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**Advocate Illinois Masonic Medical Center
Behavioral Health Services**

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**Psychology Internship Training Program
2024-2025 Training Year**

Advocate Illinois Masonic Medical Center, Behavioral Health Services (BHS) offers an APA-Accredited Doctoral Internship Program in Clinical Psychology. Clinical Psychology Interns participate in a comprehensive generalist training in the provision of outpatient direct clinical service within a hospital-based community mental health center. The interns conduct a range of therapeutic services to community members across the lifespan through individual, family, couple, and group therapy modalities.

Advocate Illinois Masonic Medical Center is a 326-bed acute care hospital located in Chicago's Lakeview community. The Emergency Room is designated a Level 1 trauma center. While interns are based in the outpatient BHS clinic, the large multidisciplinary setting allows interns to gain exposure to the full spectrum of medical and behavioral health presentations and develop high-level interdisciplinary consultation skills, including collaboration with psychiatrists, physicians, and crisis team members.

The BHS training program utilizes a practitioner-scholar training model entailing scholarly inquiry, psychological science, and clinical practice. Interns are expected to systematically apply relevant literature and research to their clinical work. The diverse community population served by BHS allows interns the opportunity to implement a variety of empirically supported treatments, including, but not limited to, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, Trauma-Focused CBT, Prolonged Exposure, Solution-Focused Brief Therapy, Emotion-Focused Therapy for Couples, Psychodynamic Theory, and Family Systems Theories.

Interns' clinical skills and professional development are guided by research through formal teaching and didactics, individual mentoring and, most importantly, clinical supervision. BHS utilizes a competency-based approach to supervision which enables interns' development to

occur in a sequential, cumulative, and graded manner that best fits their individual abilities and goals.

Core Components of the Clinical Psychology Internship Training Year

- ◆ **Direct Service:** The interns' primary responsibility is the provision of outpatient therapy services. This includes individual, couple, and family therapy through evidence-based practices within a short-term treatment framework. Additional direct service experiences include:
 - **Intakes:** Interns will conduct comprehensive in-person intake sessions, using clinical interviewing, self-report screeners, and review of medical records to establish diagnoses and identify treatment recommendations. Interns will have a recurring weekly intake slot.
 - **Co-facilitating group therapy:** BHS offers a wide array of group therapy ranging from long-term support for individuals presenting with chronic mental health concerns, process-based groups, and short-term psycho-educational and skills groups. Interns will have the option of co-facilitating at least one group.
 - **Crisis Interventions/Risk Management:** BHS serves a diverse community population presenting with a multitude of mental health challenges, including severe symptomology. As such, interns are expected to utilize crisis interventions and referrals to other support services, as needed, to assist patients in stabilizing their functioning and preventing harm to self or others.
 - **Case Management/Consultation:** Interns are expected to facilitate patients' access to natural supports and community-based resources through case management strategies and consultation with other providers and community organizations.

Interns will have an outpatient caseload of approximately 20 to 25 patients. In a typical week, interns will provide 15 to 19 hours of direct patient service in various modalities (e.g., individual/couples/family therapy, group therapy).

Interns are expected to meet direct service expectations, which range from 670 to 811 hours for the training year. To meet this training requirement, interns typically schedule 15 to 19 patient care hours per week, in addition to the provision of supervision to externs and conducting intakes with new patients. The time that is spent providing clinical supervision and conducting intake assessments with new patients contributes towards direct service target expectations.

- ◆ **Supervision:** A cornerstone of the BHS internship training program is supervision. Interns are assigned to two licensed clinical psychologists to receive weekly individual supervision. Additionally, interns will participate in weekly small-group supervision led by the BHS Training Director who is also a licensed psychologist. The group supervision

is comprised of the three-intern cohort and is focused on discussing patient care, practicing consultative communication skills, and receiving support on administrative/programmatic topics. Individual and group supervision are delivered in-person.

- ◆ **Supervision of Externs:** Interns will provide supervision to at least two doctoral-level practicum students via individual supervision. Interns will participate in a weekly “supervision of supervision” seminar where they receive support through didactics and consultation. The supervision is jointly led by the BHS training director and a BHS licensed psychologist to allow for exposure to different supervisory styles. The Supervision of Supervision seminar includes BHS interns and postdoctoral fellows. The time spent providing clinical supervision contributes toward the interns’ direct service expectations.

