

Adult Rotations

Psychiatric Emergency Services (PES)

Supervision: Crystal Willis, MA

Western Psychiatric Hospital's Psychiatric Emergency Service (PES) is a psychiatric emergency room that sees over 14,000 patients annually. It is the pulse of the hospital and a busy hub where patients from all over travel to receive an evaluation from a team of experts in the field. The PES consists of a multidisciplinary team that collaborates to determine the best possible, and most appropriate, disposition for the patient and their family, under the direct care of an attending psychiatrist. The PES works in conjunction with Resolve Crisis Services and the Psych Care + department to best meet the needs of the patients during their evaluation. The PES serves as a resource across UPMC and the behavioral health network for psychiatric care and consultation. This rotation offers valuable experience in psychiatric phenomenology, diagnostic dilemmas, and principles of care management in an emergency room setting.

UPMC Center for Eating Disorders (CED)

Supervision: Rachel Kolko Conlon, PhD; Britny Hildebrandt, PhD

The UPMC Center for Eating Disorders (CED) provides assessment and treatment for adults and youth with anorexia nervosa, bulimia nervosa, binge eating disorder, and other eating disorders. The CED care continuum includes an inpatient unit, a partial hospital program, intensive outpatient services, and limited traditional outpatient care. Treatment modalities include cognitive behavioral therapy, dialectical behavioral therapy, and pharmacotherapy. Training opportunities are available at multiple levels of care. Three- or six-month rotations will be developed in collaboration with the supervisors to accommodate the Intern's interest and training.

Psycho-Oncology Clinical Service and Biobehavioral Cancer Control Program, UPMC Hillman Cancer Center

Supervision: Rob Ferguson, PhD; Ellen Ormond, PhD; Donna Posluszny, PhD, ABPP; Robin Valpey, MD

The Psycho-Oncology Clinical Service and Biobehavioral Cancer Control Program provide psychological/psychiatric assessment and intervention for adult cancer patients and their families in both the inpatient and outpatient medical setting. Treatment can vary from short-term consultation for emotional distress and specific cancer-related symptoms to long-term psychological support and end-of life care. For the intern, this means active engagement in mental health care as part of a multidisciplinary health care team. Interns will begin their training by shadowing senior clinicians working in both inpatient and outpatient medical settings. Under supervision, interns will be assigned their own inpatients and 2 outpatients to improve their skills in both assessment and intervention strategies, as well as skills related to communicating with other health care professionals. Interns will attend case conferences and seminars as scheduling allows and will be assigned directed readings to enhance understanding of medical aspects of cancer and its treatment. Interns will have the opportunity to assess and treat cognitive deficits caused by cancer and/or its treatment and receive experience with stem cell transplantation patients and psychopharmacology for patients with cancer.

Behavioral Sleep Medicine

Supervision: Brant Hasler, PhD, DBSM

The goals of this rotation are (1) to provide exposure to the common adult sleep disorders seen in clinical practice; (2) to teach the basic clinical assessment of patients presenting with sleep symptoms; and (3) to introduce the principles and basic techniques of behavioral treatment for sleep disorders, particularly focusing on insomnia. In addition to insomnia, interns will likely gain exposure to the assessment and treatment of circadian rhythm sleep disorders and parasomnias such as nightmare disorder. Although the rotation primarily focuses on sleep complaints, mental and physical health comorbidities are typical, and adjunctive interventions (e.g., relaxation exercises) are included as appropriate. This rotation primarily occurs at the WPH site of the UPMC Sleep Medicine Center, although exposure to the Falk Medical Building and UPMC Montefiore sites is possible. Interns selecting this rotation first shadow Dr. Hasler to gain familiarity with evaluation procedures and behavioral interventions. Interns will progress towards independence as they increasingly take over the initial assessments, interventions, and follow-up interviews under live supervision. The rotation is available as a 3- or 6- month stint. Interns who select a 6-month stint will have greater opportunities for conducting independent intake assessments and for developing proficiency in case conceptualization and in delivering behavioral interventions. For motivated interns whose schedules permit, a secondary goal is to introduce the basics of polysomnography (PSG) in the assessment of sleep disorder patients. Weekly PSG "reading sessions" (currently Monday mornings at 8 am) help to establish familiarity with physiological assessment of sleep patients. Finally, for trainees interested in eventually earning their Diplomate in Behavioral Sleep Medicine (DBSM) certification who continue on as postdocs in Pittsburgh, the clinical hours on this rotation can count towards their total requirement.

