



Clinical Health Psychology Post-Doctoral Fellowship Program

Froedtert and the Medical College of Wisconsin
Department of Psychiatry and Behavioral Medicine
1155 N. Mayfair Rd.
Milwaukee, WI 53226

Accreditation Status

Non-accredited

Questions related to the program's accredited status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation
American Psychology Association
750 1st Street, NE, Washington DC 20002
Phone: (202) 336-5979/E-mail: apaaccred@apa.org
Web: www.apa.org/ed/accreditation

This fellowship site is not currently an APPIC Member Site.

Stipend and Benefits

The fellowship is scheduled to begin on July 1, 2020

The current annual stipend is \$50,000

Psychology fellows receive 15 days of vacation, 8 paid holidays, and up to 12 sick days per year. Additionally, fellows can be granted absence for professional conferences and workshops within reason and at the discretion of the Training Director (please refer to the Clinical Health Psychology Fellowship Professional Development Leave Policy).

Application and Selection Procedures

Last Updated: 9/19/2019

Qualified applicants will have graduated from an APA-accredited graduate program in clinical or counseling psychology. Applicants should have all degree requirements completed prior to the start of the Clinical Health Psychology Fellowship Program. Froedtert and the Medical College of Wisconsin encourages applicants from under-represented minority groups, women, and those with disabilities to apply.

Given the health psychology and academic medicine focus of this fellowship, candidates with relevant training, internship/residency, and practicum experience in health settings (e.g., hospitals, academic medical centers, integrated primary care settings) will be most competitive. A balance of psychotherapy, behavioral medicine interventions, and psychological assessment common in health psychology will be present in the most appropriate candidates. Applicants will need to have significant experience working with adults, with experience working with patients with a comorbid medical diagnosis.

This fellowship seeks to train Clinical Health Psychologists; as such, those interested in practicing health psychology and behavioral medicine in a clinic, hospital, or academic medical setting will be preferred. Applicants seeking board certification in Clinical Health Psychology are also preferred. A preferred candidate would have a breadth of experience in general adult mental health (assessment, testing, and therapy) as well as at least one practicum in a health setting and internship/residency with clinical experience in health psychology. Relevant health psychology research is considered during the selection process, particularly as it pertains to population health; however, clinical experience is more heavily weighed.

Employment Eligibility Requirements:

The Medical College of Wisconsin has eligibility requirements for employment. According to the Wisconsin Caregiver Law, any employer identified as a caregiver institution must conduct background checks. On background checks, applicants must disclose all crimes and offenses including all civil forfeitures, misdemeanors, ordinance violations, or fines. Applicants will also need to disclose any pending charges for crimes or offenses including civil forfeitures, misdemeanors, ordinance violations, or fines. Failure to disclose this information on your application or misrepresentation of a disclosure will be considered falsification and will remove you from eligibility for employment. Please refer to the Wisconsin Caregiver Background Regulations (<https://www.dhs.wisconsin.gov/caregiver/statutes.htm>) and the list of Offenses Affecting Caregiver Eligibility (<https://www.dhs.wisconsin.gov/library/P-00274.htm>) to determine disqualifying events. All disclosures will be evaluated for relevancy to the job.

Required qualifications:

- Completion of a PhD or PsyD from an APA-accredited doctoral program in clinical or counseling psychology
- Completion of degree requirements prior to the start of fellowship.
- Strong core clinical/counseling psychology psychotherapy and assessment experience
- Strong background in health psychology in internship/residency and/or practicum (e.g., hospital, academic medical center, integrated primary care)
- Interest in pursuing career in health psychology

Preferred qualifications:

- Interested in pursuing board certification in Clinical Health Psychology
- Primary clinical experience/interest with adults

- Experience with empirically validated treatment approaches
- Experience with health psychology behavioral interventions
- Strong assessment background with experience in health psychology assessment

Required materials:

- Curriculum vitae illustrating past clinical and relevant research experience
- Graduate transcript
- Three letters of recommendation

Requests for further information can be directed to:

Health Psychology Educational Coordinator
Department of Psychiatry and Behavioral Medicine
Tosa Health Center, 3rd Floor
8701 Watertown Plank Rd.
Milwaukee, WI 53226

e-mail: HealthPsychology@mcw.edu

website: www.mcw.edu/CHPfellowship

The application deadline is December 15.

Based on the aforementioned qualifications, a select group of applicants will be invited to interview in person. Applicants who do not meet required qualifications will not be considered for an interview and will be provided with proper notice. The Fellowship Selection Committee will review the other applications and rate them based on the above criteria. Interviews will be offered to applicants based on meeting qualifications and being identified as a good fit for the Fellowship. Notification of interview status will be given no later than January 2. Interview applicants will be rated based on the criteria above. The Fellowship Selection Committee will review the rating forms in a final ranking meeting and create the final offer list.