- ◆ **Seminars**
 - **Didactic Seminar:** BHS externs and interns are required to attend a weekly didactic seminar *every Wednesday from 12pm to 2pm*. The didactic seminar provides interns learning opportunities across a broad range of clinical topics presented by clinical team members and AAH affiliates. Interns are also responsible for conducting several presentations to the externs during the didactic seminar. Past presentation topics included: Q&A regarding the experience of internship interviews; case conceptualization, treatment planning, and theoretical orientation; an area of clinical interest; clinical interviewing skills.

 - **Professional Development/Diversity Seminar:** Interns participate in Professional Development Seminar that is co-led by the BHS Training Director and BHS Postdoctoral Fellow. The PD Seminar provides a space for interns to: discuss professional goals using APA’s Individual Development Plan (IDP), discuss aspects of professional identity (supervisor vs. supervisee), prepare for upcoming milestones (EPPP, licensure), and process professional challenges (imposter syndrome). The Diversity Seminar, co-led by a BHS clinical staff member and the Postdoctoral Fellow, facilitates opportunities for more in-depth discussions about individual differences and cultural diversity as it relates to the interns’ multiple roles, including diversity considerations within the supervisor-supervisee relationship and the impact of diversity issues within systems. Both seminars meet on bi-monthly basis.

 - **Family Seminar:** This weekly seminar is led by a BHS clinical staff and focuses on family and couple’s therapy theory and interventions, with the integration of diversity and therapeutic relationship considerations. Interns provide regular case presentations including a review of theoretical conceptualizations and

discussions about interventions from multiple perspectives including systems theory, the Gottman method, and psychodynamic theory. Interns also discuss selected research publications/literature and share videos or transcripts of their sessions.

- ◆ **Teletherapy:** Interns currently have opportunities to gain experience in providing teletherapy services using Zoom to securely connect with patients. Interns will learn strategies, clinical considerations specific to teletherapy, and the integration of technology to enhance patient access to and use of treatment. Note: BHS cannot predict the trajectory of external entities impacting the continued availability of teletherapy services (e.g., insurance companies, accreditation boards, etc.); therefore, there is a possibility BHS may decrease or cease offering teletherapy services to community members during the training program.
- ◆ **Negotiated Experiences:** While all interns participate in a generalist training model at BHS, interns are required to concurrently participate in at least one negotiated experience. Negotiated experiences offer specialized clinical training separate from the general outpatient experience. See descriptions of available negotiated experiences below.
- ◆ **Bilingual Seminar:** Spanish-speaking interns have the option to provide services in Spanish as well as to co-lead group therapy specific for Spanish-speaking community members. Spanish-speaking interns participate in a bi-weekly Bilingual Seminar to ensure a supportive space to collaboratively discuss cases, as well as professional development and lived experiences as a Spanish-speaking provider. The Bilingual Seminar is led by a Spanish-speaking BHS clinical staff. Interested interns must pass a language certification exam to ensure that patients receive appropriate care.

Interns who want to provide services in languages other than English or Spanish can join the Bilingual Seminar once per month to review articles and discuss the experience of being a bilingual therapist. These interns will need to pass the language certification exam in the respective language prior to joining the seminar and providing services in a language other than English.

Scheduling Expectations: While interns have flexibility in tailoring their schedule to best fit their needs and preferences, there are various scheduling requirements to note.

- ◆ The BHS training program is a 12-month commitment starting in September and ending in August.
- ◆ Interns maintain a 40-hour per week schedule. The hours are scheduled within BHS hours of operations:

Mondays-Thursdays: 8:30am – 9pm

Fridays: 8:30am- 6pm

Saturdays: 8:30am- 5pm

- ◆ Interns are currently required to be onsite (913 W Wellington, Chicago, IL, 60657) at minimum TWO days per week. Interns are welcome to be onsite more than two days per week. *IMPORTANT:* To adaptively meet changes in community needs and public safety, onsite day requirements may increase/decrease during the training year, and BHS staff and interns will be provided with notification of pending changes to allow for time to adjust schedules.
- ◆ BHS maintains a person-centered approach by offering non-traditional office hours to allow community members access to services with reduced interference with work, family, and/or school obligations; therefore, interns' BHS schedules are required to include at least 6 hours after 6pm Monday through Thursday or 4 hours on Saturday.
- ◆ Interns are expected to meet direct service expectations, which range from 670 to 811 hours for the training year. To meet this training requirement, interns typically schedule 15 to 19 patient care hours per week.