Psychotic Disorders Inpatient Care

Supervision: Gretchen L. Haas, PhD; Konasale Prasad, MD

This rotation provides intensive training in the assessment and treatment of individuals with psychotic disorders. The intern is provided with an opportunity to work on the Comprehensive Recovery Unit (CRU) an inpatient unit that provides step-down services for individuals experiencing psychosis and whose conditions include serious and persistent mental illnesses. The trainee gains an experience of participation in inpatient care, with an emphasis on differential diagnosis of psychotic disorders and the tailoring of pharmacologic and psychosocial treatment to the specific needs of the patient. This rotation is designed to support the specific interests and training needs of the intern. Daily inpatient rounds with the attending physician and participation in a multidisciplinary team are intended to familiarize the intern with a broad range of patients with schizophrenia and schizoaffective disorders, psychotic mood disorders, delusional disorders, and, in addition, psychoses that are secondary to drug use. The intern also has an opportunity to work closely with an attending faculty psychiatrist, and other members of the treatment team. When desired, the intern has the additional opportunity to gain experience in evidence-based psychosocial interventions with adults whose condition has stabilized sufficiently to benefit from group or individual interventions. In this instance, the intern will have the opportunity to participate in individual psychoeducation and CBT-informed supportive therapy for a small caseload of patients. Further evidence-based therapy experience is available through leading or co-leading a group

Dual Diagnosis Inpatient Services

Supervision: Antoine Douaihy, MD

The Dual Recovery Unit of Addiction Medicine Services provides a range of opportunities in the areas of assessment, diagnosis, and delivery of evidenced-based psychosocial treatments integrated with pharmacological interventions for patients with substance use disorders (SUDs) and co-occurring psychiatric disorders (CODs). These opportunities include: (1) participation in daily rounding (usually Monday – Thursday 8:30am – 12pm) with a multidisciplinary treatment team, including medical students, psychiatry residents, pharmacists, social workers, and addiction psychiatry fellows. During rounds, the intern will receive in-vivo modeling and coaching in Motivational Interviewing (MI), (2) an individual therapy caseload of one to two patients using the MI approach to treatment, integrated with other psychosocial interventions such as Cognitive- Behavioral Therapy (CBT), (i.e., relapse prevention), (3) didactics on a broad range of relevant topics including MI, SUDs, and psychopharmacology, and (4) teaching and supervision of other trainees, including the medical students and Clinical Psychology Internship – Adult Rotations psychiatry residents on MI and integrated therapeutic approaches. By the end of this rotation, interns can expect to gain a rich learning experience in the diagnosis, in the evidence-based treatments of SUDs and CODs, and in the practice of MI and other psychosocial treatments for SUDs and CODs.

Center for Treatment of Obsessive-Compulsive Disorder

Supervision: Rebecca Price, PhD; Vanessa Brown, PhD

The Obsessive-Compulsive Disorder Intensive Outpatient Program provides intensive treatment sessions. Exposure with Response Prevention (ERP) is the primary treatment. Group therapy is the primary modality, supplemented by individual exposure sessions. Family psychoeducation and medication treatments are standard interventions. Interns may elect three- or six-month, half-time rotations. Involvement may include two or three days of the program. Supervision in assessment, treatment formulation, and ERP through weekly meetings is provided. The treatment population is adults with diagnosis of OCD or OC spectrum disorders (e.g., body dysmorphic disorder, trichotillomania, skin picking) and a broad range of comorbid diagnoses

Birmingham Free Clinic

Supervision: Vanessa Brown, PhD, Rebecca Price, PhD

The Birmingham Free Clinic provides medical care at no cost to people without insurance in the greater Pittsburgh community. The BFC provides primary and acute medical care, medication access, medical and social services, case management, and insurance navigation services to individuals with a focus on continuity, prevention, and education. Patients served at BFC come from many backgrounds but include significant numbers of Spanish-speaking and other immigrant groups. Interns have the opportunity to carry a caseload of adult individual therapy clients presenting with a variety of psychiatric concerns, with a focus on briefer, evidence-based CBT approaches.

