



# Clinical Psychology Training Programs

2018-2019 Training Year

December, 2018

## Training Leadership

- **Wendi Cross, Ph.D.**  
Director of Training in Clinical Psychology  
  
Director of Psychology Postdoctoral Training
- **Jennifer West, Ph.D.**  
Assistant Director of Psychology Training  
  
Director, Psychology Internship - Child Track
- **Lauren DeCaporale-Ryan, Ph.D.**  
Director, Psychology Internship - Adult Track

## Updates from the Training Director



Welcome to winter! Leaves were still falling when the first storm hit and, at least for me, snow boots were still packed away. We are nothing if not adaptable here in Rochester. Our annual

welcome picnic for the Psychology Training Program was not that long ago. Enjoy pictures of trainees, family and faculty in the warmth of the September sun on the next page. The food was great and the children were particularly cute this year. Thanks to everyone who contributed to the day!

We are excited to introduce you to our 2018-2019 postdoctoral fellows. Five new fellows joined second year fellows – Maggie Candler, Stephanie Loupee,

and Tuma Kuriyan—in September. They are a terrific group and we look forward to a very successful training year.

It is hard to believe that we are already well into 'recruitment season' for the internship program for the 2019-2020 cohort (with fellowship right behind!). Linda Brown, supervisors, and trainees work together to showcase our Child & Adolescent and Adult tracks' training excellence. As applicants tour the training sites, I know they can feel the positive relationships and collaborative spirit in the Department. Our current interns have been working hard on their leadership projects. Two are featured in this issue (others will follow in subsequent newsletters). Leadership projects are a unique aspect of the internship. They offer an opportunity for trainees to contribute to the missions of the department, interact with other staff and

faculty, and develop administrative and leadership skills in addition to clinical and scholarly learning activities. I want to acknowledge the 'value added' that these projects bring to the department and the importance of mentors who work with the interns over the year.

Several fundraisers have occurred recently including 'Music for the Mind' the 1<sup>st</sup> Annual Department of Psychiatry Musical Fundraiser and Megan Lytle's 3rd Annual Zoey's Lovely Heart Tree Farm in honor of her daughter. These events are more than the money raised for wonderful causes (though that's important). They nurture connections and relationships which are at the heart of this holiday season.

Warmly,  
~Wendi Cross, PhD

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## Meet the Postdocs 2018-2019

*Child & Adolescent Track  
top row L to R*

**Tara Augenstein, Ph.D.**  
*University of Maryland*

**Kelly Hanlon, Ph.D.**  
*Wright State University*

**Aparajita Kuriyan, Ph.D.**  
*Florida International University*

**Katlyn Rice, Ph.D.**  
*Ball State University*



*Primary Care Family Track  
bottom row L to R*

**Margaret Candler, Ph.D.**  
*University of Iowa  
(Chief Fellow)*

**Stephanie Loupee, Psy.D.**  
*Chicago School of Psychology*

**Katherine Schmieder, Psy.D.**  
*Florida Institute of Technology*

**Lindsay Sycz, Psy.D.**  
*Roosevelt University*

## Faculty Focus



**Andy Cohen, Ph.D.**, is a pediatric psychologist in the Departments of Psychiatry and Pediatrics. His clinical, education, and research interests focus on enhancing and expanding behavioral health integration within pediatric primary care and medical specialty clinics. His interests include program development to enhance training opportunities; improve integration and collaboration with interdisciplinary medical teams; and, ultimately, increase access to behavioral health services across Golisano Children's Hospital.

Dr. Cohen completed a child and adolescent psychology internship at the U of R in 2009. He completed a pediatric psychology fellowship at Cleveland Clinic, and then

assumed a position as the embedded psychologist in the Pediatric HIV Clinic at SUNY Downstate. At Arkansas Children's Hospital, Dr. Cohen served as Co-Director of Training (pediatric psychology fellowship), where he pursued his passion for training, supervision, and mentorship. Dr. Cohen returned to Rochester to utilize his training and program development experience to help lead behavioral health integration efforts within Pediatrics.

