Institute for Human Adjustment
UNIVERSITY OF MICHIGAN

POSTDOCTORAL FELLOWSHIP IN CLINICAL PSYCHOLOGY

2012-2013

UNIVERSITY OF MICHIGAN INSTITUTE FOR HUMAN ADJUSTMENT

The Institute for Human Adjustment was founded in 1936 as a unit of the University's Rackham School of Graduate Studies. The Institute's agencies have provided clinical services and related graduate training and research since that time. Postdoctoral fellows apply for a full-time placement in one of the Institute's outpatient mental health clinics: the Psychological Clinic (serving adults from our campus and community) or the University Center for the Child and the Family (UCCF; serving children and families). The Psychological Clinic and the UCCF are housed next to each other in modern facilities in East Hall, adjacent to the Psychology Department. Both sites include training opportunities in ADHD/LD testing, individual therapy, couples therapy, and group therapy within their multidisciplinary, outpatient mental health setting. Family therapy training and Autism-spectrum diagnostic testing training are also available at UCCF.

The Psychological Clinic began its modern existence in 1954 as a psychoanalytic training center. Over the years, the Clinic has expanded its perspectives to include a widening scope of evidence-based practice, including brief psychodynamic, cognitive-behavioral, interpersonal, couples/systems, and biological/psychiatric approaches; an overall multicultural perspective infuses all of our work. We bring these perspectives to bear in our initial assessment and treatment planning, and these fundamentals inform our supervision, seminars and staff meetings.

The UCCF was established in 1988. UCCF similarly works within an evidence-based, best-practice model of treatment and training, which incorporates a multi-theoretical, diversity-infused, integrative approach to case formulation and treatment.

POSTDOCTORAL FELLOWSHIP PROGRAM

OVERVIEW

Training Program Goals and Objectives

The University of Michigan Institute for Human Adjustment Postdoctoral Fellowship Training Program is designed to provide advanced training in professional psychology to qualified postdoctoral psychologists. Training is based in either the Psychological Clinic or UCCF, which are both multidisciplinary, training-focused, outpatient centers with a welcoming and supportive atmosphere. The training prepares fellows for licensure in the State of Michigan (or any other state with similar requirements) through a one year, full time program that provides robust, advanced training in many key professional competencies (two year option is available if desired). These competencies include assessment and diagnosis, intervention including individual, group, couples, and family (UCCF only) therapy, consultation and interdisciplinary collaboration, multicultural competencies, clinical teaching and supervision, research, professional development, ethics, and leadership/administrative skills. These competencies are enhanced through direct clinical service with supervision from expert clinicians, participation in seminars and clinical meetings and conferences, participation in research or other scholarly activity, consultation with outside professionals, teaching of seminars to psychology interns and social work students, supervision of clinical work conducted by practicum or social work students, and participation in senior staff meetings and workgroups.

Basic Model and Service Activities

The postdoctoral program is a one year commitment, which may be extended to two years by mutual consent. Direct service activities are expected to be a substantial portion of the fellow's training experience, with an expected caseload of 16-18 45-minute sessions weekly. These hours are comprised of psychotherapy and testing. After a period of advanced clinical experience and participation in the senior staff activities, fellows may take on supervised supervision of practicum or social work students. All of this direct service is conducted at one of the IHA mental health clinics (Psychological Clinic or UCCF). During the postdoctoral experience, fellows also take on outreach projects related to mental health issues, such as working with senior staff to provide University or community workshops on relevant mental health topics.

Description of Training Curriculum

- Supervision Received: Fellows receive 1-2 hours of individual supervision weekly. Additional group supervisions are available for couples therapy, and

initial (diagnostic/assessment) consultations. Fellows receive supervision on testing when testing occurs.

- Didactic Meetings: Postdoctoral fellows attend a bi-monthly Fellows meeting that covers advanced topics including supervision, ongoing supervision of supervision given by fellows, and administrative/ leadership issues. Fellows participate in a weekly staff meeting attended by all senior staff and trainees, at which clinical presentations, multicultural presentations and discussions, research presentations, and presentations on professional issues (such as legal issues in practice) occur.
- Administrative/Teaching Experience: Postdoctoral fellows participate in a Senior Staff meeting, where senior supervisors review the training program, develop new programs and policies, review administrative issues, and discuss training problems and issues (e.g., difficulties in supervision). Fellows assist senior staff in designing and teaching clinical seminars to psychology interns and social work students.
- Supervision Experience: Postdoctoral fellows generally supervise beginning-level students from our psychology or social work programs on their clinical work; instruction and supervision on supervision is part of the Fellows' Meeting with the Training Director. Our post-docs have especially valued this experience.
- Research/Scholarly Activities: Postdoctoral fellows are encouraged to collaborate with core faculty at the Institute and larger university to conduct research, publish theoretical and scholarly work, (including their dissertation) and prepare presentations for regional and national conferences.
- Outreach/Consultation: Psychological Clinic Fellows work together with Clinic staff and staff from the Graduate School to design and implement clinical outreach programs that benefit graduate students and their families, counselors to graduate students, and faculty in diverse programs; UCCF fellows engage in outreach opportunities targeted to parents and families in the Ann Arbor community and the public school system. They help develop and deliver informative presentations regarding the clinics' programs to other mental health professionals in the community.

Breakdown of Activities

Client Contact (Adults)	16-18
Individual Supervision	1-2
Group Supervision	0-1.5
Testing & Supervision	1.5
Co-Teaching Interns	1.5-3
Supervision of Junior Trainees	3
Postdoctoral Seminar	1
Consultation Group	1.5
Staff & Senior Staff Conferences	1
Clinical Documentation / Preparation	8-10
Outreach/Scholarly Activity	7-10
Total	**45-50**

Seminars & Conferences

Staff Conference (Psychological Clinic or UCCF). This bimonthly conference is attended by all trainees and staff at that unit. Each staff member, Postdoctoral fellow, and intern offers a formal presentation of an ongoing case at least once during the year. Research presentations, discussions of important topics such as managed care, and training in evidence-based psychotherapy and group work on multicultural and individual differences are all important topics in this meeting. Outside speakers discuss professional issues, research projects, and other topics.

Training Seminar (Psychological Clinic or UCCF): This didactic seminar meets weekly for 8 months. It begins with an introduction to initial consultations with patients, followed by more specialized topics. Recent Psychological Clinic topics have included 4 week seminar series on short-term psychodynamic therapy, Acceptance and Commitment Therapy, Cognitive Behavioral Analysis System of Psychotherapy (CBASP), Interpersonal Psychotherapy (IPT), and lectures on termination issues and ethical issues. Recent UCCF seminars have included topics on parenting, models of family therapy, assessment and treatment of Autism-spectrum disorders, and "Best Practices" series on anxiety disorders, depression and trauma. Seminars are led by faculty with expertise specific to the topics and Postdoctoral Fellows participate in teaching some of the seminars.

Cognitive Behavioral Therapy Seminar (Psychological Clinic). This is an optional introductory didactic seminar series offered throughout the fall. It focuses on the diagnosis, case conceptualization and treatment of a range of adult problems from a CBT perspective, with a focus on anxiety disorders. Postdocs with CBT experience may opt to lead some of the seminars.

Couples Therapy Seminar and Group Supervision (Psychological Clinic). This small group meets weekly throughout the year. The seminar introduces family systems and evidence-based emotion focused approaches to evaluation and treatment of couples, with discussion and supervision of clinical work.

Consultation Groups (Psychological Clinic). These weekly small groups each consist of two faculty members and a range of trainees at various levels. New cases are reviewed and diagnosed using objective measures and interview data. Treatment plans are developed and follow-up of cases is planned using relevant outcomes.

Treatment Disposition Meeting (UCCF). These weekly meetings are attended by all staff and trainees. New cases are reviewed and diagnosed using objective measures and interview data. Multi-theoretical case conceptualizations are developed and best-practice treatment plans are developed.

Assessment of ADHD/LD. This brief seminar focuses on research, theory and assessment of ADHD/LD in adults and children. Individual supervision of testings follows. Postdocs with significant testing training may help facilitate these seminars

Fellows' Meeting Postdoctoral Fellows meet bimonthly with a core faculty member to discuss pertinent training issues. The topics addressed have included didactic instruction and discussion about how to supervise. Postdoctoral Fellows receive supervision on their own supervision of social work and psychology practicum trainees. This meeting is also used as a forum for postdocs to present their own clinical case presentations and research presentations to each other and learn from each others' expertise.

Postdoctoral Program Director

The Director of the postdoctoral program is Michelle Van Etten Lee, Ph.D. She has authority over all aspects of the postdoctoral fellowship, and reports to Dr. Cheryl King, the Director of the Institute for Human Adjustment. Dr. Van Etten Lee chairs the faculty committee that selects postdoctoral fellows, monitors and evaluates the training program's goals and activities, and documents and maintains Fellow's training records. She is a licensed psychologist in the State of Michigan.

SUPERVISING FACULTY/AREAS OF SPECIAL INTEREST

Eileen Bond, MSW *(Faculty, UCCF).* Clinical Social Worker with expertise in mind/body approaches to behavioral health including: imagination training, relaxation training, and stress management; parent education; family therapy; and the utilization of spirituality in psychotherapy.

Barbara Cain, MSW, ACSW *(Faculty, Clinic).* Social worker with expertise in adult psychotherapy. Special interests in divorce and supervision.

Kristin Chapman, M.A., CCC/SLP. *(Faculty, UCCF).* Speech & language pathologist specializing in disorders of speech, language, learning, social functioning and attention; expertise in consultation with educations systems on behalf of children with these disorders.

Cynthia Ewell Foster, Ph.D. *(Director, UCCF).* Clinical Child and Adolescent Psychologist with expertise in a variety of evidence-based psychotherapies for children and adolescents (e.g., parent behavior management training, cognitive-behavioral therapy for depression and anxiety, suicide risk assessment and management) as well as the development of family, community, and school supports for young people with emotional, behavioral, and learning problems. Research interests involve school and community-based efforts to prevent depression and suicide via early identification, enhanced support, and treatment linkage.

Todd Favorite, Ph.D. *(Director, Psychological Clinic).* Clinical Psychologist with expertise in a variety of evidence-based psychotherapies for adults; interest and expertise in trauma research and psychotherapy; certified in Cognitive Behavioral Analysis System of Psychotherapy (CBASP).

Polly Gipson, Ph.D. *(Faculty, UCCF).* Clinical psychologist with specialty expertise in a variety of evidence-based psychotherapies for children and adolescents, in addition to depression and suicide risk assessment for adolescents.

Joseph Harvey, M.D. *(Faculty, UCCF).* Child and Adolescent Psychiatrist with expertise in both biological and psychotherapeutic treatment of adolescents and children. Particularly interested in the integration and use of appropriate medications with ongoing psychotherapy.

Elise Hodges, Ph.D. *(Faculty, Clinic and UCCF).* Neuropsychologist with expertise in psychological testing of adults, adolescents and children.

Jody Hoffman, Ph.D. *(Faculty, Clinic).* Clinical Psychologist with expertise in CBT & Interpersonal Psychotherapy (IPT).

Cheryl King, Ph.D. *(Director, IHA; Interim Director, UCCF; Faculty, Clinic).* Clinical Child and Adolescent Psychologist with expertise in developmental psychopathology, family systems, parent behavioral management training, cognitive-behavioral therapies for child/adolescent depression and anxiety, social skills training, family interventions for parents and adolescents, suicide risk assessment, and suicide risk management.