Adult Services IOP and PHP (Intensive Outpatient and Partial Hospitalization Programs)

Supervision: Jamie Harris, LCSW [bipolar track],; Tiffany Painter, LCSW; Dana Rofey, PhD, Ran Li, MD, Lisa Sebastiani, LCSW, Elyse Watson, MD

The Adult Services IOP/PHP includes 16 mood and anxiety disorder-focused programs for adults. The IOP meets 3 days per week for 3 hours per day, and the PHP meets 5 days per week for 6 hours per day. These programs serve individuals at high risk for death by suicide and/or severe mood or anxiety disorders. They help to avoid hospitalization for some individuals. and help other individuals transition from inpatient units back into the community. The average length of stay is 4-6 weeks. Specialty services include the following:

- NEST (New and Expectant Mom's Specialized Treatment) Perinatal IOP
- Transition age IOP (ages 18-22)
- Bipolar IOP
- LGBTQIA+ IOP
- Women's IOP

Interns involved in training in the IOP/PHP program typically co-lead group therapy, attend treatment team meetings as an active collaborator, and take on 1-2 individual clients during the rotation.

Outpatient Pain Psychology, UPMC Division of Chronic Pain

Supervision: Susan Jarquin, PhD

The pain psychology service provides outpatient psychological assessment and intervention to adults living with chronic pain. These services are delivered in clinic and via telemedicine technology. On this rotation interns will perform initial evaluations for individual therapy, brief evaluations designed to assess fit for chronic pain self-management groups, and evaluations intended to determine suitability for implantable pain therapies, including spinal cord stimulators. Interns will have the opportunity to deliver individual and group-based therapy. The goals of this rotation are to 1) familiarize interns with the difficulties patients living with chronic pain commonly face and prepare interns to assist patients in coping with these difficulties; 2) to train interns to deliver individual and group therapy in an outpatient medical setting, including use of telemedicine technology; and 3) to introduce interns to the process of assessing suitability for implantable pain therapies. Interns will begin their training experience by observing the supervisor perform the various assessments and interventions. Once deemed ready by the supervisor, interns will be able to conduct the assessments and interventions independently. Individual supervision time will be scheduled, and supervision will also be provided as needed. Interns will receive instruction in the use motivational interviewing interventions as well as cognitive-behavioral and acceptance and commitment therapy techniques. This is a part-time rotation and interns will derive the most benefit from this training experience if they commit to it for at least 6 months. This rotation is in Shadyside at the Centre Commons Building. Interns may be able to provide telemedicine services from home; interns will need access to specific technology to do this though.

Electroconvulsive Therapy (ECT) Rotation

Supervision: Tejal Bhojak, MD; Carmen Andreescu, MD; Daniel Varon, MD; Marie Anne Gebara, MD , Matthew Geramita, MD

ECT is an FDA-approved treatment that requires general anesthesia and administers a controlled seizure in the brain in a closely monitored treatment environment to help patients with a variety of mental health diagnoses. Though it is unknown how exactly ECT works, it is believed that the therapeutic effects of ECT could be due to changes in brain chemistry that quickly and effectively improve, or even resolve, symptoms such as severe depression, psychosis and catatonia. ECT often works when other treatments have proven unsuccessful.

This is an elective rotation with a duration of three months consisting of one full-day a week, or two half-days. Objectives of this rotation include teaching interns about ECT, i.e., clinical indications and contraindications, adverse effects, clinical evaluation and assessment of ECT patients, informed consent and legal aspects of ECT, clinical implications for special populations, and the care continuum for ECT.

Interns will be a part of a multidisciplinary treatment team, participate in team meetings, observe consultation sessions on inpatient units, work with patients and families individually or in small groups as needed to provide supportive therapy and receive weekly supervision. Interns will primarily conduct assessments, standardized testing and provide behavioral interventions (e.g. psychoeducation, teach coping skills).