Dr. Cohen serves as the lead for integrated behavioral health within the Pediatric Practice at Golisano Children's Hospital. Optimization of clinical, teaching, and training efforts is an ongoing and exciting initiative, as the Behavioral Health team has grown from 2.0 to 5.0 FTE in the last couple years (now treating 2,000 underserved youth and fami-

lies in the practice). Also, Dr. Cohen is the lead psychologist and primary supervisor for several pediatric medical specialty clinics, including Neurology (headache and tic disorders), Endocrinology (diabetes), GI, and Liver Transplant.

Dr. Cohen has been fortunate to supervise many of our excellent trainees within pediatric primary and specialty care settings. Dr. Cohen takes a collaborative approach with trainees to address cross-cutting issues such as emotional and behavioral concerns; coping and adherence with chronic medical conditions; and chronic pain. In particular, he enjoys helping trainees to partner with interdisciplinary medical teams to implement team-based, culturally competent, and trauma-informed care for underserved youth and families.

## 2018 Fall Picnic



September 23rd we held our annual Psychology Picnic. Held at the South Lodge, Ellison Park in Penfield.

The weather turned out beautiful and it was so great to relax and enjoy family and friends.



## 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.

**Shane Kuhlman, M.S.**  
*Psychology Intern*

### The Meta-Leadership Project

A primary goal of the pre-doctoral psychological internship is to develop the clinical skills of a practicing psychologist ascertained during the course of formal doctoral training at an academic institution. However, often overlooked during training are the ever-expanding roles psychologists are assuming including administration, program development and evaluation, needs assessment, and integrative care development and implementation, to name a few. Projects introducing psychology trainees to these areas may be a way for psychologists to gain knowledge, awareness, and recognition of the many professional roles they are asked to play. However, apart from roles in consult liaison and integrated behavioral medicine services, little is known about the function or success of interdisciplinary/intraprofessional exploration in expanding the professional skills of psychology trainees.



The current project hopes to help fill that gap. With collaboration and mentorship from **Drs. Wendi Cross and Jennifer West**, the Meta-Leadership Project will explore the past 5 years psychology intern's knowledge, attitudes, and experiences completing pre-doctoral internship leadership projects. Through creation and dissemination of an online self-report survey, we hope to evaluate and improve the collaborative, evaluative, and administrative components, among others, of the leadership projects for future interns.

**Rebecca Etkin, BA**  
**Jonah Meyerhoff, BA**  
*Psychology Interns*

**Katherine Schmieder, Psy.D.**  
*Postdoctoral Fellow/Supervisor*

### CBT-VR Smartphone App Development

In an effort to increase access to psychological services Becca, Jonah, and Katie are working with an interdisciplinary team of researchers and clinicians to build an app-based cognitive behavioral intervention to augment treatment for a broad set of psychological problems. The mobile app incorporates novel tools such as virtual reality and is aimed at ameliorating anxiety symptoms while increasing patient engagement in treatment. The platform directly interfaces with the electronic medical record system, depositing assessment and app-use data directly into a patient's medical chart.

The project, led by **Drs. Wendi Cross and Michael Hasselberg**, incorporates original artwork, animations, musical compositions, and unique assessment and therapeutic content into the platform. The psychology team is primarily focused on translating evidence-based content, drawn from cognitive behavioral therapy principles, into modular, digestible, and engaging "sessions" that deliver useful and relevant skills to patients. The hope is that by using novel tools like virtual reality, real-time assessments, and adaptive content, we can increase patient engagement with treatment as well as reduce symptom severity.



### Psychiatry Grand Rounds Nasrallah Lectureship

Thinking about Schizophrenia  
William T. Carpenter, MD

December 19, 2018

URMC Class of '62 Auditorium



### Rochester Area Group Psychotherapy Society Living Out Loud: Attuning the Therapist &

Group Leader's Voice

**Marie T. Sergent, Ph.D., CGP**

January 11-12, 2019 <http://www.ragps.org/>



We're on Facebook! The Clinical Psychology Training Program has a FB group, "URMC-psychology Alumni". There are currently 84 members including faculty and alumni trainees. It is fun to stay in touch with graduates and hear about their personal and professional lives. Check it out!