



## Clinical Health Psychology Post-Doctoral Fellowship Program

Froedtert and the Medical College of Wisconsin  
Department of Psychiatry and Behavioral Medicine  
Research Park Center

10000 W. Innovation Drive, 3<sup>rd</sup> Floor

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 1<sup>st</sup> Street, NE, Washington DC 20002  
Phone: (202) 336-5979/E-mail: [apaaccred@apa.org](mailto:apaaccred@apa.org)  
Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation)

This fellowship site is an APPIC Member Site (9035) and agrees to abide by the APPIC Common Hold Date (CHD).

Although formal post-doctoral fellowship is not a requirement of licensure in Wisconsin (please see [Psychology Licensing Requirements in Wisconsin](#), "455.04 Licensure of Psychologists"), the Clinical Health Psychology Post-Doctoral Fellowship Program meets and exceeds the requirements needed for licensure in Wisconsin by offering non-internship, post-doctoral hours for licensure and EPPP support.

### ***Stipend and Benefits***

Last Updated: 7/25/2025 hfc

The fellowship is scheduled to begin approximately September 1 (after doctoral degree conferral)

The current annual stipend is \$62,000

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***

Qualified applicants will have graduated from an APA-accredited graduate program in clinical or counseling psychology. Applicants should have all degree requirements completed, and a degree conferred prior to the start of the Clinical Health Psychology Fellowship Program. Froedtert and the Medical College of Wisconsin encourages applicants from racial, ethnic, and sexual orientation groups underrepresented in medicine, as well as women, BIPOC individuals, 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 and 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 ([Background Check and Misconduct Investigation | Wisconsin Department of Health Services](#)) 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 APA-accredited internship program
- Conferral of degree prior to the start of fellowship
- Strong core clinical of 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:

- Cover letter with training goals and specific interests in training offered at MCW
  - *In your cover letter, please clearly identify which rotations you have specific interest in, if you know this prior to interview.*
- Curriculum vitae illustrating past clinical and relevant research experience
- Graduate transcript
- Three letters of recommendation

Application materials should be submitted through the APPIC online application system for postdoctoral programs (APPA CAS).

Requests for further information or questions can be directed to:

Sarah Hansen, Health Psychology Educational Coordinator  
Department of Psychiatry and Behavioral Medicine  
Research Park Center, 3rd Floor  
10000 W. Innovation Drive  
Milwaukee, Wisconsin 53226

e-mail: [HealthPsychology@mcw.edu](mailto:HealthPsychology@mcw.edu)

website: [www.mcw.edu/CHPfellowship](http://www.mcw.edu/CHPfellowship)

The application deadline is **December 15**.

Based on the qualifications, a select group of applicants will be invited to interview. Interviews will be done virtually. Applicants who do not meet the 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. The Fellowship Selection Committee will review the rating forms in a final ranking meeting and create the final offer list.

In accordance with APPIC guidelines, the Clinical Health Psychology Fellowship Program at the Medical College of Wisconsin adheres to the Common Hold Date (CHD):

<https://www.appic.org/Postdocs/Postdoctoral-Selection-Standards>

## Postdoctoral Fellowship Admissions, Support, and Initial Placement Data

**Date Program Tables are updated: 5/30/2025**

### Program Disclosures

<p><b>Does the program or institution require students, trainees, and/or staff (faculty) to comply with specific policies or practices related to the institution's affiliation or purpose? Such policies or practices may include, but are not limited to, admissions, hiring, retention policies, and/or requirements for completion that express mission and values?</b></p>	<p>_____ Yes</p> <p><u>  x  </u> No</p>
<p><b>If yes, provide website link (or content from brochure) where this specific information is presented:</b></p>	
<p>n/a</p>	

**Date Program Tables are updated: 5/30/2025**

<p><b>Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program's policies on intern selection and practicum and academic preparation requirements:</b></p>
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Qualified applicants must have graduated from an APA-accredited graduate program in clinical or counseling psychology and should have all degree requirements completed and a degree conferred prior to the start of the Clinical Health Psychology Fellowship Program.

Applicants interested in practicing health psychology and behavioral medicine in a clinic, hospital, or academic medical setting and those interested in board certification in Clinical Health Psychology will be 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. Candidates with multiple health psychology training experiences will be most competitive. Applicants will need to have significant experience working with adults and patients with a comorbid medical diagnosis. Relevant health psychology research is considered during the selection process, particularly as it pertains to population health; however, clinical experience is more heavily weighed.

**Describe any other required minimum criteria used to screen applicants:**

**Required qualifications:**

- **Completion of a PhD or PsyD (degree conferred prior to fellowship start) from an APA-accredited doctoral program in clinical or counseling psychology with APA-Accredited Internship**
- **Strong core clinical of counseling psychology psychotherapy and assessment experience**
- **Interest in health Psychology and past training (internship/practicum in health psychology)**

**Preferred qualifications:**

- **Interested in pursuing board certification in Clinical Health Psychology**
- **Experience with adults, empirically validated treatment and health psychology behavioral interventions**
- **Strong assessment background with experience in health psychology assessment**

**Financial and Other Benefit Support for Upcoming Training Year\***

Annual Stipend/Salary for Full-time Residents	\$62,000	
Annual Stipend/Salary for Half-time Residents	n/a	
Program provides access to medical insurance for resident?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
<b>If access to medical insurance is provided:</b>		
Trainee contribution to cost required?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Coverage of family member(s) available?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Coverage of legally married partner available?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Coverage of domestic partner available?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	184	
Hours of Annual Paid Sick Leave	96	

In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	x Yes	No
Other Benefits (please describe): Fellows receive 15 days vacation, 8 paid holidays, 12 sick days, and 5 days of professional leave. Fellows receive health, dental, vision, and life insurance, short term disability, flexible spending account, 403(b), and employee assistance program.		

\*Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table

### Initial Post-Residency Positions

(Provide an Aggregated Tally for the Preceding 3 Cohorts)

	2021-2024	
Total # of residents who were in the 3 cohorts	5	
Total # of residents who remain in training in the residency program	0	
	<b>PD</b>	<b>EP</b>
Academic teaching		
Community mental health center		
Consortium		
University Counseling Center		
Hospital/Medical Center		3
Veterans Affairs Health Care System		1
Psychiatric facility		
Correctional facility		
Health maintenance organization		
School district/system		
Independent practice setting		1
Other		

Note: "PD" = Post-doctoral residency position; "EP" = Employed Position. Each individual

represented in this table should be counted only one time. For former trainees working in more than one setting, select the setting that represents their primary position.