Neuropsychological Assessment in Outpatient Geriatric Psychiatry

Supervision: Meryl A Butters, PhD; Andrea M Weinstein, PhD; Swathi Gujral, PhD

Psychiatric health is directly related to cognitive health in at least two ways. First, adults who have a long history of chronic psychiatric symptoms are at higher risk for cognitive decline. Second, onset of psychiatric symptoms in late-life can be an initial sign of neurodegenerative disease. This rotation will involve neuropsychological assessment of older adults seen at the Benedum Geriatric Center located in UPMC Montefiore Hospital. Referrals include outpatient geriatric psychiatry patients, as well as some primary care patients with new onset of cognitive impairment. Interns in this rotation will learn how 1) psychiatric disorders such as depression, anxiety, and bipolar disorder can result in persistent cognitive deficits in older adults, 2) to conduct and interpret a neuropsychological evaluation in the context of complex psychiatric history, 3) to integrate medical and psychiatric information to diagnose neurodegenerative disease and determine etiology in older adults, and 4) to write integrative reports and make treatment recommendations. Interns will be trained to administer widely used neuropsychological tests with standardized norms (e.g., RBANS, D-KEFS, Boston Naming Test, Wisconsin Card Sorting Test). They will be involved in medical record review, case conceptualization, creating an individualized neuropsychological battery, in-depth clinical interview, test administration, test scoring, interpretation, and report writing. Consultation with clinic psychiatrists, nurses, and social workers occurs often. Supervision will be provided by a licensed clinical psychologist (via Drs. Butters, Weinstein, or Gujral). There may also be opportunities to provide supervision to psychology graduate student externs during group supervision. This rotation is typically 1 day per week (Wednesdays), though 1-2 hours on another day may be requested and can be adjusted depending on the intern's other commitments. We request a 6-month commitment for this rotation. The caseload is approximately 3 patients per month, with other time for report writing and supervision

Neuropsychological Assessment in Neurosurgery

Supervision: Luke Henry, PhD

The role of neuropsychology within neurosurgery is expanding as we seek to improve patient outcomes. Better understanding cognitive and behavioral function is crucial for determining surgical eligibility, informing surgical approach, and planning for optimal rehabilitative strategies, and in some instances it informs diagnosis. This rotation focuses on pre- and post-surgical neuropsychological assessments utilized in the aforementioned ways. Participating interns will 1) gain exposure to a broad spectrum of neuropathologies requiring surgical intervention (e.g., brain tumor, epilepsy, movement disorders); 2) understand the principles and techniques of neuropsychological battery construction; 3) learn general and specific neuropsychological assessment tools; and 4) gain experience formulating case conceptualizations and corresponding treatment recommendations. Training occurs in the Department of Neurosurgery Outpatient Clinic, located in UPMC Presbyterian Hospital. Interns selecting this rotation will first shadow an experienced neuropsychologist to gain familiarity with interview and assessment procedures. They will then be assigned their own pre- and post-surgical patients, supervised by the faculty clinician. Interns will have the opportunity to conduct clinical interviews, plan and administer assessment batteries, and write brief assessment reports to be used by the neurosurgical team in surgical planning and follow-up care. The opportunity to observe brain surgery is also offered. For interested interns, research opportunities are available.

Suicide Risk in Young Adults

Supervision: Lori Scott, PhD & Betsy Butler, PhD

This rotation provides an opportunity for the longitudinal assessment of suicidality, self-injury, stressful life events, and psychopathology symptoms in young adults enrolled in an NIMH-funded research study. The primary goal of the Daily Emotions and Relationships (DEAR) study is to identify near-term (i.e., proximal) risk markers for intraindividual changes in suicidality over time, with an emphasis on how individuals respond to social stress. In this study we intensively assess adults (ages 18-35) currently receiving mental health care who have had recent suicide ideation or attempts. Our multi-modal assessments include interviews, questionnaires, cardiovascular psychophysiology, implicit association tests, and ecological momentary assessments. Participants are followed for 12 months at 4- month intervals.

Bellefield Enhanced Support Team (BEST)

Supervision: Esther Teverovsky, MD; Holly Swartz, MD; Kelly Forster Wells, LCSW; Cara Answini, BSN, RN

The Bellefield Enhanced Support Team (BEST) is an intensive outpatient program that specializes in delivering group and individual psychotherapy to outpatients over the age of 60. BEST specializes in the treatment of depressive, bipolar and anxiety disorders utilizing an evidence-based therapy, Interpersonal and Social Rhythm Psychotherapy (IPSRT), as its primary therapy modality. Opportunities exist for trainees interested in providing group and individual psychotherapy as part of an interdisciplinary team. Practicum opportunities include training in Interpersonal and Social Rhythm Therapy. Interns will be expected to participate in individual supervision, cofacilitate IPSRT groups twice a week, attend team meetings, and carry a small caseload of adult outpatients and conduct psychiatric evaluations.