Fiona Miller, Ph.D. *(Faculty, UCCF).* Clinical Psychologist with expertise in the diagnosis and treatment of Autism Spectrum Disorders, developmental assessments, parent consults, parent behavioral management training, and interventions for aggression and fire-setting in young children.

Jeffrey Urist, Ph.D. *(Faculty, Clinic).* Clinical Psychologist with expertise in adult psychotherapy and assessment, short term psychotherapy, and therapy with adolescents.

Michelle Van Etten Lee, Ph.D. *(Director of Psychology Training, IHA; Faculty, Psychological Clinic).* Clinical Psychologist with expertise in adult psychotherapy and assessment, with a focus on CBT and anxiety disorders.

Susan Watts, MSW *(Faculty, Clinic).* Social worker with expertise in individual, couples and group therapy, and

treatment of substance abuse.

Teri Wolf, MD *(Faculty, Clinic).* Adult psychiatrist with interest in influence of medical conditions on mental health.

INTEGRATION OF THE POST-DOC FELLOWSHIP WITH THE IHA CLINICS AND THEIR MISSIONS

As can be seen from the description of the training plan and the curriculum for postdoctoral fellows, their work and education is integrated with the IHA Clinics' missions and activities at every level, from clinical practice to clinical and didactic meetings to administration and potential research/scholarly involvement. The Institute for Human Adjustment is a dedicated educational organization, participating in an APA accredited internship. As such, training is a co-equal goal along with providing lower-fee mental health services to members of the local community. At the Psychological Clinic, this includes graduate and undergraduate students at the University of Michigan, staff and faculty, as well as townspeople from Ann Arbor and surrounding communities. At UCCF this also includes family members of our university community and our broader community. Postdoctoral fellows provide important role models for our practicum and internship students, and this role in turn helps the fellows consolidate and solidify their own identity as competent psychologists. Fellows' contributions are honored and respected by trainees and senior staff at IHA clinics.

FELLOWSHIP STIPEND AND BENEFITS

The first year postdoctoral stipend is $33,000; the second year fellowship stipend is $34,000. Benefits include full health, sick and vacation benefits, generous professional development time, and parking options are available.

POSTDOCTORAL APPLICANT QUALIFICATIONS

1. Admission requirements include completion of all professional doctoral degree requirements from a regionally accredited institution of higher education or an APA/CPA-accredited program and an APA/CPA-accredited predoctoral internship. On the first day of the fellowship new fellows must have either the diploma in hand or a letter from the Director of graduate studies verifying the completion of all degree requirements pending institution graduation ceremony.
2. APA guidelines on specialty change are followed. Applicants who have completed doctoral studies in fields other than clinical, counseling, or school psychology must have received a certificate of equivalency from an APA/CPA accredited university program attesting to their having met APA/CPA standards, including internship.

FELLOWSHIP APPLICATIONS

The deadline for application is January 15th. ALL MATERIALS SHOULD BE SENT TOGETHER IN ONE PACKET. The following items are required:

1. Letter of interest that describes educational history and career goals and discusses relevance of training to these goals; statement of interest in placement at either the Psychological Clinic or UCCF.
2. Curriculum vitae;
3. Two letters of recommendation, addressed to the Director and enclosed in separate, sealed envelopes;
4. Letter from your graduate program's Training Director attesting to your readiness for a postdoctoral fellowship;
5. Graduate school transcript (photocopy acceptable).

Applicants will be notified of their interview status by February 15th. Two or three individual interviews will be scheduled with staff members. You will also be invited to attend team meetings, case conferences and seminars.

Check our website for additional information at www.psychclinic.org.

ADDRESS ALL APPLICATION MATERIALS TO:

Michelle Van Etten Lee, Ph.D.
Director of Psychology Training
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THE REGENTS OF THE UNIVERSITY

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(updated 12/7/2011, svel)