### 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 over 40 psychologists across a range of adult 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 marrow transplant, general psycho-oncology, C/L psychiatry, neurology and headache medicine, bariatric surgery, and endocrinology. 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, 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 into 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. Froedtert and the Medical College of Wisconsin has a health psychology clerkship (practicum) with students placed across a range of specialties (e.g., trauma, OB/GYN, transplant, bariatric, pain management, family medicine, and behavioral medicine and primary care), providing clinical and counseling doctoral students with a range of health psychology experiences. The Medical College of Wisconsin has an APA-Accredited Internship (Residency). In addition, there are a broad range of multidisciplinary trainees (medical residents and fellows, nurse practitioner/PA students, pharmacists, etc.) working alongside the Clinical Health Psychology Fellow. 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, professional values and attitudes, communication and interpersonal skills, assessment, intervention, teaching and supervision, consultation and interprofessional/interdisciplinary skills, and leadership. The program is experiential but includes an Empirically Based Health Psychology Project, a data-driven, clinically based research project or program development project. This project allows fellows to, with an increasing level of independence, demonstrate the competencies of the science and practice competency as well as the research and program evaluation competency. Additionally, fellows are expected to engage in teaching experiences across their clinical year to meet the teaching competencies noted above.

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 simulated practice within that series.

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 their 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, rural/urban, 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 area of focus in the program (fellow-chosen, area specific didactics), and 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 fellowship year, experiences increase in responsibility and the Clinical Health Psychology Fellow works more independently. For instance, fellows will develop the ability to autonomously consult with 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 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>i. Integration of science and practice</i>
Demonstrate the ability to critically evaluate foundational and current research that is consistent with the Clinical Health Psychology specialty practice area.
Integrate knowledge of foundational and current research consistent with Clinical Health Psychology in the conduct of professional roles (e.g. research, service, and other professional activities).
Demonstrate knowledge of common research methodologies used in the study of Clinical Health Psychology and the implications of the use of the methodologies for practice.
Demonstrate the ability to formulate and test empirical questions informed by clinical problems encountered, clinical services provided, and the clinic setting within which the fellow works.
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.
<i>ii. Ethical and legal standards</i>
Be knowledgeable of and act in accordance with each of the following:

	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;
	Relevant professional standards and guidelines.
Recognize ethical dilemmas as they arise and apply ethical decision-making processes in order to resolve the dilemmas as they pertain to Clinical Health Psychology	
Conduct self in an ethical manner in all professional activities.	
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 conflicts when they arise between the ethical code for a clinical health psychologist (i.e., APA Ethical Principles of Psychologists and Code of Conduct) and ethical codes of other health care team members (i.e., The Code of Medical Ethics of the American Medical Association).	
<i>iii. Individual and cultural diversity</i>	
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 related to the accredited area 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 to 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).	
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.
<i>iv. Research</i>
Engages in Clinical Health Psychology scholarly activities which could include but are not limited to research, evaluation, or other form of inquiry
Applies scientific methods in Clinical Health Psychology activities
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.
<i>v. Professional Values, Attitudes, and Behaviors</i>
Behave in ways that reflect the values and attitudes of psychology and Clinical Health Psychology, including integrity, deportment, professional identity, accountability, lifelong learning, and concern for the welfare of others.
Engage in self-reflection regarding one's personal and professional functioning; engage in activities to maintain and improve performance, well-being, and professional effectiveness.
Actively seek and demonstrate openness and responsiveness to feedback and supervision.
Respond professionally in increasingly complex situations with a greater degree of independence.
Apply scientific knowledge and skills in Clinical Health Psychology to advocate for equity and access to quality care.
Demonstrate an emerging professional identity consistent with the Clinical Health Psychology specialty.
Demonstrates awareness of issues and challenges unique to working as a Clinical Health Psychologist in health care settings and systems.
Advocates for needs of individuals/groups across systems and for equity and access to quality care.
<i>vi. Communication and Interpersonal Skills</i>
Develop and maintain effective relationships with a wide range of individuals, including colleagues, communities, organizations, supervisors, supervisees, and those receiving professional services.
Produce and comprehend oral, nonverbal, and written communications that are informative and well-integrated; demonstrate a thorough grasp of professional language and concepts.

Demonstrate effective interpersonal skills and the ability to manage difficult communication well.
<i>vii. Assessment</i>
Select and apply 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.
Communicate orally and in written documents the findings and implications of the assessment in an accurate and effective manner sensitive to a range of audiences.
Assess 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).
Conducts comprehensive biopsychosocial interviews; evaluates and incorporates objective biological and psychosocial metrics/measures and findings related to physical health or illness, injury, or disability, to inform case conceptualization and treatment recommendations.
<i>vii. Intervention</i>
Implement evidence-based biopsychosocial interventions to treat or prevent health and behavioral health-related issues of patients and, when applicable, populations.
Evaluate, select, and administer appropriate biopsychosocial assessments to monitor and evaluate the process and outcomes of treatment for patients and, when applicable, populations.
Monitor adherence to medical treatment and psychological interventions and demonstrate skill in addressing health behaviors to improve adherence.
Incorporates new and emerging health technologies into treatment when applicable/available.
<i>viii. Teaching/Supervision</i>
Demonstrate knowledge of supervision models and practices related to Clinical Health Psychology.
Teach and supervise others by accurately, effectively, and appropriately presenting information related to Clinical Health Psychology.
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).
<i>ix. Consultation and Interprofessional/Interdisciplinary Skills</i> Postdoctoral fellows are expected to:

Demonstrate knowledge and respect for the roles and perspectives of other professions.
Conceptualize referral questions that incorporate understanding of the roles of patient, caregiver, other provider, and/or health system to answer the consultation questions effectively.
Apply knowledge of consultation with individuals and their families, other health care professionals, interprofessional groups, or systems related to health and behavior.
Engage interprofessional individuals and teams to increase the likelihood of appropriate early referrals to clinical health psychologists.
Provides education about health psychology concepts and practices or methods and procedures to other professionals and/or trainees.
<i>x. Leadership</i> Postdoctoral fellows are expected to:
Demonstrate leadership within an interprofessional team or organization related to the practice of Clinical Health Psychology.
Demonstrate the ability to develop or enhance a Clinical Health Psychology practice, educational program, or program of research.

## Program Structure

Fellows spend most of their time in specialized clinical rotations (8 half days per week). Each fellow chooses **two major rotations** and participates in each rotation for 4 half days week. Supervision (2 hours per week) is set within the 8 clinical half days and scheduled between the fellow and supervisor. One half-day is dedicated to didactic seminars, although this half day happens over the course of a week to accommodate varied didactics scheduling. Finally, fellows spend one half day per week on their empirically based health psychology project (typically Friday afternoon). Overall, fellows engage in 15-20 hours of direct patient care per week.