Center for Autism and Developmental Disorders (CADD) Outpatient Program

Supervision: Benjamin L. Handen, PhD, BCBA-D; Cathryn Lehman, PhD

This outpatient program serves children and adolescents (ages 2 through 21) who have developmental disorders coupled with psychiatric and behavioral diagnoses. The majority of clients have autism and/or intellectual disability. Psychology interns have typically been involved in a one-day a week diagnostic clinic for children and adolescents with autism spectrum disorder. Interns serve on an assessment team and are instructed in the use of diagnostic tools, such as the ADOS-2. In addition, psychology interns have the opportunity to serve as therapists in social skills training groups for children and adolescents with autism. The Center for Autism and Developmental Disorders is also involved in a range of research studies examining the efficacy of pharmacologic and psychosocial treatments with this population. Opportunities are also available for interested interns to become involved in such efforts.

ADEPT (Anhedonia, Development, and Emotions: Phenotyping and Therapeutics) Study

Supervision: Erika Forbes, PhD; Neil Jones, PhD

The ADEPT Study uses a combination of innovative techniques and an ambitious pace to move the needle on treatment for depression by focusing on anhedonia, a symptom associated with high severity, pernicious course, and poor treatment response. Specifically, the study focuses on treatment-resistant depression in adolescence and early adulthood (age 15-25), and it uses a combination of multi-method measurement of anhedonia and experimental therapeutics focused on anhedonia's mechanisms in frontostriatal reward circuitry. Treatments include transcranial magnetic stimulation, positive affect (PA) training, and intravenous ketamine infusion. Interns have the opportunity to conduct structured interviews for DSM diagnosis (SCID) and depression severity (MADRS) and to administer TMS and PA exercises. Interviews are conducted virtually, and treatments are conducted in person. These activities provide experience in applying structured clinical interviewing and innovative, reward-focused treatments in a clinical-trial context. The rotation's duration is 3 or 6 months, with 6 months allowing greater depth of experience.

Consultation-Liaison at UPMC Presbyterian, Montefiore, Magee-Women's Hospitals

Supervision: Ryan Petersen, MD & Chris Plescia, MD

Interns will have the opportunity to provide consultation and intervention with a variety of patients to address behavioral health concerns with hospitalized adult and geriatric patients (and infrequently adolescent patients). Consultations take place in the inpatient hospital-based setting with a variety of complex medical issues; consulting teams include but are not limited to internal medicine, general surgery, cardiac, pulmonary, gastrointestinal, hematology, neurology/neurosurgery, obstetrics & gynecology, orthopedics, and oncology. Presenting concerns including patients with difficulty coping or adapting to illness/injury, complications arising from the interface of behavioral health and chronic medical illness, trauma-related conditions including gun-shot wounds and iatrogenic trauma, pre- and post- solid-organ transplantation, chronic pain and somatic symptoms, eating disorders, physical rehabilitation, substance use disorders, and care of psychiatrically hospitalized patients with medical complications, and suicide attempts. Interns will primarily be supervised by psychiatrists with training in Consultation-Liaison (CL) psychiatry, an accredited subspecialty within psychiatry which focuses on integration of medical and psychiatric practice. Interns will have the opportunity to conduct initial consultations and conduct follow-up evaluations on hospitalized patients and will collaborate with medical specialists, nursing, social work, and community behavioral health providers. Psychotherapeutic

skills with an emphasis on brief interventions will be developed with numerous opportunities for bedside practice with supervision. Specific training goals of the intern will be discussed at the start of the rotation. This rotation is ideal for individuals interested in health psychology. Opportunity to follow patients longitudinally to inpatient units at Western Psych or UPMC outpatient clinics exists depending on the intern's other rotation schedule. The rotation supervision will include weekly meetings with attending CL psychiatrists in addition to regular programmatic supervision (i.e., morning lectures and case conferences).