Froedtert & the Medical College of Wisconsin

Froedtert & the Medical College of Wisconsin regional health network is a partnership between Froedtert Health and the Medical College of Wisconsin. The health network has 27 psychologists across a range of primary and specialty care locations in southeastern Wisconsin. The vision of Froedtert & the Medical College of Wisconsin is to be the premier regional health system through academic-community partnership and aligned health care across the region. The mission of F&MCW is to advance the health of communities through exceptional care that is enhanced by innovation and discovery.

Psychologists are embedded across a range of academic departments and clinical programs at F&MCW. Psychologists are on faculty in departments including psychiatry, neurology, trauma and critical care, anesthesiology, obstetrics and gynecology, transplant surgery, plastic surgery, family and community medicine, physical medicine & rehabilitation, and community-based mental health. Additionally, psychiatry faculty are embedded in medical specialty practices including palliative medicine, bone

Last Updated: 9/19/2019

marrow transplant, general psycho-oncology, and bariatric surgery. Faculty psychologists provide psychological assessment, empirically validated treatments, psychotherapy, consultation, teaching, and research across clinical lines and the institution.

Froedtert and the Medical College of Wisconsin have had an educational mission for over a century, starting in 1893 when medical student training began at the Wisconsin College of Physicians and Surgeons, later named Milwaukee Medical College, then Marquette University Department of Medicine/Milwaukee Medical College, and finally developing into the Medical College of Wisconsin in 1970. Through the iterations and years, the Medical College of Wisconsin has developed a range of medical and scientific training programs. The Medical College of Wisconsin has partnered with a premier health system and our flagship hospital, Froedtert Health and Froedtert Hospital, respectively, in order to provide both general medical, biomedical, and other associated medical training programs at a basic science and clinical level. Froedtert and the Medical College of Wisconsin are constantly evolving as they transform in a fully rounded health sciences university and integrated health system. Please refer to the following link for a full history of MCW (<http://www.mcw.edu/aboutMCW/HistoryofMCW.htm>).

Psychology Training at Froedtert and the Medical College of Wisconsin includes training across departments and service lines. Within the Behavioral Medicine and Primary Care Clinic, there will two practicum students and four psychology residents (pre-doctoral interns) working alongside the Clinical Health Psychology (primary care emphasis) Post-doctoral Fellow. In addition, Froedtert and the Medical College of Wisconsin has a health psychology clerkship (practicum) that is housed in Trauma and Critical Care, providing clinical and counseling doctoral students with a range of health psychology experiences. In addition to health psychology, Froedtert and the Medical College of Wisconsin, Department of Neurology, is the home to an APA-accredited neuropsychology post-doctoral fellowship. Although not all psychology programs are included under the same training umbrella, F&MCW has an established history and program of psychology training.

Training Model and Program Philosophy

The Clinical Health Psychology Fellowship program operates on a scientist-practitioner model with the goal of preparing clinical and counseling health psychologists for specialized practice and board certification in Clinical Health Psychology. The Clinical Health Psychology Fellow is conceptualized as an emerging specialist psychologist who will be working under the supervision of a faculty psychologist as an integral member of the medical team, analogous to a medical fellow. Clinical Health psychology fellows must demonstrate competence for independent-level, specialized practice in Clinical Health Psychology as measured on the following competencies: integration of science and practice, ethical and legal standards, individual and cultural diversity, research and/or program evaluation, professional values and attitudes, management/administration and leadership, assessment, intervention, teaching and supervision, and consultation and interprofessional/interdisciplinary skills. The program is experiential in nature, but includes an Empirically-Based Health Psychology Project, which is a data-driven domain-specific, clinically-based research project or program development project. This project

allows fellows to, with an increasing level of independence, demonstrate integration of the science and practice competency as well as the research and program evaluation competency.

Clinical supervision will be the core training modality used, with the fellows having the opportunity to directly observe and receive feedback from experienced health psychologists, engage in direct one-on-one teaching that is bi-directional and conversational in nature, and receive direct feedback about written and psychotherapeutic work from an experienced practicing academic health psychologist. Fellows will have training on providing supervision through a didactic seminar training on supervision and acting as a clinical group supervisor to the practicum students in the Behavioral Medicine and Primary Care (BMPC) clinic.

In line with the philosophy of training Clinical Health Psychologists, fellows will integrate academic research into clinical practice, through use of empirically validated treatment modalities, integration of psychological science into clinical practice, and engagement in clinically-based research and process improvement. Cultural diversity, broadly defined, is also a core philosophical pillar and goal of the Clinical Health Psychology Fellowship. Understanding a patient from his/her cultural background and context, is essential. Multicultural awareness will be further developed and honed through assessment, case conceptualization and tailoring of health psychology interventions. Multicultural competence is important given the diversity of our Milwaukee patient population along multiple rays of diversity (e.g., racial/ethnic background, SES, sexual orientation, gender identity, religion, rurality, etc).