Negotiated Experiences

While all interns participate in a generalist training model at BHS, interns are required to concurrently participate in at least one negotiated experience. Negotiated experiences offer specialized clinical training separate from the general outpatient experience. Below are descriptions of the available negotiated experiences offered at BHS.

Emergency Department and Consult Liaison: This negotiated experience is 100% in-person and services are provided at AIMMC, a Level 1 Trauma Center. Interns work closely with the AIMMC crisis team in a hospital setting. Interns have opportunities to learn how to conduct crisis assessments, stabilization planning, and brief bedside intervention while working with an interdisciplinary team of hospital providers.

This negotiated experience is a 4-hour commitment and can be done for the entire training year or half of the training year.

First Access: This negotiated experience is 100% in-person and entails interns conducting clinical intakes, allowing for further development of clinical interviewing and diagnostic skills, as well as treatment planning and referral processes. Specific scheduling requirements include a 4-hour shift, meeting with FA supervisors, and attendance at a monthly FA meeting.

This negotiated experience is a 4-hour commitment and can be done for the entire training year or half of the training year.

Obstetrics/Gynecology Clinic: This negotiated experience provides focused training in maternal mental health and women's health. Interns are required to be onsite at the outpatient medical clinic and/or hospital units for 2-hours per week, allowing them the opportunity to gain skills in the provision of integrated care by working in collaboration with the medical treatment team. Interns will also provide outpatient-based care via individual and group therapy, including interventions for high-risk pregnancy, expectant parents, peri- and post-natal depression, perinatal loss, and intimate partner violence. Interns participate in group supervision and a seminar specific to the OB/Gyn negotiated experience. Specific scheduling requirements include attending the OB seminar on Wednesdays from 8:45-9:45am.

This negotiated experience is a 4-hour commitment and can only be done for the entire training year.

Advocate Children's Hospital: This negotiated experience allows interns to gain specialized clinical skills in treating children's and adolescents' mental health needs associated with behavioral, social/emotional, and medical complexities. Interns participate in group supervision and conduct outpatient therapy via individual and family therapy. Interns will also conduct crisis intakes, as needed. This negotiated experience is 100% in person at the ACH Oak Lawn office (4700 W. 95th Street, Oak Lawn, IL). Interns typically schedule 4-6 patients per week at the clinic.

This negotiated experience is an 8-hour commitment and can only be done for the entire training year.

More about Advocate Health and the BHS Training Program

BHS is part of Advocate Illinois Masonic Medical Center and part of Advocate Health. Advocate Illinois Masonic Medical Center, named among the nation's best hospitals by Newsweek and US News and World Report for 2022, located on Chicago's North Side is one of the state's largest, most comprehensive community teaching hospitals. It is affiliated with several universities and medical schools and provides a scholarly educational environment with an emphasis on clinical proficiency. There are currently over 250 interns and fellows across various areas of specialty. Illinois Masonic is a nationally recognized health care institution and a Level I Trauma Center and a Level III Neonatal Intensive Care Unit. It offers a wide range of medical specialties with advanced treatment and state of the art technology and innovations for patient comfort and clinical excellence.

Advocate Health's purpose is simple but powerful: We help people live well. The values embedded in our culture of transparency, collaboration, and innovation guide the way we fulfill our purpose: 1) Excellence means we're a top performer in everything we do. 2) With compassion, we unselfishly care for others. 3) We respect and value the unique needs and preferences of all people.

The BHS training program incorporates the Advocate Health values of collaboration, communication, accountability, courage, fostering resilience, and valuing differences to achieve its mission. Interns are supported in and expected to adhere to these values in their provision of services to patients and collaboration with colleagues and community partners.

The BHS training program's primary goal is to train and produce clinical psychologists who will be involved in a broad array of community and clinical non-academic settings. These settings may include hospitals, university counseling centers, community mental health centers, schools, and independent practice. Within these settings, it is the expectation that they be involved in a variety of roles including providers of direct service, administrators, and clinical trainers. The expectation is that they will be skilled consumers of clinical research with a well-developed ability to integrate relevant clinical theory and empirically based interventions into their ongoing clinical activities.