HOPE TEAM

Supervision: Leslie Horton, PhD; Lauren M. Bylsma, PhD; Tushita Mayanil, MD

The HOPE TEAM is an outpatient clinic supported by grant funding from the Substance Abuse and Mental Health Services Administration (SAMHSA; 2019-2023) serving youth ages 10-26 who are experiencing early signs and symptoms of risk for psychosis (i.e., are at clinical high-risk for psychosis, CHR). HOPE TEAM will provide services based on a coordinated specialty care model, with treatment intensity and duration determined by clinical need. At minimum, all patients complete an initial medical evaluation and baseline assessment, ongoing assessment every 6 months, and weekly/biweekly cognitive-behavioral therapy (CBT) and family support for at least 6 months. In addition to these services, some patients receive group therapy (DBT skills and psychoeducation group), psychiatric medication management, supported employment and education services, and peer support. Rotation opportunities for interns include conducting intake assessments, weekly 1-hour team meetings (current Wednesdays at 11am), individual or group 1-hour CBT supervision meetings (arranged with supervisors), and an individual caseload of 1-3 patients for weekly CBT therapy (for 6-month rotations only). There may also be opportunities to assist with co-leading groups or community outreach efforts. It is recommended that interns participate in at least a 6-month rotation in order to carry an individual caseload, as cases are seen for a minimum of 6 months. Interns completing a 3-month rotation will primarily be involved with screening and assessment (1-2 full assessment batteries per month, 3-5 hours each; only available in Spring/Summer 2023). Training will be provided in the Structured Interview for Psychosis Risk-Syndromes (SIPS) semi-structured interview and modifications to CBT appropriate for CHR youth with psychotic-like experiences, including CBT-p. Patients seen in HOPE TEAM are often diagnostically complex with other co-morbid conditions, such as mood disorders, anxiety disorders, traumatic stress disorders, and ADHD. Many HOPE TEAM patients identify as sexual or gender minorities. Expected total time commitment will be 4-8 hours weekly. <https://www.hopeteam.pitt.edu/>

Youth and Family Research Program

Supervision: Heather Joseph, DO; Traci Kennedy, PhD Program Co-Directors: Brooke Molina, PhD; Sarah Pedersen, PhD

We conduct research on the course, neurobiology, and treatment of Attention Deficit Hyperactivity Disorder (ADHD) and related cognitive-behavioral profiles, comorbid externalizing disorders, and alcoholism and other substance abuse using developmental, neurobiological, and multimethod approaches (e.g., imaging, psychophysiological, and ecological momentary assessment). Currently, among other research opportunities, for clinical experience interns may learn to conduct adult diagnostic assessments with a focus on the diagnosis of ADHD as part of two ongoing studies. Dr. Joseph's study investigates familial risk for ADHD among infants and young children, and Dr. Kennedy's study seeks to develop a mobile-health intervention for young adults with ADHD who use alcohol. Through Dr. Joseph's

study, interns will conduct the CAADID semi-structured interview for ADHD and the SCID to assess for a range of diagnoses among parents with and without ADHD. Through Dr. Kennedy's study, interns will conduct the DIVA semi-structured interview for ADHD among young adults (ages 18-25). Interns who are interested in preschool assessments of ADHD will also have the opportunity to participate in visits with 5-year-old offspring conducting the K-SADS with Dr. Joseph. Interns will initially receive training in conducting the assessments, including training videos and shadowing supervisors, and will subsequently conduct assessments independently. Interns will participate in individual supervision and group lab meetings. Additional opportunities are available based on interest, including broader Youth and Family Research Program lab-wide meetings and didactics, a biweekly journal club, more intensive participation in either of the research studies (e.g., gaining experience in behavioral observation for joint parent-infant attention task in Dr. Joseph's study; assisting with intervention development and facilitating qualitative focus groups in Dr. Kennedy's study), and collaboration on conference presentations and manuscripts. Currently, this is a hybrid (in-person and remote) rotation, and a specific schedule can be developed with the intern and supervisors.

Center for Advanced Psychotherapy (CAP)

Supervision: Lauren Bylsma, PhD; Holly Swartz, MD; Kelly Forster Wells, LCSW; Ran Li, MD

The Center for Advanced Psychotherapy (CAP) is an outpatient clinic that specializes in delivering evidence-based treatments for patients with unipolar depression, bipolar disorder, anxiety disorders, and personality disorders in children, adolescents, and adults. Supervision will be provided in evidence-based therapies including interpersonal psychotherapy (IPT), interpersonal and social rhythm therapy (IPSRT), Cognitive Behavioral Therapy (CBT), and Mentalization Based Therapy (MBT). CBT will be the primary modality for child and adolescent cases (ages 8-17), with a focus on unipolar depression or anxiety disorders. CBT training for adult cases focuses on patients with unipolar depression and anxiety disorders but may include opportunities to work with traumatic stress disorders or obsessive-compulsive disorders, depending on trainee interests. MBT will be used to treat individuals with borderline and narcissistic personality disorders. IPSRT will be taught for the management of patients with bipolar disorder. IPT and CBT will be used for the treatment of depressive disorders. Training in the theory and implementation of evidence-based psychotherapies will be provided, in combination with pharmacotherapy (for adults or youth) as needed. Interns will be expected to participate in individual supervision, group supervision, and carry a small caseload of adult and/or child outpatients. Those who wish to learn MBT will be expected to see their cases for 6-12 months with ongoing supervision from Dr. Li.

Family Therapy Training Clinic

Supervision: Mary Beth Heinrichs, MS; James Russell, MSCP, NCC, LPC

The **Center for Family Empowerment (CFE)** is part of the Center for Children and Families (CCF) and provides an Intense Eco-Systemic Structural Family Therapy Training program for clinicians, psychology interns, and fellows. CFE elicits strengths and values from within families to help them best manage circumstances that make it difficult to thrive as a family.

CFE provides short-term treatment for children and adolescents and their families who are experiencing a wide range of psychiatric disorders (depression, suicidality, behavioral disturbances); phase-of-life problems (bereavement, divorce); and problems in coping with acute or chronic stressors (marital discord, chronic illness).

CFE gives trainees the space to conceptualize and process their experiences working with families, which includes building rapport, identifying patterns of interaction, and working toward sustainable change. Our training model is mindful of how larger systems—such as environment, neighborhood(s), school systems, and society—impact the functioning of the child and family. The influences of gender, race, and culture, as well as therapists’ “use of self,” are addressed throughout the training year.

The training program has historically been a clinician’s first introduction to specialized/high-quality family therapy training and engagement. CFE looks to maintain and continue producing service providers with the enthusiasm and competency to meet the needs of families.

Adult Neuropsychology

Supervision: Lisa D Stanford, PhD, ABPP; Tad Gorske, PhD; Tina Paul, PsyD, ABPP; Melody Mickens, PhD; Jerrold Yeo, PsyD

The adult inpatient and outpatient neuropsychology and rehabilitation psychology program provides assessment, evaluation, and psychotherapeutic services to serve the neurobehavioral health needs of an adult population of patients aged 26 to 105 with known or suspected central nervous system (CNS) disease, disorders, or injuries. Specifically, these services focus on understanding and treating the cognitive, emotional, and behavioral impact of both acquired and traumatic CNS issues.

Interns will have the opportunity to engage in assessment, consultation, and interventions that provide information to the patient, family, and broad care team about 1) how a medical condition, illness, or injury (e.g., traumatic brain injury, genetic syndrome, dementia, spina bifida) or treatment (e.g., neurosurgery) impacts day-to-day functioning; and 2) how to intervene to improve outcomes in adjustment to disability. Opportunities available include: 1) outpatient neuropsychological evaluation (interview, testing, feedback); 2) brief inpatient neuropsychological evaluation; 3) clinical interview and consultation within hospital-based, interdisciplinary clinics (e.g., brain injury clinic, spinal cord injury; acquired or traumatic brain injury, spina bifida); 4) joint presentation with medical fellows in interdisciplinary case conferences (e.g., Neuropsychology-Neurodevelopmental Disorder Case Conference); 5) provision of brief executive functioning skills training with adults and caregivers; and 8) conducting outpatient neuropsychological evaluations of guardianship and need for ADA accommodations as well as assisting families with supplemental security income applications and other needs related to transition to adult healthcare.