There are six rotations the fellows can choose from:

- **Cancer Psychology** (Outpatient; Able to accommodate one fellow rotation)
- **Headache Medicine and Pain Psychology** (Outpatient; Able to accommodate one fellow rotation; *not recruiting a fellow for 2025-26 training year*)
- **Metabolic and Bariatric Psychology** (Outpatient; Able to accommodate one fellow rotation)
- **Palliative Care Psychology** (Inpatient; Able to accommodate one fellow rotation)
- **Primary Care Psychology** (Outpatient; Able to accommodate one fellow doing both rotations in Primary Care Psychology or Two fellows concurrently doing rotation in Primary Care Psychology)
- **Transplant Psychology** (Outpatient and Inpatient; Able to accommodate one fellow doing one rotation in Transplant Psychology or one fellow doing both rotations in Transplant Psychology)

Fellows choose **two of the six available rotations**: Cancer Psychology, Headache Medicine and Pain Psychology, Metabolic and Bariatric Psychology, Palliative Care Psychology, Primary Care Psychology, or Transplant Psychology. If a fellow wishes to specialize only in Primary Care or Transplant Psychology, they can opt for two rotations (full year, full time) in either of those areas. The rotations are selected at the time of fellowship offer and as such, the applicant will be accepting fellowship with rotations selected.

On the Primary Care Psychology rotation, fellows work within a primary care behavioral health model to address common mental health as well as medical concerns that have an emotional, cognitive, behavioral and/or social impact among primary care patients via warm handoffs from their providers and scheduled primary care psychology visits.

The Metabolic and Bariatric Psychology rotation (outpatient only) involves working on an interdisciplinary team to support patients pursuing both surgical (bariatric) and non-surgical (metabolic) approaches to weight management. For bariatric candidates, fellows assist patients pre-operatively in their surgical preparations and post-operatively in treatment adherence and symptom management to promote optimal outcomes in weight loss and psychological adjustment. Additionally, fellows provide psychological support for patients engaged in non- surgical (metabolic) weight management, including those with endocrine disorders.

The Headache Medicine and Pain Psychology rotation (outpatient only) focuses on health interventions for managing pain and headache and managing contributory and comorbid psychiatric concerns with complex headache pain patients.

The Palliative Care Psychology rotation (inpatient only) involves working on a multidisciplinary palliative care team helping to improve quality of life and adjustment for patients with severe health conditions.

The Cancer Psychology rotation (primarily outpatient) focuses on outpatient management of a range of cancer diagnoses.

On the Transplant Psychology rotation, fellows will work alongside multidisciplinary transplant team members in the inpatient and outpatient settings, conducting pre-transplant evaluations to identify risk and protective factors for candidacy and evidence-based interventions to modify risk factors and optimize transplant readiness/recovery.

An example schedule is below.

<i>Model Rotation Schedule for CHP Psychology Fellow</i>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Rotation 1	Rotation 1	Rotation 2	Rotation 1	Rotation 1
Rotation 2	Rotation 2	Didactics and Supervision	Rotation 2	Research

<i>Another Model Rotation Schedule for CHP Psychology Fellow</i>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Rotation 1	Rotation 1	Rotation 2	Rotation 2	Rotation 2
Rotation 1	Rotation 1	Didactics and Supervision	Rotation 2	Research

**\*\* Note.** *The fellows will complete teaching experiences across the training year, with examples including providing didactics for the Health Psychology Residency program, providing didactics to the Neurology multidisciplinary team, and didactics to the Palliative Care Team.*

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.

## Supervision

Each fellow works with two major supervisors over the training year, receiving at least two hours of individual supervision per week. The nature of supervision is 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 begins with direct observation and evolves 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 group supervision with the other fellow (s) and the Training Director once a month.

## Individualized Fellowship Training Plan

Each fellow will complete an Individualized Fellowship Training Plan at the beginning of the training year with their primary supervisors and review it monthly to ensure the fellow's experiences are matching their training goals. The Individualized Fellowship Training Plan is a plan that includes the fellow's clinical rotations, any specific experiences the fellow would like to obtain during their fellowship year, the 6 didactics that are required per month (i.e., research, supervision, management and leadership, ethics, professional development, and cultural diversity; please see didactic description below) and the two to four didactics per month the fellow will choose based on clinical specialization and interest (please see list of fellow selected didactics below). The Individualized Fellowship Training Plan will also lay out the fellow's plan for teaching, supervision, their Scholarly Inquiry Project, and participation in departmental or organizational committees.

## Scholarly Inquiry Project

Each fellow completes a Scholarly Inquiry Project, which is an empirically based project derived from a clinical question, need, or database. As part of this project, the fellow conceptualizes the project, consults the literature, analyzes data, and disseminates findings. The scope of the project, however, is broad, intending to allow the fellow to meet their training goals through the project. The fellow has 4 hours per week dedicated to the Scholarly Inquiry Project.

## Didactics: Required Didactics

### ***Advanced Ethics in Clinical Health Psychology (Once a month)***

This course explores the ethical questions encountered most often by practitioners in health care settings. Ethical challenges occur almost routinely in health care. Issues of informed consent, respect for patients' dignity and confidentiality, the balance between patient and family rights, and billing for services are just a few of the topics that challenge psychologists to uphold their ethical obligations across the health care continuum.

Using *Health care ethics for psychologists: A casebook* as a guide, this course will offer a view of ethical situations as they unfold, including case-by-case consideration of critical background information, key stakeholders, the direct relevance of specific APA principles and standards, and suggested steps to resolve ethical issues. Cases will be read and summarized prior to class sessions to allow for ample discussion and analysis.

### ***Advanced Supervision for Clinical Health Psychology (Once a month)***

Supervision is a necessary and complex clinical practice area for Clinical Health Psychologists, particularly those working in academic medicine. However, navigating the complex roles of supervision to foster trainee development, patient safety, and gatekeeping for the field is challenging. The following course will work with the Competency-Based Supervision Approach (Falender & Shafranske, 2004), working through the stages of the supervisory process. The Competency-Based Supervision Approach will then be applied to supervision within a health psychology setting including facilitating growth in consultation, psychotherapy, assessment, and empirically validated treatments.

### ***Clinical Health Psychology Fellowship Didactic Seminar: Research (Once a month)***

This course is part of the Post-doctoral Fellowship in Clinical Health Psychology Program. This discussion-based seminar course will expand and solidify the research skills of clinical health psychologists through a combination of didactic presentations on clinical health research topics and critical journal club discussions. The series will provide Fellows with needed skills in research and program evaluation with a focus on 1) critical evaluation of the effectiveness and/or quality of research in clinical health psychology or related fields, and 2) data analysis, interpretation, and dissemination. Course topics will also include discussion around clinical research ethics, diversity, equity, and bias in clinical research, and integrating research into a career in clinical health psychology.

### ***Clinical Health Psychology Professional Development Seminar (Once a month)***

The Professional Development Seminar is set in a group format to address issues salient to the transition from a fellow to a faculty psychologist. Topics addressed include EPPP, licensure, academic job searches, professional identity development, early career psychology challenges, establishing a clinical and translational research program, and negotiating employment contracts.

### ***Management and Administrative Leadership in Clinical Health Psychology (Once a month)***

As the U.S. health care system continues to struggle (i.e., reduced life expectancy and higher per capita costs compared to many countries) and evolves (i.e., ACA and political forces attempting to reverse it), there are a variety of opinions about the “best” way to deliver health care services. Additionally, there exists a plethora of models of care, lobbying efforts, and business forces attempting to impact service delivery. This course will examine various political, economic, ethical, legal, environmental, and social factors impacting healthcare system delivery. Moreover, doctoral-trained psychologists are in unique positions to take management and leadership roles in health care to advance service delivery, but most graduate training programs lack instruction, guidance and support to build the skills necessary for such roles. Yet, the American Psychological Association has developed Guidelines for Psychological Practice in Health Care Delivery Systems and “are Encouraged to Offer Their Special Expertise in the Administration and Management of Both Psychological and Other Professional Practice Within Health Care Delivery Systems” (Guideline #10). This course aims to develop a foundational knowledge in healthcare management and leadership and expose the postdoctoral fellow to keys aspects of such positions.

### ***Culturally Response Praxis Seminar: Journal Club and Immersive Learning (Once a Month)***

This series offers fellows scholarly and immersive learning opportunities guided by cultural praxis, which can be understood as the interplay between lived experience, theory, and application. An overarching aim of this series is to develop fellows’ critical consciousness and connection to the populations they serve at MCW/Froedtert to promote effective delivery of clinical services. Fellows will participate in five journal clubs focusing on critical discussion of culturally relevant research articles; selection of articles will be determined by the interests of the fellows. Fellows will also independently engage in five community experiences as a means of fostering cultural knowledge, awareness, and connectedness. Examples may include participation in community demonstrations, spiritual gatherings, public art, social programming, and/or visiting culturally meaningful locations or historical sites. Using the framework of Reflective Local Practice (Sandeen, Moore, & Swanda, 2018) and Paulo Freire’s (1970) framework of critical consciousness to guide praxis, fellows will be encouraged to integrate scholarly and immersive learning components into holistic reflections and personalized action plans that support their professional development and skills as socially responsive health psychologists.

### **Didactics: Fellow Selected Didactics**

Fellow selected didactics focus on topics relevant to specific areas of specialization and are intended for the fellow to use to further expertise in that specific medical psychology area.

### **Cancer Psychology**

- *Schwartz Rounds (quarterly; in person):* Schwartz Rounds is a venue where healthcare workers can discuss their challenges and personal journey with what we do since it isn’t always easy. It’s meant to help share the load and offer each other empathy and support. There is a psychologist that facilitates direct questions and conversations.

### **Headache Medicine and Pain Psychology**

- *Multicenter Interdisciplinary Chronic Pain Group (first Wednesday of the month; virtual)*
- *Pain Reprocessing Therapy Consultation Group (first Monday of the month; virtual)*
- *Headache Medicine Multidisciplinary Educational Series and Journal Club (fourth Friday of month; virtual)*
- *Neurology Grand Rounds (weekly Friday; Hybrid)*

### **Metabolic and Bariatric Psychology**

- *Metabolic and Bariatric Case Conference (monthly/bimonthly; hybrid)*
- *Metabolic and Bariatric Psychology Didactic Series (monthly; hybrid)*
  - Obesity and Bariatric Surgery
  - A Clinical Health Psychologists Role on a Bariatric Surgery Team
  - When Things Go Awry: Treating Post-Surgical Complications
  - Nourishment and Nuance: Integrating Cultural and Food Access Considerations into Weight Management
  - The Impact of Diet and Lifestyle Modifications on Surgical Success
  - Beyond Maladaptive Eating: Assessment, Diagnosis, and Treatment Planning for Clinical Eating Disorders
  - Binge vs. Night Eating Syndromes: Clinical Distinctions and Treatment Strategies
  - Psychological Care in Metabolic and Nonsurgical Weight Management: Tailoring Interventions for Complex Conditions
  - Understanding GLP-1 Receptor Agonists in the Management of Diabetes and Obesity
  - Weight Bias in Healthcare
  - Fighting Food Addiction
  - Role of Self-Compassion in Weight Management

### **Palliative Care Psychology**

- *Palliative Care Journal Club (second and fourth Thursday of month; in person)*
- *Palliative Care Educational Series (weekly; 2 hours, Friday morning; in person)*

### **Primary Care Psychology**

- *Primary Care Journal Club (monthly; in person)*
- *Primary Care Didactics Series*
  - Preparing the Next Generation of Primary Care Psychologists
  - Models of Health Psychology Integration

- Exploring the Intersection of Cultural Diversity, Health Equity & Integrated Behavioral Health
- Do Your Patients 'Get it?': Exploring the Issue of Health Literacy
- Do I Really Have Time for This?: Addressing Trauma in Primary Care
- Putting Theory into Practice in Health Psychology
- Collaborative Assessment and Management of Sexual Health Concerns
- Behavioral Management of Pain in Primary Care
- It's Not All in Your Head: Working with Patients with Medically Unexplained Symptoms
- Do I Really Have Time for This?: Addressing Substance Abuse in Primary Care
- Don't Let it Go Up in Smoke: Understanding Commercial Tobacco/Nicotine Use and Treatment
- What Will the Future of Primary Care Look Like?
- *Primary Care Case Conference (monthly; virtual)*

### **Transplant Psychology**

- Department of Surgery Grand Rounds (weekly; includes Cultural Complications addressing DEI topics relevant to academic surgery)
- Transplant Surgery Journal Club (monthly)
- Transplant Service Line Educational Lectures (weekly)

### **Multidisciplinary Team Meetings and Rounds**

Fellows will be expected to work with Multidisciplinary Teams and attend Grand Rounds across the academic medical center. Below please find a tentative list of meetings that are a part of each rotation, although the list is not exhaustive:

- Cancer Psychology
  - Multidisciplinary Breast Tumor Board
  - Psycho-oncology Multidisciplinary Meeting
  - Advanced Skin Cancer Tumor Boards
  - BMT Tumor Boards
  - Colorectal Tumor Boards
  - Endocrine Tumor Boards
  - GU Tumor Boards
  - Gyn Onc Tumor Boards
  - Head and Neck Tumor Boards
  - Hepatic Tumor Boards

- Leukemia/Malignant Heme
- Lymphoma Tumor Boards
- Molecular Tumor Boards
- Precision Medicine Molecular Tumor Boards
- Myeloma Tumor Boards
- Neuro Oncology Tumor Boards
- Pancreatic Tumor Boards
- Regional Therapies
- Sarcoma Tumor Boards
- Thoracic Tumor Boards
  
- Headache Medicine and Pain Psychology
  - Headache Clinic Team Meeting
  
- Metabolic and Bariatric Psychology
  - Bariatric Leaders Meeting
  - Bariatric QA Meeting
  - Equitable Care Workgroup Meeting
  - Minimally Invasive Gastrointestinal Surgery (MIGS) Team Meeting
  
- Palliative Care Psychology
  - Interdisciplinary Team Meeting
  - Challenging Patient Interdisciplinary Case Discussion
  - Palli-Psych Office Hours
  - Interdisciplinary Weekend Sign Out
  
- Primary Care Psychiatry
  - Plank Road Clinic Provider Meeting
  
- Transplant Surgery
  - Liver Transplant Selection Committee (weekly)
  - Heart Transplant/VAD Selection Committee (weekly)
  - Kidney/Pancreas Transplant Selection Committee (weekly)
  - Kidney Living Donor Transplant Selection Committee (weekly)
  - Kidney/Pancreas & Kidney Living Donor Morbidity & Mortality (M&M) (monthly)
  - Heart Transplant /VAD M&M Meeting (monthly)
  - Liver Transplant M&M Meeting (monthly)
  - Kidney & Living Donor Transplant QAPI (monthly)

- Heart Transplant/VAD QAPI (monthly)
- Liver Transplant QAPI (monthly)
- Transplant Surgery Research Meeting (monthly)
- Department of Surgery M&M (weekly)
- Dept of Surgery Research Roundtable (monthly)
- Transplant Morbidity & Mortality (M&M) Case Review (monthly for each organ)

## Teaching

Given our program aims to prepare fellows to integrate science into practice, be integral members of a multidisciplinary health care teams, and/or pursue a career in academic medicine, we require fellows to create and give educational presentations to a wide range of audiences (i.e., medical students, pharmacy graduate students, psychology residents, and interdisciplinary professionals), across the health system, throughout the year. The number of presentations may range from two (biannually) to four (quarterly) and is based on the fellow's progression towards developing competence in this professional wide domain. Supervisors will work with the fellow to provide guidance and support in creating and delivering their presentations, as well as give feedback from direct observation and/or audience surveys, with the intention that the fellow will incorporate feedback to advance their teaching skills.

## Training Rotations and Experiences

### *Cancer Psychology*

**Lyndsey Wallace, Psy.D., ABPP**

Cancer psychology is the practice of health psychology as it applies to those being treated with cancer and addresses issues of adjustment to illness, coping with chronic illness, adherence and behavioral management, and end-of-life care. Cancer psychologists work with patients and their family members to help cope with cancer and its impacts on functioning, emotional distress, mental health, and family relationships. On the cancer rotation, the fellow will work primarily in outpatient setting and as part of a multidisciplinary team. The fellow will have an opportunity, based on area of interest, to engage in disease-specific patient populations and teams. Fellows will treat patients during their cancer treatment process. Fellows will spend 4 half-days in the Cancer Center.

### *Direct Services*

Cancer psychology has areas of focus on coping and adjustment, management of psychological distress and disorder, and family functioning at times of illness.

- Assessment – Biopsychosocial intake interviews with medically ill patients, assessment for behavioral management, assessment of coping style, social support, attitudes toward health care, and motivation for change
- Behavior Therapy – Behavioral activation, adherence, and compliance management
- Health and Behavioral Intervention – Coping skills training, sleep hygiene, psychoeducation
- Pain management – non-pharmacological treatment for acute and chronic pain
- Outpatient Psychotherapy – Psychological disorder (depression, anxiety, PTSD), adjustment to illness (newly diagnosed patients, chronically ill patients, fostering Post Traumatic Growth, patients and families at end-of-life), planning for psychological wellness and safety during cancer treatment and surgical recovery
- Stress management – Mindfulness, relaxation strategies, cognitive restructuring

### *Integrated Behavioral Health*

Cancer psychologists work as part of multidisciplinary teams, collaborating with physicians, advanced practice providers (APPs), nurses, social workers, medical residents, and medical fellows. The psychology fellow will have opportunities to collaborate with other disciplines in the following ways:

- Providing training on psychological issues with cancer patients to nursing staff
- Providing consultation and behavioral management to nursing and medical staff for problematic patient behavior
- Promoting effective patient-provider relationships

### *Rotation Location:*

Froedtert Hospital

Clinical Cancer Center

<https://www.froedtert.com/locations/cancer-center/clinical-cancer-center-froedtert-hospital>

## *Headache Medicine and Pain Psychology*

**Kirti Thummala, Ph.D.**

The Headache Medicine Program is housed within the Department of Neurology at the Medical College of Wisconsin. The headache clinic provides multidisciplinary services to individuals suffering from primary headache disorders, including chronic migraines, tension-type and cluster headaches. The interdisciplinary headache team includes physicians, fellows, residents, pain psychologists, nurse practitioners and physical therapists. Patients in the headache program receive a comprehensive evaluation of their headaches, leading to a personalized plan of care established in collaboration with the patient and multiple headache specialists. When appropriate, patients are referred to pain psychology for a variety of presenting problems including difficulty adjusting to chronic headache pain and headache-related treatments, co-morbid mental health concerns (e.g., depression, anxiety), and/or assessment and treatment of maladaptive behavior patterns that may serve to perpetuate and exacerbate their headaches.

This fellowship rotation is outpatient-based and will focus on providing empirically validated assessments and interventions, including Cognitive Behavioral Therapy, Mindfulness Based Stress Reduction, and Acceptance and Commitment Therapy for headache pain and other associated psychological disorder and medical presentations. The fellow will also have opportunities to perform objective personality assessments, behavioral interventions (e.g., biofeedback, behavioral therapy for insomnia, etc.) and group psychotherapy. In addition to clinical responsibilities, fellows are expected to attend weekly headache program didactic lectures, teaching rounds, monthly journal club meetings and grand rounds. The fellow is also encouraged to register and attend relevant conferences/seminars.

Postdoctoral fellows will have 4 half-days at the Headache Clinic and will maintain an ongoing outpatient caseload throughout the entire training year.

### *Direct Services*

This clinic's goals include optimizing physical health through management of psychological barriers, coping with chronic pain, symptom management, and illness adjustment.

- 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
- 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 fellows will collaborate with multiple health professionals through medical record, phone consultation, and collaborative practice. Being physically situated within the Neurology clinic will allow frequent in-person collaboration with various providers. The 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 and direct communication
- Be available for behavioral health consultation from providers in the health enterprise as requested

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

*Research*

Postdoctoral fellows will have the opportunity to participate in research focused on program evaluation and treatment effectiveness within the Headache Medicine program. Fellows will have designated academic space for their use in the HUB.

*Teaching*

Postdoctoral fellows will be required to participate in teaching through presentations about behavioral pain medicine to the interdisciplinary Headache Medicine team and other Neurology residents and fellows.

*Rotation Location*

Froedtert Hospital

Froedtert Hospital Specialty Clinic

<https://www.froedtert.com/locations/clinic/specialty-clinics-froedtert-hospital>

### *Metabolic and Bariatric Psychology*

**Alex Buhk, Ph.D.**

The Metabolic and Bariatric Psychology rotation spans two interdisciplinary co-located clinical programs: the Bariatric Surgery Program, housed within the Department of Surgery, Division of Minimally Invasive and Gastrointestinal Surgery, and the Medical Weight Loss Program, housed within the Department of Medicine, Division of Endocrinology and Molecular Medicine, at the Medical College of Wisconsin. Clinical health psychologists are viewed as critical members of the interdisciplinary teams supporting both the Bariatric Surgery Program and Medical Weight Loss Program. Team members across these programs include surgeons, endocrinologists, physician assistants, nurse practitioners, registered nurses, registered dietitians, certified diabetes care and education specialists, pharmacists, clinical health psychologists, fellows, residents, and students.

One of the primary functions of the fellow within this outpatient-based rotation is to conduct psychological evaluations and provide behavioral health interventions for patients engaged in both the Bariatric Surgery Program and Medical Weight Loss Program. Fellows work longitudinally with patients pursuing surgical and non-surgical weight management for obesity and related endocrine disorders (e.g., diabetes, hypothyroidism, polycystic ovary syndrome, Cushing's syndrome, etc.), offering brief, targeted psychological interventions to support behavior change, treatment adherence, and psychological adjustment. Training includes the administration of empirically supported pre-surgical psychological evaluations, as well as delivery of individual and group (optional) interventions using evidence-based approaches including but not limited to Problem Solving Therapy, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, Mindfulness-Based Stress Reduction, and Behavioral Activation. Fellows may also carry one or more long-term therapy cases, participate in shared medical appointments, supervise practicum students, engage in ongoing research projects, provide didactics/seminars to learners, and attend monthly interdisciplinary meetings within both surgical and metabolic programs. Fellows will have 4 half-days within the Metabolic and Bariatric Psychology rotation.

#### Direct Services

The goal of this rotation is to help patients achieve optimal health outcomes – whether they are preparing for bariatric surgery or pursuing non-surgical, metabolic weight loss – by addressing psychological barriers, enhancing treatment adherence, supporting health behavior change, and promoting psychological adjustment. Services focus on coping with chronic illness, managing symptoms, addressing comorbid psychopathology, and improving overall quality of life.

- Assessment – pre-surgical bariatric psychological evaluations, clinical biopsychosocial interviews, health psychology assessments, brief testing
- Behavior Therapy – behavioral activation, behavior modification, habit formation and goal setting, enhancement of compliance and adherence skills, communications skills, coping skill optimization, relapse prevention planning
- Health Behavior Intervention – diet, weight management, physical activity, sleep hygiene, medication adherence, health care system navigation skills, motivational interviewing
- Pain Management – non-pharmacological treatment for acute and chronic pain commonly comorbid with obesity, education in pacing and physical functioning
- Psychotherapy for psychopathology – eating disordered behaviors, anxiety, depression, trauma-related responses, substance use, adjustment difficulties
- Stress Management – locus of control development, respiratory control, relaxation techniques, grounding strategies, mindfulness, acceptance-based strategies, self-care/compassion, cognitive restructuring, time management

#### Integrated Behavioral Health

The fellow will work as part of two interdisciplinary teams: the Bariatric Surgery Program and the Medical Weight Loss Program. Both programs emphasize close collaboration among medical and behavioral providers and are fully

integrated within a shared clinical space. Fellows engage in frequent in-person communication with team members across both programs. Collaboration is further supported through coordinated workflows using the electronic medical record, secure messaging, phone consultation, facsimile, and scheduled interdisciplinary meetings and touchpoints. The fellow will become familiar with coordinating care across surgical and metabolic settings and will gain experience in the following:

- Co-treating with other disciplines (e.g., endocrinology, surgery, dietetics, diabetes education, nursing, pharmacy) to more effectively address mental and behavioral health concerns in both surgical and non-surgical contexts
- Communicating via in-person consultation, electronic medical record, secure messaging, phone, facsimile, and other forms of secure technology
- Consulting with medical staff regarding patients' psychological functioning, treatment barriers, and behavioral readiness for intervention
- Being available for behavioral health consultation from providers across the health enterprise, as requested
- Offering behavioral management strategies to medical team members to support patient adherence, address resistance, and facilitate behavior change
- Attending interdisciplinary team meetings
- Promoting effective patient-provider relationships through psychoeducation, behavioral consultation, and communication strategies

#### Rotation Location

Froedtert Hospital

Froedtert Hospital Specialty Clinic

<https://www.froedtert.com/locations/clinic/specialty-clinics-froedtert-hospital>

## *Palliative Care Psychology*

**Mackenzie Goertz, Ph.D.**

Palliative Care is a specialty that focuses on improving quality of life for patients suffering with serious medical illness (e.g., cancer, advanced heart, lung, liver, kidney or vascular disease, serious neurological conditions, injuries from life-threatening accidents, and other serious or life-limiting illness). The goal is to minimize discomforting symptoms through a biopsychosocial lens focusing on physical, emotional, and spiritual distress. The interdisciplinary team includes physicians, advanced practitioners, spiritual services, registered nurses, and a psychologist. Palliative psychologists work with patients and their family members in an effort to help them with adjustment and coping of serious illness, interpersonal relationships, and mental health concerns (e.g., depression, anxiety, trauma, cognitive concerns, delirium, etc.), pain management, and end-of-life care. Common treatment modalities include Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Meaning-Centered Psychotherapy, and Dignity therapy. On the palliative care psychology rotation, the fellow will work primarily in the inpatient setting and as part of a multidisciplinary team. Fellows will treat patients during their cancer treatment process. Fellows will spend 4 half-days in the hospital on the inpatient palliative care team.

### *Direct Services*

Treatment of services will be on the inpatient palliative care team. Palliative psychologists provide patient and family support and team support. Fellows will perform health psychology assessments and brief interventions to help with adjustment to illness, symptom management, and promoting interpersonal dynamics.

- Assessment – Biopsychosocial intake interviews, health and behavior assessments, decision making capacity, brief testing
- Psychotherapy for psychopathology – Depression, anxiety, trauma, substance misuse, management of personality disorders in medically complicated patients and families
- Behavior therapy – Behavioral activation, adherence, and compliance management
- Health and Behavioral Intervention – Coping skills training, sleep hygiene, diet, psychoeducation
- Pain management – non-pharmacological treatment for pain
- Stress management – Mindfulness, relaxation strategies

### *Integrated Behavioral Health*

Palliative psychologists work as part of multidisciplinary teams, collaborating with physicians, advanced practice providers (APPs), spiritual services, nurses, social workers, medical fellows, residents, and students. The psychology fellow will have opportunities to collaborate with other disciplines in the following ways:

- Attending interdisciplinary team meetings and medical rounds
- Providing consultation and behavioral management to nursing and medical staff for problematic patient behavior
- Promoting effective patient-provider relationships
- Co-treating patients alongside physicians, APPs, spiritual services, and/or PT/OT to more effectively address mental or behavioral health concerns

### *Rotation Location*

Froedtert Hospital

<https://www.froedtert.com/locations/hospital/froedtert-hospital>

### *Primary Care Psychology*

**Amber Craig, 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 MCW Behavioral Health Clinic. This is a busy primary care clinic serving both children, adolescents, and adults with all presenting concerns.

The postdoctoral fellow will serve as a behavioral health consultant for adult patients within the Plank Road Clinic. Psychology fellows will provide direct patient care in concert with multiple health professionals. Being integrated within the clinic will allow for frequent in-person collaboration and consultation with various providers and staff. Psychology postdoctoral fellows will become familiar with coordinating patient care in a multidisciplinary team setting. They will be available for warm hand-offs of primary care patients, ongoing brief behavioral health care, and consultation to primary care providers about patient mental and physical health concerns. Psychology fellows 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, Motivational Interviewing, and Acceptance and Commitment Therapy. Postdoctoral fellows will have 4 half-day clinics at the Plank Road Clinic.

### *Direct Services*

The goals of this clinic include optimizing mental and physical health through management of psychosocial barriers, coping with chronic illness and treatments, symptom management, and adjustment to disability and/or life stressors.

- Assessment – clinical biopsychosocial interviews, health psychology assessment and brief symptom screening, functional assessments
- Behavior Therapy – behavioral activation, treatment adherence, communication skills, optimizing coping
- Health Behavior Intervention – healthy eating, exercise, sleep, substance use, medication adherence, effective patient-provider communication and shared decision making
- 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 patients
- Stress Management – locus of control, relaxation, mindfulness, time management, problem solving

### *Integrated Behavioral Health*

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

- Warm handoffs from primary care providers
- Assessment and intervention based on the Four-Quadrant Model
- Triage patient needs and refer to system and community resources as appropriate
- Communicate ongoing patient care and patient needs with the primary care team

### *Rotation Location*

Froedtert Health Plank Road Clinic at the Tosa Health Center

<https://www.froedtert.com/locations/health-center/tosa-health-center>

### *Transplant Psychology*

**Stephanie Zanowski, PhD & Jenessa Price, PhD**

The Transplant Mental Health Program consists of two Clinical Psychologists, three Social Workers, and one Alcohol and Other Drug Abuse (AODA) Counselor. The program also provides year-round training for MCW Health Psychology residents and a Transplant Neuropsychology practicum student. Transplant Psychologists assess candidacy from a biopsychosocial perspective for patients in evaluation for solid organ transplant and provide both initial as well as ongoing psychosocial recommendations to patients and team members. In addition, Transplant Psychologists provide supportive therapy and empirically based interventions to patients pre- and post-transplant on both an inpatient and outpatient basis, towards optimizing readiness pre-transplant, adjustment post-transplant, and equitable access to mental health services and life-saving transplant. The focus of treatment includes coping with chronic illness, adjusting to medical illness, mood management, adherence, and drug and alcohol relapse prevention.

### *Direct Services*

Transplant Psychology focuses on assessment of psychosocial risk and protective factors in addition to implementation of interventions addressing coping and adjustment, management of psychological distress and disorder, management of adherence, and addiction. The Transplant Psychology Fellow will have the opportunity to provide the following clinical services:

- Psychological Assessment – Pre-transplant (kidney, liver, LVAD/heart, lung) psychological evaluation for transplant (typically outpatient); urgent inpatient psychological evaluation for transplant; general psychological evaluations (outpatient)
- Inpatient/Outpatient Psychotherapy – Psychological disorder (depression, anxiety, PTSD, bipolar disorder); adjustment to acute and chronic illness; CBT and nonpharmacologic treatment for pain
- Health and Behavioral Intervention – Adherence management; implementation of cognitive compensatory strategies; coping skills/relaxation training; sleep hygiene; psychoeducation
- Motivational Interviewing – Adherence management; drug and alcohol misuse/use disorders

The Transplant Psychology Fellow may also have an opportunity to lead a psychoeducation and health behavior management group to promote transplant readiness and adherence.

### *Integrated Behavioral Health*

Transplant Psychologists serve as integral members of multidisciplinary treatment teams composed of surgeons, specialty physicians, advanced practice providers (APPs), nurses, and medical residents and fellows. The Transplant Psychology fellow will have opportunities to collaborate with other disciplines in the following ways:

- Provide initial and ongoing recommendations for candidacy to patient coordinators and other treatment providers
- Consultation with members of the Mental Health team, including Social Workers and the AODA Coordinator
- Attend weekly Multidisciplinary Selection Committee meetings for kidney, liver, LVAD/heart and lung
- Provide inpatient consultation and ongoing supportive therapy to patients and coordinate care with medical staff (APPs, resident physicians, and fellow physicians) during the patient's stay
- Promote effective patient-provider relationships
- Provide education on the biopsychosocial perspective and training to other medical professionals, including nurses and medical residents

### *Research Opportunities*

The Transplant Psychology Fellow will also have the opportunity to participate in ongoing research projects encompassing equitable access to organ transplants. Current projects include:

- Relapse and survival outcomes among patients with alcohol-related liver disease referred for liver transplant
- Racial disparity in access to heart transplant among patients with heart failure referred for LVAD and/or heart transplant
- Neurocognitive functioning among patients with heart failure pre- and post-heart transplant

*Rotation Location*

Froedtert Hospital  
Center for Advanced Care

## Evaluation Procedures

Fellows are evaluated quarterly in their two major rotations, with the evaluation focusing on the elements of the competencies noted in the table above. Fellows are evaluated on a developmental scale and expected to grow throughout the fellowship year in independence and proficiency. At the mid-year and end-of-year, the Training Director summarizes the quarterly evaluations, including evaluations of teaching and research as well, and completes the Summative Evaluation. The Summative Evaluation is the metric by which successful completion of the program is operationalized. Please see the Minimum Levels of Achievement as outlined under the “Requirements for Completion” section.

## Requirements for Completion

Fellow’s skills in the core competencies are evaluated formally by the supervisor in each of the major rotations on a quarterly basis. Also, fellow progress toward competency attainment is discussed monthly by the core training faculty. The Training Director prepares a Summative Evaluation at the mid-year and end-of-year time points composed of the aggregate supervisor ratings and comments. To successfully complete the fellowship, the fellow must demonstrate competence for independent practice as demonstrated by a rating reflecting competent for independent practice in all core competency areas: integration of science and practice, ethical and legal standards, individual and cultural diversity, research, professional values and attitudes, communication and interpersonal skills, assessment, intervention, teaching and supervision, consultation and interprofessional/interdisciplinary skills, and leadership. Please see specific completion criteria below:

### Requirements for Successful Completion of the Fellowship Program

- a. 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.
- b. Complete at least 500 hours of direct clinical work summed from across clinical rotations
- c. Complete/receive at least 100 hours of clinical supervision
- d. Complete an Empirically Based Health Psychology Project approved by a faculty mentor and the Training Director
- e. Completion of at least 95% of didactic seminars, with the exception of allowed time out of the office.
- f. 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.
- g. 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.
- h. 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.

- i. Should a fellow demonstrate below expected competence appropriate to their developmentally expected level, a Development Plan as outlined in the Remediation Process Policy will be promptly implemented.
- j. Successful completion of any Development Plan should one be implemented.
- i. Complete all programmatic evaluation forms in a timely manner

## Facility and Training Resources

Fellows have a dedicated workspace at Froedtert Hospital in the Health Psychology workspace in the Center for Advanced Care (CFAC), as well as dedicated space in the clinical rotations in which an individual is rotating. Fellows have appropriately designated clinic space in their respective clinics where patients are seen. In addition, fellows are assigned a pager and lab coat and have a laptop computer. All fellows can access the MCW library system, including online databases like Medline. Fellows also have access to the libraries across the system. Fellows have access to multidisciplinary training experiences including Grand Rounds across multiple specialty areas and other forms of specific health-related didactic and educational training. Fellows also have access to \$1500 professional development fund that can be used to pay for licensure, conferences, books, or other educational resources.

## 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:***

**Lawrence Miller, Psy.D.**

Associate 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



**Training Faculty:**

**Alex Buhk, Ph.D.**

Assistant Professor, Psychiatry and Behavioral Medicine  
Psychologist, Froedtert/MCW Bariatric Surgery Program

**Training:**

BA, Psychology, University of Toledo, Toledo, OH (Honors)  
MA, Clinical Psychology, University of Toledo, Toledo, OH  
PhD, Clinical Psychology, University of Toledo, Toledo, OH  
Residency: Adult Clinical Psychology and Behavioral Medicine,  
Geisinger Medical Center, Danville, PA  
Fellowship: Clinical Health Psychology (Primary Care Track),  
Medical College of Wisconsin, Milwaukee, WI



**Amber Craig, Ph.D.**

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

**Training:**

B.S., Georgia State University, Atlanta, GA  
Ph.D., Indiana University, Bloomington, IN  
Residency: University of Wisconsin, Madison, WI  
Fellowship: Clinical Health Psychology (Primary Care Track), Medical College of Wisconsin, Milwaukee, WI

**Mackenzie Goertz, Ph.D.**

Assistant Professor of Psychiatry and Behavioral Medicine  
Psychologist, Froedtert/MCW Blood and Marrow Transplant  
and Cellular Therapy Program & Palliative Care Program

**Training:**

B.A. Psychology, Flagler College, St. Augustine, FL  
M.A. Counseling, Latinx Mental Health Concentration, The  
Chicago School of Professional Psychology, Chicago, IL  
Ph.D. Counseling Psychology, Marquette University,  
Milwaukee, WI

Residency: Health Psychology Predoctoral Internship,  
Southwest Consortium, Albuquerque, NM

Fellowship: Health Psychology, Loyola University Medical Center, Maywood, IL



**Lawrence Miller, Psy.D.**

Associate 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

**Jenessa Price, Ph.D.**

Associate Professor of Surgery  
Clinical Neuropsychologist

**Training:**

B.A. Psychology, Butler University, Indianapolis, IN

Ph.D. Clinical Psychology (emphasis in Neuropsychology), University of Cincinnati, Cincinnati, OH

Residency: Boston Consortium in Clinical Psychology (now VA Boston Healthcare System Psychology Internship Training Program), Clinical Neuropsychology Track, Boston, MA

Fellowship: McLean Hospital-Harvard Medical School: T32 Training in Drug Abuse and Neuroimaging, Belmont, MA



**Kirti Thummala, PhD**

Assistant Professor, Psychiatry and Behavioral Medicine  
Assistant Professor, Neurology (Secondary Appointment)

**Training:**

B.A., Brain, Behavior and Cognitive Science, University of Michigan, Ann Arbor, MI

M.A., Clinical Psychology, Arizona State University, Tempe, AZ

Ph.D., Clinical Psychology, Arizona State University, Tempe, AZ

Residency: Department of Psychiatry and Behavioral Sciences, Rush University Medical Center, Chicago, IL

Fellowship: Supportive Oncology Program, Rush University Medical Center, Chicago, IL

**Lyndsey Wallace, Psy.D., ABPP**

Assistant Professor of Psychiatry and Behavioral Medicine  
Psychologist, Psycho-Oncology Program

**Training:**

B.S., Psychology, University of Iowa, Iowa City, IA

M.A., Clinical Psychology, Illinois School of Professional Psychology,  
Chicago, IL

Psy.D, Clinical Psychology, Illinois School of Professional Psychology,  
Chicago, IL

Residency: Mann-Grandstaff VA Medical Center, Spokane, WA

Fellowship: Palliative Care, Clement J. Zablocki VA Medical Center,  
Milwaukee, WI



**Stephanie Zanowski, Ph.D.**

Associate Professor of Surgery  
Director of Psychology Services, Medical College Physicians  
Director of Transplantation Mental Health

**Training:**

B.A. Psychology and Spanish, Gustavus Adolphus College,  
St. Peter, Minnesota

M.A. Clinical Psychology, Cardinal Stritch University,  
Milwaukee, Wisconsin

Ph.D. Clinical Psychology, Marquette University,  
Milwaukee, Wisconsin

Residency: Medical College of Wisconsin, Department of  
Plastic Surgery

Fellowship: Medical College of Wisconsin, Department of  
Plastic Surgery

## 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. Also, please feel free to reference this article on Milwaukee: <http://www.vogue.com/article/travel-guide-milwaukee-wisconsin-midwest-coolest-city>.