For more information about Advocate Health, Illinois Masonic Medical Center, and Behavioral Health Services, please visit our website: <https://www.advocatehealth.com/immc/health-services/behavioral-health-care/>.

Diversity, Equity, and Inclusion

The BHS Training Program is influenced and guided by Advocate Health regarding diversity, equity, and inclusion. Specifically, Advocate Health is an Equal Opportunity Employer with a commitment to diversity across all aspects of multicultural identities. As part of Advocate Aurora Health's affirmative action policy, IMMC is prohibited from discrimination against or

harassment of any person seeking employment at Advocate Health. The following website is available to the public and highlights components of Advocate Health's perspective of DEI that impacts our work with community members, partners, and colleagues:

<https://www.advocatehealth.com/about-us/diversity-equity-inclusion/>.

Stipend and Benefits

BHS Clinical Psychology Interns are hired as employees of Advocate Health and have access to team member benefits consisting of health insurance with medical, dental, and vision benefits, short- and long-term disability, and 401K program with employer matching. Interns also receive 169 hours of paid time off to use for holidays, sick time, and personal time.

The stipend for the 2024 – 2025 training year is \$37,440.

Application and Selection Process

Applicants must be currently enrolled in an APA-accredited clinical or counseling psychology doctoral program. Applicants must have completed at least two full practicum experiences that included therapy and psychological testing experiences, and direct contact intervention hours must total at least 500 hours.

The program encourages and welcomes individuals of all cultures, ethnicities, diversities, races, and backgrounds to apply for this program. Additionally, applicants who are curious, interested in helping underserved populations, collaborative, flexible, and organized are a good match for the program.

Applications must be fully completed and submitted no later than November 17, 2023.

Applicants will only be considered for this position if they submit the fully completed APPIC Application for Psychology Internship through the APPI Online. Please visit the APPIC Web site: <http://www.appic.org>. The APPIC APPI Online will prompt applicants to include:

- a. A Curriculum Vitae
- b. Copies of all graduate school transcripts.
- c. Two letters of recommendation from persons who are familiar with the applicant's professional clinical work.

If applicants have specific questions or issues related to their application or the APPI Online process, they may contact Dr. Cody Schraft at cody.schraft@aah.org. Intern applications are reviewed by the internship faculty and selected applicants will be invited for an interview. Applicants will be notified of the interview decision by December 8, 2023. Interviews are virtual and typically occur during the 1st full week of January. During the interview process, applicants

will meet with two clinical supervisors for individual interviews, and with at least one intern for a group Q&A.

Full admission to the internship training program is based upon the successful completion and results of all Advocate Health and IMMC application process and preemployment requirements before training occurs, including the pre-employment screening procedures, pre-employment drug test screening, medical exam, and background checks.

1. Drug Screening: A 10 panel urine drug screening that targets drugs of abuse. This screening occurs with matched interns in the spring, as part of the Advocate Aurora Health onboarding process.
2. Physical Examination: A full health physical examination is required during the spring onboarding process for all matched interns, with a focus on making sure the individual meets the minimum qualifications of the job. The intern applicant will receive or show evidence of having an MMR, Varicella, and Hepatitis B. In addition, an annual TB test is required of associates working with patients. During the fall, interns are required to obtain and show evidence of a flu vaccine.
3. Background Check: For matched interns and during the spring onboarding process, we conduct fingerprinting background checks that includes the following for internship positions: National and State criminal background checks that includes felony and misdemeanor convictions, a Social Security Number check, Health Care Worker Registry check, and a multi-jurisdictional check, including Office of Inspector General and Homeland Security

The Doctoral Internship in Clinical Psychology of Advocate Illinois Masonic Medical Center is an APA training program fully accredited by the Office of Program Consultation and Accreditation, American Psychological Association (APA).

Questions related to the program's accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association (APA) 750 First Street, NE Washington, DC 20002-4242 Phone 1-202-336-5979; email: apaaccred@apa.org Web: www.apa.org/ed/accreditation

The Doctoral Internship Program in Clinical Psychology of Advocate Illinois Masonic Medical Center is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC) and abides by their guidelines regarding the notification day procedures.

This Internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant.