



Clinical Psychology Training Programs

2018-2019 Training Year

April, 2019

Training Leadership

- Wendi Cross, Ph.D.**
 Director of Training in Clinical Psychology

 Director of Psychology Postdoctoral Training
- Jennifer West, Ph.D.**
 Associate Director of Psychology Training

 Director, Psychology Internship - Child Track
- Lauren DeCaporale-Ryan, Ph.D.**
 Director, Psychology Internship - Adult Track

Inside this issue:

Updates from the Training Director	1
Internship Leadership Projects	1
Leadership Projects Cont'd	2
Poster Day Flyer	2
Faculty Focus	2
Collier Day Flyer	2

Updates from the Training Director



It's officially Spring in Rochester – we made it! You can finally put winter coats and boots away (but look for your umbrella). It's time to plan gardens, festival attendance and summer vacations. Plan also to attend the annual Trainee Poster Day (June 4, 11 am -1pm). Our trainees are busy working on their scholarly and leadership projects. They, along with the other trainees in the

Department, will present posters of their projects. For a preview of internship leadership projects, see brief summaries in this issue. The Education Committee hosts this "Gazing and Grazing" event (yes, there is food!) which is a highlight of the training year for faculty, staff and trainees. Please join us. The next phase of the training year also includes several 'end of year' celebrations including the Department's annual Key Day (June 17th) and psychology's graduation dinner (June 27th). Finally, we are also preparing for the next cohort of trainees. Over the

past few months, we interviewed dozens of highly qualified applicants and matched with eight excellent individuals who will join our 2019-20 internship program. We have also made offers to stellar candidates for our postdoctoral program. It's such an exciting time of year – sun, scholarship, and celebration.



Internship Program Leadership Projects

The internship offers a leadership opportunity for interns to make meaningful contributions to the Department's clinical and education missions and/or agencies in the broader community. Leadership Projects aim to enhance interns' understanding of complex issues facing a clinical service or education program, expose interns to the scope and depth of the functioning of psychologists in a medical center, and expand ideas regarding the contributions that psychologists can make. At the conclusion of the training year, interns present a poster about their project at the Trainee Poster Day in June.

Marisa Malone, M.A., M.Ed. PEERS 2 Project

The Program for the Education and Enrichment of Relational Skills (PEERS[®]) group, an evidence-based social skills group for adolescents with autism spectrum disorder, has been run at Pediatric Behavioral Health and Wellness for several years. Over the years, group leaders have received feedback from parents and teens that they would like to continue to learn and practice the skills taught in PEERS. Given my clinical interest in working with adolescents on the autism spectrum, I was excited to develop the curriculum for a follow-up group for families who have completed the PEERS curriculum for my leadership project. With mentorship from **Dr. Fabienne Bain**, the 'PEERS 2' group offers adolescents with autism spectrum disorder and other social skills difficulties the opportunity to generalize the skills learned in PEERS in the community with the guidance of group leaders. The 8-week curriculum consists of five process-oriented and

skill building sessions with topics including entering and exiting conversations, good sportsmanship, conflict resolution, and self-advocacy. For the remaining three sessions, adolescents practice their skills in community locations, such as at a food court, bowling alley, and arcade. Parents are engaged in parent-only sessions and participate in community outings. Data Includes: pre- and post-group data via adolescent self-report and parent rating scales to assess adolescents' social skills, and frequency and comfort engaging with peers in social settings.



Evelyn Meier, M.A. Developing New Integrated Care Services in Women's Health

The Pelvic Pain Clinic at URM is a leader in the region in providing collaborative care to patients experiencing pelvic and/or vulvar pain. These disorders can be chronic and complex in nature. Many patients feel frustrated, misunderstood, and hopeless having endured numerous

unsuccessful treatment attempts. The Pelvic Pain Clinic was established with the goal of reducing barriers to treatment by offering patients integrated care in a convenient "one-stop-shop" with access to an interdisciplinary team of specialists from Obstetrics & Gynecology, Physical Therapy, and Psychiatry. As a relatively new clinic, providers seek to better understand patients' needs and priorities in order to guide program development. Under the supervision of **Dr. Donna Kreher**, the current project aims to explore both patient and provider perspectives by developing and administering a needs assessment survey. Results will assist in designing and implementing programs consistent with patient and provider identified needs. Program evaluation will be conducted to determine treatment effectiveness and patient satisfaction.



Internship Program Leadership Projects (Cont'd)

Daniel Millstein, MA

Integration of Psychological Services for Patients with Neurological Disorders: Creating a Continuum of Care

The pathway that patients follow from acute neurological conditions (e.g. traumatic brain injury, stroke) to recovery, and various levels of functioning in between, is an important aspect of care. Presently, patients are fortunate to work with a fantastic team along the neuromedicine pathway, that includes occupational therapy, physical therapy, social work, and psychiatry. Psychology's role, however, is vital on multiple domains, from neuropsychological testing to managing comorbid psychiatric conditions to strengthening adherence to health promoting rehabilitative behavior and managing family systems. Nevertheless, no formal needs assessment has been conducted for psychological services in this branch of the hospital. Working closely with **Dr. Renee Madathil**, Dan will clarify these services, and importantly to bring them to light along

with the value that psychological personnel will add to the overall bio-psycho-social care provided in neuromedicine and rehabilitation at Strong. As this project develops, it holds the promise to introduce opportunities for psychologists in an important and under-addressed area of medical care that we hope will bring great benefit to patients, providers, and the hospital as a whole.



Abigail Rosen, MA

Child and Adolescent Psychiatry Inpatient Unit Portfolio and Parent Brochure

In an effort to increase access to clinical resources, programming information, and general unit information to both staff and family members, Abby's leadership project has centered on creating an electronic portfolio and paper brochure for the Child & Adolescent Psychiatry Inpatient Unit. Current resources provided to families are brief and do not reflect the high quality care and diverse services offered by our multi-disciplinary staff. Thus, Abby has worked to review, update, and compile the innovative interventions and programming developed by 4-9000. This project, led by **Dr. Deanna Sams**, includes two primary components. The first involves creating an electronic portfolio via SharePoint to highlight the unit's interdisciplinary accomplishments, provide a reference to other departments in the hospital, and organize information utilized by psychiatric nursing staff. Secondly, Abby is creating a pamphlet of similar reference information geared toward caregivers of current, past, or future patients experiencing psychological challenges. As a result, Abby's leadership project will help to give parents a more comprehensive picture and appropriate expectations regarding what to expect on the unit.



Catherine Stewart, MS

Integrated Pediatric Primary Care – Enhancing Show Rate to Increase Behavioral Health Access and Sustainability

In an effort to increase access and show rate in primary care behavioral health services, Catherine is working with a team to identify potential ways to enhance the show rate for appointments. Low show rate is a challenge for the entire pediatric primary care practice. Specific to the integrated behavioral health service, low show rate (a) limits patient access to behavioral health services and (b) threatens sustainability of the integrated behavioral health model. To address the high rate of no-shows and cancellations, the team implemented a quality improvement initiative. Patient satisfaction was assessed in an effort to enhance the scheduling and show rate of behavioral health follow-up visits. Under **Dr. Andrew Cohen's** mentorship and in collaboration with Dr. Alpert-Gillis' lab, Catherine is helping to explore questions raised by this quality improvement effort. Her project involves supervising research assistants, gleaned data from the patient medical record, and conducting data analyses and interpretation.



The Department of Psychiatry
Presents the 6th Annual
TRAINEE POSTER DAY

June 4, 2019

In celebration of the scholarly works of our trainees



Please join us
From
11:00 to 1:00
1st Floor
Conference Rooms

Refreshments Served



Faculty Focus

Lauren DeCaporale-Ryan, PhD is a geriatric-family psychologist. She completed her doctorate at the University of Missouri – St. Louis, her internship at the Central Arkansas VA, and fellowship in our Primary Care Family Psychology track. Lauren joined the URM faculty in 2013 in the Departments of Psychiatry, Medicine, and Surgery serving predominately at that time as a communication coach to residents, faculty, and staff clinicians in Medicine and Surgery.

Lauren serves as the Track Director of the Adult Psychology Internship and as the Associate Director of the Integrated Care Family Psychology Fellowship. She greatly enjoys learning from trainees in each of these settings, who through their curiosity, foster her continued learning. Lauren is most passionate about helping psychologists develop a confidence in medical settings – be that as clinicians in integrated care settings, researchers, educators to medical learners, leaders, advocates, and/or systems thinkers who can promote the establishment of highly effective teams! Most recently, in collaboration with Dr. Susan McDaniel, Lauren was named the Associate Director of the URM Communication Coaching Academy, an initiative to train psychologists and other clinicians with expertise in systems and medical education how to observe physicians in outpatient, inpatient, and OR settings. She continues to coach physicians across the hospital, though predominately does this work in Medicine & General Surgery, and in the latter serves as the Associate Program Director of Resident Wellness.

Lauren has a small faculty practice at Highland Family Medicine where she continues to work with aging patients and families adjusting to chronic illness and caregiving. She serves on the Board of Directors for the Collaborative Family Healthcare Association and oversees the organization's Early Career Professionals programming. She is deeply invested in the expansion of behavioral health integration and developing training opportunities that promote interprofessional learning for psychologists.



DEPARTMENT OF PSYCHIATRY
GRAND ROUNDS
COLLIER LECTURE SERIES
WEDNESDAY, MAY 1, 2019

"Taking an Evidence Based Parenting Program from the Cradle Into the Community: A Case Study"



Marion Forgatch, Ph.D.

Senior Research Scientist Emerita
Oregon Social Learning Center, Eugene, OR

Founder, Executive Director and Director of Research
Implementation Sciences International, Inc., Eugene OR

8:00 am – 9:00 am
Class of '62 Auditorium