In addition to experiential training in assessment, intervention, and supervision, residents will engage in a Clinical Health Psychology Seminar Series, attend didactics appropriate to the fellow's track in the CHP program, attend Grand Rounds series that are relevant to their area of focus in fellowship. Fellows will have cross-professional training, attending Grand Rounds and other training seminars with a range of health care professionals.

Over the course of the fellowship year, experiences will increase in responsibility and the Clinical Health Psychology Fellow will work more independently. For instance, fellows will develop the ability to autonomously consult to multidisciplinary teams regarding increasingly complex cases, to take on new clinical challenges (e.g., starting new behavioral health groups or taking on new assessment opportunities), to better understand and implement development and evaluation of health psychology programs within a larger academic medical center, and to provide group supervision to other trainees. The goal is to be competent and competent for independent practice across a range of health psychology roles.

Program Aims and Competencies

Aims

The Clinical Health Psychology Post-doctoral Fellowship program has the following program aims:

Aim 1. The Clinical Health Psychology Post-doctoral Fellowship program aims to train competent, independently practicing Clinical Health Psychologists who will be well prepared to pursue a

Clinical Health Psychology career in a hospital, healthcare setting, or academic medical center and to pursue board certification in Health Psychology.

Aim 2. The Clinical Health Psychology Post-doctoral Fellowship program aims to train competent independently practicing Clinical Health Psychologists in a scientist-practitioner model, who will integrate science into practice across roles as a psychologist.

Aim 3. The Clinical Health Psychology Post-doctoral Fellowship program aims to train Clinical Health Psychologists to be integral members of a multidisciplinary health care team.

Competencies

(i) Integration of Science and Practice
Understands and uses evidence-based approach to clinical health psychology practice that integrates the best available research, clinical expertise, and new and emerging health technologies.
Demonstrates the ability to formulate and test empirical questions informed by clinical problems encountered, clinical services provided, and the clinical settings within which fellow works.
(ii) Ethical and legal standards
Acts in accord with hospital/medical center/organization bylaws, credentialing, privileges, and staffing responsibilities (e.g., documentation, attendance at staff meetings, etc.) as they pertain to postdoctoral fellows.
Recognizes and manages ethical and legal issues that arise during clinical health psychology professional service, training, and research activities.
Recognizes and manages conflicts when they arise between the ethical code for a clinical health psychologist (i.e., <i>APA Ethical Principles of Psychologists and Code of Conduct</i>) and ethical codes of other health care team members.
Be knowledgeable of and act in accordance with each of the following: <ul style="list-style-type: none">• the current version of the APA Ethical Principles of Psychologists and Code of Conduct;• Relevant laws, regulations, rules, and policies governing health service psychology at the organizational, local, state, regional, and federal levels; and• Relevant professional standards and guidelines.
Recognize ethical dilemmas as they arise, and apply ethical decision-making processes in order to resolve the dilemmas.
Conduct self in an ethical manner in all professional activities.
(iii) Individual and cultural diversity

Demonstrates awareness of self and others, including patients and health care providers as cultural beings across a number of diversity-related characteristics.

Develops effective and productive relationships with diverse individuals, families, and groups.

Selects, implements, and monitors prevention, assessment, and intervention efforts based on knowledge of diversity-related characteristics, including health belief models and attitudes towards health and wellness.

Accounts for the relations between environmental, social, health disparity, and cultural factors on the development and maintenance of health problems when assessing and treating health conditions or implementing prevention efforts.

Pursues professional development, continuing education and multicultural experiences to enhance knowledge of individual and cultural diversity.

An understanding of how their own personal/cultural history, attitudes, and biases may affect how they understand and interact with people different from themselves.

Knowledge of the current theoretical and empirical knowledge base as it relates to addressing diversity in all professional activities including research, training, supervision/consultation, and service.

The ability to integrate awareness and knowledge of individual and cultural differences in the conduct of professional roles (e.g., research, services, and other professional activities). This includes the ability apply a framework for working effectively with areas of individual and cultural diversity not previously encountered over the course of their careers. Also included is the ability to work effectively with individuals whose group membership, demographic characteristics, or worldviews create conflict with their own.

Demonstrate the ability to independently apply their knowledge and demonstrate effectiveness in working with the range of diverse individuals and groups encountered during residency, tailored to the learning needs and opportunities consistent with the program's aim(s).

(iv) Research and/or Program Evaluation

Applies scientific methods from psychology and related health disciplines to examine biopsychosocial processes as they relate to health promotion, illness prevention, or disease progression or maintenance.

Analyzes data from a research or program evaluation project that evaluates the effectiveness or quality of clinical health psychology services within health care settings and communicates findings clearly.

(v) Professional Values and Attitudes

Demonstrates an emerging professional identity as a clinical health psychologist who understands unique contributions of clinical health psychology to health care.

Demonstrates awareness of issues and challenges unique to working in health care settings and systems.

Engages in ongoing self-assessment of competencies in clinical health professional activities.

Applies scientific knowledge and skills in clinical health psychology to advocate for needs of individuals/groups across systems and to advocate for equity and access to quality care.

(vi) Management/Administration and Leadership

Communicates effectively and develops productive relationships with peers, trainees, supervisors, other professionals, and members of the community.

Able to develop or enhance a clinical health psychology practice, educational program, or program of research.

Conducts the business of a health psychology practice, educational program, and/or research management using knowledge of the structure, regulation, and financing of the health care system.

Demonstrates leadership within an interprofessional team or organization in the health care setting (e.g., coordinating data collection for an interdisciplinary research project, team leadership, leadership of a committee).

(vii) Assessment

Selects and applies evidence-based biopsychosocial assessment methods appropriate for the patient's physical illness, injury, or chronic health condition/disability and collects relevant data using multiple sources and methods appropriate for identified presenting problems and assessment question.

Conducts comprehensive biopsychosocial interviews; evaluates and incorporates objective biological and psychosocial findings related to physical health or illness, injury, or disability, to inform case conceptualization and recommendations.

Communicates in accurate and effective oral and written documents assessment findings to patients and interprofessional healthcare team members.

Assesses factors that facilitate or inhibit knowledge, values, attitudes, or behaviors affecting health functioning, treatment and treatment adherence and health care utilization of patients, and when applicable, populations.

Assesses the biopsychosocial impact of undergoing medical procedures (e.g., screening, diagnostic, and intervention/prevention procedures)

(viii) Intervention
Accesses, evaluates, utilizes, and integrates biopsychosocial information in designing and implementing treatment, disease management, health promotion, or prevention interventions; using new and emerging health technologies when applicable/available.
Implements evidence-based biopsychosocial interventions to treat or prevent health and behavioral health-related issues of patients and, when applicable, populations.
Evaluates, selects, and administers appropriate biopsychosocial assessments to monitor and evaluate the process and outcomes of treatment for patients and, when applicable, populations.
Monitors adherence to medical treatment and psychological interventions and demonstrates skill in addressing health behaviors to improve adherence.
(ix) Teaching and Supervision
Provides effective teaching activities for clinical health psychology concepts and practices or methods and procedures for health-related research to other health care professions (i.e., interprofessional education).
Applies knowledge of supervision in the supervision of clinical health psychology skills, conceptualizations, and interventions for psychologists, psychology trainees, or behavioral health providers from other health professions.
Provides feedback in a supervisory relationship that is direct, clear, timely, behaviorally anchored.
(ix) Consultation and Interprofessional /Interdisciplinary Skills
Fulfills the roles and expectations of a clinical health psychologist and recognizes and demonstrates understanding of and respect for the roles and perspectives of interprofessional colleagues and teams in healthcare settings.
Conceptualizes referral questions that incorporate understanding of the roles of patient, caregiver, other provider, and/or health system to answer the consultation questions effectively.
Translates and clearly communicates relevant scientific findings as they bear on healthcare consultation/liaison questions.
Engages interprofessional individuals and teams to increase the likelihood of appropriate early referrals to clinical health psychologists as opposed to “last resort” consultation.

Program Structure

Fellows will spend the majority of their time in a specialized clinical area, with time set aside for receiving individual supervision and providing group supervision (one half day per week), as well as for

Last Updated: 9/19/2019

didactic seminars and work on their empirically-based health psychology project (one half day per week). Fellows will spend 4 half days per week in one major clinical rotation and 4 half days per week in another major clinical rotation. For the Primary Care track, fellows have one rotation at the Plank Road Clinic, a primary care clinic in which the fellow will serve as a behavioral health consultant, and one track in the Behavioral Medicine & Primary Care Psychology (BMPC) clinic in the Department of Psychiatry. This is a clinic that is located in the Department of Psychiatry and Behavioral Medicine, but specializes in targeted health psychology interventions with patients who are (a) referred from a specialty clinic for health psychology services or (b) referred from primary care for management of health, behavioral, and psychological health concerns. For the Weight Management track, fellows will have one rotation in bariatric surgery and one rotation in metabolic weight loss. At least 25% of the fellow's time will be spent in direct 1:1 patient care. As examples, schedules for both tracks are below.

<i>Model Rotation Schedule for Primary Care Track CHP Psychology Fellow</i>				
Monday	Tuesday	Wednesday	Thursday	Friday
Plank Road Clinic	Plank Road Clinic	Plank Road Clinic	Plank Road Clinic	BMPC Psychology Clinic
Didactics Supervision	BMPC Psychology Clinic	BMPC Psychology Clinic	Empirically-based health psychology project	BMPC Psychology Clinic

**** Note.** *four times per year, fellows will provide a didactic for surgery residents on wellness and burnout.*

<i>Model Rotation Schedule for Weight Management Track CHP Psychology Fellow</i>				
Monday	Tuesday	Wednesday	Thursday	Friday
Empirically-based health psychology project	Metabolic Weight Loss Clinic			
Didactics Supervision	Bariatric Surgery Clinic	Bariatric Surgery Clinic	Bariatric Surgery Clinic	Bariatric Surgery Clinic

In each clinical setting, fellows will be exposed to clinical practice in the areas of assessment, intervention, and consultation. They will also be exposed to multidisciplinary team meetings and other interdisciplinary and content specific educational experiences.

Each fellow will work with two different major supervisors, receiving two hours of individual supervision per week. The nature of the supervision will be direct observation, case review/discussion, and at times co-treatment with a supervisor (e.g., seeing patients together in a clinical setting). Supervision at each rotation will begin with direct observation and will evolve into case review and discussion as the fellow demonstrates greater levels of development across the aforementioned competencies. A fellow can expect to have greater levels of autonomy as their training experiences advance. Additionally, the fellow will have an opportunity to provide group supervision to practicum students in the BMPC clinic during the training year.

Training Rotations and Experiences

Weight Management Specialty Track

Bariatric Surgery Clinic

Courtney Barry, PsyD & Jennifer Heinemann, PhD

The Bariatric Surgery program is an outpatient, ambulatory Froedtert Health surgical specialties clinic with a multi-disciplinary approach to weight loss. It is co-located with the Metabolic Weight Loss Management program. This is a busy clinic serving teens, adults and geriatrics from diverse backgrounds and often complex medical issues, including diabetes/endocrine, pre-transplant, pre-orthopedic surgery, pulmonary and cardiac issues.

The postdoctoral fellow will serve as a behavioral health consultant for adult and geriatric patients within the Bariatric Surgery Program. They will conduct evaluations for post-bariatric patients and eventually pre-bariatric patients including pre-surgical clearance evaluations, ongoing brief behavioral health care for both pre- and post-bariatric patients, and consultation on behavioral and mental health concerns of various health care professionals including endocrinologists, bariatric surgeons, dietitians and advance practice providers. There may be opportunity to supervise graduate students and health psychology residents for group therapy. Psychology fellows will perform empirically validated health psychology assessments and brief interventions including but not limited to Cognitive Behavioral Therapy, Mindfulness Based Stress Reduction, and Acceptance and Commitment Therapy. Interventions would typically be limited to 6 to 12 sessions, though psychology fellows would be able to continue with appropriate patients for longer term.

Direct Services

The goals of this clinic include optimizing healthy weight loss with bariatric surgery through management of psychological barriers, coping with setbacks, symptom management, body image issues and improving compliance with medical recommendations. Psychology fellows would spend approximately half of their clinical time with the surgery-based bariatric program.

- Assessment – clinical biopsychosocial interviews, health psychology assessment and brief testing
- Pre-Surgical Evaluations – assessments specific to clearance for bariatric surgery
- Behavior Therapy – behavioral activation, compliance skills, communications skills, optimizing coping
- Health Behavior Intervention – diet, exercise, sleep, medication adherence, health care system skills
- Brief Psychotherapy for psychopathology – anxiety, depression, health-related traumatic responses, substance use, management of personality disorders in medically complicated patient
- Stress Management – locus of control, relaxation methods, time management, mindfulness

Integrated Behavioral Health

Psychology residents will collaborate with multiple health professionals through medical record, phone consultation, and collaborative practice. Being physically situated within the clinic will allow for frequent in-person collaboration with a variety of providers. Psychology postdoctoral fellow will become familiar with coordinating care:

- Co-treat with other disciplines to more effectively address mental or behavioral health concerns and communicate via medical record and in-person consultation
- Consult with staff regarding patients' psychological functioning via electronic medical record
- Be available for behavioral health consultation from providers in the health enterprise as requested
- Consult on behavioral management interventions via medical record and/or phone to help medical providers effectively manage challenging behaviors while providing care

Last Updated: 9/19/2019

Research

Postdoctoral fellows will have the opportunity to participate in research if they have an interest in doing so. Fellows will have designated academic space for their use in the HUB.

Teaching

Postdoctoral fellows will have the opportunity to engage in teaching through literature review presentations, grand rounds or other opportunities that arise, if they have an interest in doing so.

Weight Management Specialty Track

Metabolic Weight Loss Management Clinic

Courtney Barry, PsyD & Jennifer Heinemann, PhD

The Metabolic Weight Loss Management program is an outpatient, ambulatory Froedtert Health endocrinology clinic with a multi-disciplinary approach to weight loss for patients who are either not candidates for bariatric surgery or who choose to not pursue bariatric surgery. This is a busy clinic serving teens, adults and geriatrics from diverse backgrounds and complex medical issues.

The postdoctoral fellow will serve as a behavioral health consultant for adult and geriatric patients within the Metabolic Weight Loss Management Program. They will conduct evaluations for metabolic weight loss patients as well as ongoing brief behavioral health care for metabolic weight loss patients and consultation on behavioral and mental health concerns of various health care professionals including endocrinologists, bariatric surgeons, dietitians and advance practice providers. Psychology fellows will perform empirically validated health psychology assessments and brief interventions including but not limited to Cognitive Behavioral Therapy, Mindfulness Based Stress Reduction, and Acceptance and Commitment Therapy. Interventions would typically be limited to 6 to 12 sessions, though psychology fellows would be able to continue with appropriate patients for longer term.

Direct Services

The goals of this clinic include optimizing healthy weight loss through management of psychological barriers, coping with setbacks, symptom management, body image issues and improving compliance with medical recommendations. Psychology fellows would spend approximately half of their clinical time with the endocrine-based metabolic weight loss management program.

- Assessment – clinical biopsychosocial interviews, health psychology assessment and brief testing
- Behavior Therapy – behavioral activation, compliance skills, communications skills, optimizing coping
- Health Behavior Intervention – diet, exercise, sleep, medication adherence, health care system skills
- Brief Psychotherapy for psychopathology – anxiety, depression, health-related traumatic responses, substance use, management of personality disorders in medically complicated patient
- Stress Management – locus of control, relaxation methods, time management, mindfulness
- Shared Medical Appointments – conduct endocrine-based multi-disciplinary SMA's (multiple patients seen in one appointment for health behavior change, but not group therapy)

Integrated Behavioral Health

Psychology residents will collaborate with multiple health professionals through medical record, phone consultation, and collaborative practice. Being physically situated within the clinic will allow for frequent in-person collaboration with a variety of providers. Psychology postdoctoral fellow will become familiar with coordinating care:

- Co-treat with other disciplines to more effectively address mental or behavioral health concerns and communicate via medical record and in-person consultation
- Consult with staff regarding patients' psychological functioning via electronic medical record
- Be available for behavioral health consultation from providers in the health enterprise as requested
- Consult on behavioral management interventions via medical record and/or phone to help medical providers effectively manage challenging behaviors while providing care

Research

Postdoctoral fellows will have the opportunity to participate in research if they have an interest in doing so. Fellows will have designated academic space for their use in the HUB.

Teaching

Postdoctoral fellows will have the opportunity to engage in teaching through literature review presentations, grand rounds or other opportunities that arise, if they have an interest in doing so.

Primary Care Specialty Track

Behavioral Medicine and Primary Care Psychology (BMPC) Clinic

Sadie Larsen, Ph.D. & Lawrence Miller, Psy.D.

The Behavioral Medicine and Primary Psychology Care (BMPC) Clinic is an assessment and treatment clinic focusing on primary care and specialty health psychology. This clinic serves the behavioral health needs of patients being treated in primary care as well as patients from specialty medical clinics without direct access to health psychology services. The BMPC Clinic is housed in the Department of Psychiatry and Behavioral Medicine and is an outpatient, ambulatory clinic.

Patients referred to the BMPC clinic have a variety of presenting problems including adjusting to physical health conditions and/or treatments, mental health concerns (e.g., depression, anxiety), or engaging in healthier habits (e.g., smoking cessation, improved sleep, increasing physical activity). Psychology residents will perform empirically validated health psychology assessments and brief interventions including but not limited to Problem Solving Therapy, Cognitive Behavioral Therapy, Mindfulness Based Stress Reduction, and Acceptance and Commitment Therapy. Psychology residents will also have the opportunity to carry one or more cases on a long-term basis where the presenting concern is managing chronic illness.

Direct Services

The goals of this clinic include optimizing physical health through management of psychological barriers, coping with chronic illness, symptom management, and adjustment to illness.

- Assessment – clinical biopsychosocial interviews, health psychology assessment and brief testing
- Behavior Therapy – behavioral activation, compliance skills, communications skills, optimizing coping
- Health Behavior Intervention – diet, exercise, sleep, medication adherence, health care system skills
- Pain Management – non-pharmacological treatment for acute and chronic pain in medically complex patients
- Brief Psychotherapy for psychopathology – anxiety, depression, health-related traumatic responses, substance use, management of personality disorders in medically complicated patient
- Stress Management – locus of control, relaxation methods, time management, mindfulness

Psychology residents will maintain an ongoing BMPC outpatient caseload throughout the entire training year. The BMPC clinic operates on Thursdays and Fridays.

Integrated Behavioral Health

Last Updated: 9/19/2019

Psychology residents will collaborate with multiple health professionals through medical record, phone consultation, and collaborative practice. Although this clinic is not physically co-located, the system in which the clinic is located is connected through a shared medical record system. Psychology resident will become familiar with coordinating care across multiple treating providers in multiple locations:

- Co-treat with other disciplines to more effectively address mental or behavioral health concerns and communicate via medical record and other forms of technology
- Consult with staff regarding patients' psychological functioning via electronic medical record
- Be available for behavioral health consultation from providers in the health enterprise as requested
- Consult on behavioral management interventions via medical record and/or phone to help medical providers effectively manage challenging behaviors while providing care

Plank Road Clinic

Sadie Larsen, Ph.D. & Lawrence Miller, Psy.D.

The Plank Road Clinic is a free-standing outpatient, ambulatory Froedtert Health primary care clinic with three specialties (med/peds, family medicine, and internal medicine). It is co-located with urgent care and pharmacy and resides in the same building as the Psychiatry Clinic. This is a busy primary care clinic serving both children and adults with all presenting concerns.

The postdoctoral fellow will serve as a behavioral health consultant for adult patients within the Plank Road clinic. They will be available for warm hand-offs of primary care patients, ongoing brief behavioral health care, and consultation on behavioral and mental health concerns of primary care providers. Psychology residents will perform empirically validated health psychology assessments and brief interventions including but not limited to Problem Solving Therapy, Cognitive Behavioral Therapy, Mindfulness Based Stress Reduction, and Acceptance and Commitment Therapy.

Direct Services

The goals of this clinic include optimizing physical health through management of psychological barriers, coping with chronic illness, symptom management, and adjustment to illness.

- Assessment – clinical biopsychosocial interviews, health psychology assessment and brief testing
- Behavior Therapy – behavioral activation, compliance skills, communications skills, optimizing coping
- Health Behavior Intervention – diet, exercise, sleep, medication adherence, health care system skills
- Pain Management – non-pharmacological treatment for acute and chronic pain in medically complex patients
- Brief Psychotherapy for psychopathology – anxiety, depression, health-related traumatic responses, substance use, management of personality disorders in medically complicated patient
- Stress Management – locus of control, relaxation methods, time management, mindfulness

Postdoctoral fellows will have 4 half-day clinics at the Plank Road Clinic.

Integrated Behavioral Health

Psychology residents will collaborate with multiple health professionals through medical record, phone consultation, and collaborative practice. Being physically situated within the clinic will allow for frequent in-person collaboration with a variety of providers. Psychology postdoctoral fellow will become familiar with coordinating care:

- Co-treat with other disciplines to more effectively address mental or behavioral health concerns and communicate via medical record and in-person consultation
- Consult with staff regarding patients' psychological functioning via electronic medical record
- Be available for behavioral health consultation from providers in the health enterprise as requested

Last Updated: 9/19/2019

- Consult on behavioral management interventions via medical record and/or phone to help medical providers effectively manage challenging behaviors while providing care

Requirements for Completion

Residents' skills in the core competencies are evaluated by the supervisor in each of the major rotations as well as in the BMPC clinic. Evaluations are done quarterly and residents' progress toward competency attainment is discussed at monthly by the core training faculty. The Training Director prepares a Summative Evaluation at the mid-year and end-of-year time points that is composed of the aggregate supervisor ratings and comments. To successfully complete the residency, the resident must demonstrate competence for entry-level practice as demonstrated by a rating reflecting competent for entry level practice in all core competency areas: Assessment, Intervention, Consultation, Research, Supervision, Ethical and Legal Standards, Individual Differences and Cultural Diversity, Professional Values, Attitudes, Behaviors, Communication and Interpersonal Skills. Please see specific completion criteria below:

Requirements for Successful Completion of the Residency Program

- Complete one year of full-time clinical work, averaging 40-45 hours per week. Fellow vacation, sick time, and professional leave time that is within the allowed limited outlined in the Professional Development Leave Policy and Clinical Health Psychology Post-Doctoral Fellow Stipend and Benefits Policy does not count against time required for successful completion.
- Complete at least 500 hours of direct clinical work summed from across clinical rotations
- Complete/receive at least 100 hours of clinical supervision
- Complete an Empirically-Based Health Psychology Project approved by a faculty mentor and the Training Director
- Completion of at least 95% of didactic seminars, with the exception of allowed time out of the office.
- Attend at least 95% of Group Supervision, Group Case Series, and Required Grand Rounds meetings, with the exception of allowed time out of the office.
- Complete all required documentation, including clinical (i.e., reports, intake notes, progress notes, etc.) and administrative (i.e., data monitoring, evaluation procedures) documentation in a timely manner, which includes seeking appropriate supervisor sign off on documentation in a timely manner.
- Attain supervisor evaluation forms demonstrating competence across all APA Profession-wide competencies and Council of Specialties in Professional Psychology Competencies for Clinical Health Psychology: i. Fellows are expected to achieve on track or above ratings of competence on each element (2-3 by first quarter; 3-4 by mid-year; 4-5 by third quarter; 6 by end of year) at each evaluation point and **independent practice competency** by the conclusion of the fellowship year.
- Should a fellow demonstrate below expected competence appropriate to his/her developmentally expected level, a Development Plan as outlined in the Remediation Process Policy will be promptly implemented.
- Successful completion of any Development Plan should one be implemented.
- Complete all programmatic evaluation forms in a timely manner

Facility and Training Resources

Fellows will all have access to a shared clinical office at the BMPC clinic during the fellowship year. Each fellow will also have a dedicated work space at Froedtert Health Clinics in the clinical where they are working. In addition, fellows will be assigned a pager and lab coat, and will have access to check out a Chromebook computer. All fellows will have access to the MCW library system, which includes access to online databases such as Medline. Fellows also have access to all the many libraries across the system. Fellows will have access to multidisciplinary training experiences including but not limited to Grand Rounds across multiple specialty areas and other forms of specific health-related didactic and educational training.

Administrative Policies and Procedures

Fellows are covered under the Equal Employment Opportunity and Affirmative Action programs. Policies and procedures for addressing performance problems and grievances are contained in the Clinical Health Psychology Post-doctoral Fellowship Policies and Procedures Manual. Each fellow receives a copy of the Clinical Health Psychology Post-doctoral Fellowship Policies and Procedures Manual at orientation. A copy of the Clinical Health Psychology Post-doctoral Fellowship Policies and Procedures Manual is also available by request from the Program Educational Coordinator.

Clinical Health Psychology Fellowship Training Faculty

Director of Clinical Training:



Heidi F. Christianson, Ph.D.

Associate Professor of Psychiatry and Behavioral Medicine
Training Director, Health Psychology Residency
Training Director, Clinical Health Psychology Post-Doctoral Fellowship
Psychologist, Bone Marrow Transplant Program

Training:

B.S. Psychology, University of Wisconsin- Madison (Honors)
M.S. Counseling, University of Wisconsin- Madison
Ph.D. Counseling Psychology, University of Wisconsin- Milwaukee
Residency: Zablocki VA Medical Center, Milwaukee, Wisconsin
Fellowship: Health Psychology, Medical College of Wisconsin

Associate Director of Clinical Training:

Sadie Larsen, Ph.D.

Associate Professor of Psychiatry and Behavioral Medicine
Associate Training Director, Health Psychology Residency
Associate Training Director, Clinical Health Psychology Post-Doctoral Fellowship
Co-Director, Behavioral Medicine and Primary Care (BMPC) Clinic

Training:

B.A., Psychology & English, Lawrence University (Honors)
M.A., Clinical/community Psychology, University of Illinois, Urbana-Champaign
Ph.D., Clinical/community Psychology, University of Illinois, Urbana-Champaign
Residency: Department of Psychiatry, University of Wisconsin
Fellowship: Posttraumatic Stress Disorders, VA Boston Healthcare System



Training Faculty:



Courtney Barry, PsyD, MS

Assistant Professor of Psychiatry and Behavioral Medicine
Assistant Professor Department of Family and Community Medicine
Psychologist, Bariatric Surgery Program

Training:

BS: Psychology, Lake Forest College
MS: Clinical and Translational Science, Medical College of Wisconsin
PsyD Clinical Psychology, Specialization in Health Psychology, Chicago School of Professional Psychology
Residency: Linden Oaks at Edward Hospital
Fellowship: Linden Oaks at Edward Hospital
Research Fellowship: Medical College of Wisconsin, Department of Family and Community Medicine

Jennifer Heinemann, Ph.D.

Assistant Professor of Psychiatry and Behavioral Medicine
Psychologist, Bariatric Surgery Program, Metabolic Weight Loss Program

Training:

BS: Psychology, University of Wisconsin- Milwaukee
MS: Counseling, Southern Illinois University- Carbondale
PhD: Counseling Psychology, Southern Illinois University- Carbondale
Residency: Zablocki VA Medical Center, Milwaukee, Wisconsin
Fellowship: Rehabilitation Psychology, St. Luke's Medical Center, Milwaukee, Wisconsin





Lawrence Miller, Psy.D.

Assistant Professor of Psychiatry and Behavioral Medicine
Co-Director, Behavioral Medicine Primary Care Clinic
Psychologist, Behavioral Health Center - Tosa Health Center

Training:

B.S., Psychology, Illinois State University, Normal, IL
M.A., Psychology, Central Michigan University, Mount Pleasant, MI
Psy.D., Clinical Psychology, Illinois School of Professional
Psychology/Chicago at Argosy University, Chicago, IL

Residency: Clinical Health Psychology, Loyola University Medical
Center, Maywood, IL

Fellowship: Psychosocial Oncology, Loyola University Medical
Center, Maywood, IL

Adjunct Faculty:



Barbara Sieck, Ph.D.

Assistant Professor of Psychiatry and Behavioral Medicine
Psychologist, Behavioral Health Center - Tosa Health Center
Medical College of Wisconsin

Training:

B.A. Women's and Gender Studies, Amherst College, Amherst, MA
PhD. Counseling Psychology, University of Iowa, Iowa City, IA
Residency: Zablocki VA Medical Center, Milwaukee, WI
Postdoctoral Fellowship: Women's Mental Health and Trauma,
San Francisco VA Medical Center, San Francisco, CA

Information about Life in Milwaukee

Please visit our website: (<https://www.mcw.edu/departments/human-resources/living-working-milwaukee>) with information about Milwaukee including a general guide to the city, housing information, educational information, and recreation.