Autism, Psychopharmacology, Alzheimer’s Disease in Down Syndrome

Alison Hipwell, PhD  
Developmental Risk Factors, Developmental Psychopathology

David J. Kolko, PhD  
Child Psychopathology, Behavior Therapy

Maria Kovacs, PhD  
Childhood Depression, Cognitive Therapy

David J. Kupfer, MD  
Depression, Sleep Studies, Biological Psychiatry

Michele D. Levine, PhD  
Women’s Health Behaviors, Smoking Cessation, and Obesity

Marsha D. Marcus, PhD  
Obesity and Eating Disorders, Behavioral Medicine

Karen A. Matthews, PhD  
Behavioral Medicine, Cardiovascular Risk Factors

Brooke S. G. Molina, PhD  
Disruptive Behavior Disorders, Adolescent Substance Abuse

Edward P. Mulvey, PhD  
Prediction of Violence

Paul A. Pilkonis, PhD  
Personality Disorders, Treatment Research

Greg Siegle, PhD  
Cognitive and Affective Neuroscience of Depression

Stephanie Stepp, PhD  
Borderline Personality Disorder, Adolescent Development

Holly Swartz, MD  
Bipolar Disorder, Maternal Depression, Interpersonal Psychotherapy

Jennifer Wildes, PhD  
Eating Disorders

The University of Pittsburgh Medical Center is an equal opportunity employer. Policy prohibits discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, disability, or veteran status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations. We encourage applicants from diverse backgrounds to apply.
HOW TO APPLY
The Association of Psychology Postdoctoral and Internship Centers (APPIC) has developed a uniform application for psychology internship that we use at WPIC. This comprehensive application was designed to meet the needs of internships in the U.S. and Canada and to minimize work for applicants who typically apply to numerous programs.

All application materials must be submitted via the AAPI (APPIC Application for Psychology Internships) online service, which may be accessed by visiting http://www.appic.org and clicking on "AAPI Online." For more information on how to apply, please see http://www.psychiatry.pitt.edu/education/psychintern/program_information.

To apply, please visit www.appic.org and click on "AAPI Online." These online application materials include the following components:

- cover letter (please specify preferred contact information, clinical rotations of interest, and faculty members with whom you share research interests)
- curriculum vitae (research CV)
- APPIC application
- graduate transcripts
- 3 (or 4) letters of reference

The WPIC Internship Program adheres to APPIC guidelines in our recruitment process. APPIC has strengthened its position regarding sharing of information about ranking of candidates and sites, and we endorse the current position—that is, as members of APPIC, we understand and accept the policy that neither we, nor any member at our training facility (including current interns and fellows), will solicit, accept, or use any ranking-related information from any intern applicant prior to uniform notification day. We participate in the computer match through APPIC. See APPIC Match Policies at http://appic.org/Match/Match-Policies. All matches are contingent upon successful completion of required background checks, including Pennsylvania Act 33 (PA Child Abuse History Clearance), Act 34 (PA State Police Request for Criminal Records), and Act 73 (FBI Criminal Background Check). Applicants who do not successfully pass these background checks will be dismissed from the internship.

In processing applications, we use a multi-step procedure. First, applications are screened, and students who appear best suited for our program are contacted in early December and invited to attend one of our 2 applicant interview days scheduled in January of each year. During the visit, applicants are interviewed by members of the faculty, tour our facilities, and have the opportunity to speak with current interns. This requirement ensures that individuals selected will possess characteristics appropriate for successful functioning in our clinical setting and will have the ability to collaborate with a multidisciplinary faculty and staff. An interview visit also permits the student to become acquainted with the faculty and internship facilities at WPIC.

Further information about the WPIC program is available from the WPIC website (http://www.psychiatry.pitt.edu/education/psychintern/). Information about accreditation can be obtained from the Committee on Accreditation, American Psychological Association, 750 First Street NE, Washington, DC 20002-4242; telephone 202-336-5979.
Administrative inquiries should be directed to:
Katlin Griswold Bentley
Western Psychiatric Institute and Clinic
3811 O’Hara Street
Pittsburgh, PA 15213
Telephone: 412-246-5546
Fax: 412-246-5520
Email: griswoldk2@upmc.edu

The deadline for completed applications is November 1, 2014.

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**CONTACT INFORMATION**

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<th>Name</th>
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<td>Jill M. Cyranowski, PhD</td>
<td>Past Director, Psychology Internship Program</td>
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For administrative inquiries, please contact the Program Assistant - griswoldk2@upmc.edu
MAP AND DIRECTIONS
University of Pittsburgh, main campus map (.pdf). Bellefield Towers is in grid space F1.

Driving directions.

The Port Authority of Allegheny County has a bus, the 28X (.pdf schedule), from the airport.

The Pittsburgh International Airport's webpage with further information on transportation to and from the airport.

http://www.psychiatry.pitt.edu/education/psychintern/program_information.