



# Clinical Psychology Training Programs

2019-2020 Training Year

January, 2020

## 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

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## Updates from the Training Director



Happy 2020! I hope you had a relaxing winter holiday. As I write this, the weather is doing a credible snow globe impression outside. It is hard to believe that our annual 'Welcome Psychology Training Program Picnic' was just a few short months ago. Check out some pictures of that gorgeous, warm day on the next page. Many thanks to Linda Brown and everyone else who contributed to the food and fun.

It's recruitment time for both the internship and postdoctoral programs. Educators, trainees, administrators, and clinical staff all work together to give applicants the best and most accurate experience of the training we offer. Throughout

the day, we hear their impressions of us -- supportive, rigorous, inclusive, collaborative! (Depending on the day, descriptors might include 'snowy' of course.) One unique feature of the internship that sets our program apart is the leadership project. It offers 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. Three of the current projects are featured below and on the next page.

March will be an important month for enhancing our diversity, equity and inclusion competencies. We are collaborating with the UCC Psychology train-

ing program on a co-learning experience for trainees and supervisors in both sites. The theme is 'Affirming Trans Care Across the Lifespan'. We're excited that local experts as well as community panelists will help enhance our psychological practice with transgender individuals, patients and family members. In addition the University's annual Diversity Conference is on March 27<sup>th</sup>. The theme is 'Equity Across our Communities.' We hope to see you there.

Finally, I want to welcome Dr. Steve Silverstein and his research team to the department. We are thrilled that such a talented, accomplished psychologist has joined the leadership. A brief description of Steve is on the next page.

Warmly,  
 ~Wendi Cross, PhD

## 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.

**Aileen Aldalur, M.A.**

**Sarah Georgianna, M.A.**

*Testing Feasibility and Usability of a Computerized CBT -Virtual Reality App*

Aileen and Sarah, in collaboration with a talented multi-disciplinary research team, are currently working to assess the usability and feasibility of a beta version of a Cognitive Behavioral Therapy Virtual Reality mobile health (mHealth) application (app). Using this app, patients will be able to engage with virtual CBT-based therapy targeting mild to severe symptoms of anxiety. This longstanding project includes colleagues from Psychiatry, Computer Science, and the Eastman School of Music, collaborating on animation, original music compositions, and assessment via PROMIS scales. Working with their mentors, *Dr. Wendi Cross* and *Dr. Michael Hasselberg*, Aileen and Sarah are preparing the IRB materials to move the project into testing phase. Patients from our collaborating agencies will have access to CBT-based skill building, mindfulness exercises, and real-time assessment feedback. Additionally, Aileen and Sarah will assist with creating participant and provider focus groups to refine the interface and content of the app. This project aims to create a helpful, enjoyable, and easy-to-use tool that will increase access to psychological services, increase patient engagement with treatment, and reduce symptom severity.

(cont'd on pg 2)



We're on Facebook! The Clinical Psychology Training Program has a FB group, "URMC-psychology Alumni". There are currently 86 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!

## Internship Program Leadership Projects (Cont'd)

**Jia Hui (Yvonne) Chaw, M.A.**  
Community Psychoeducation Project



Evidence-based treatments such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT)

are found to be effective in improving mental well-being and quality of life for individuals presenting with a range of mental health issues. Unfortunately, access to these skills is restricted to those who have insurances or the ability to self-pay. The goal of this project is to bridge the gap by disseminating free skills-based psychoeducational seminars to individuals in the community. Under the supervision of Drs. Lauren Wadsworth and Maddy August from the Genesee Valley Institute of Psychology (GVIP), we are integrating CBT, DBT, and ACT skills to develop an emotion regulation skills training group. We are also establishing a partnership with a community agency where we could offer the group to their clients. Once the group is offered, feedback will be collected from participants to continue revising the group as needed.



### Psychology Training Program Welcome Picnic Pics



### Faculty Focus



**Jessica Moore, PhD** is a pediatric family psychologist with appointments in the Departments of Psychiatry and Pediatrics. Her clinical, teaching, and research aims are to enhance collaborative, integrative care for children and their families, especially children with developmental disabilities and chronic illness. Dr. Moore's interests include medical family therapy, interdisciplinary education, and the dissemination of evidence-based practice in integrated specialty care. Dr. Moore received her PhD in clinical psychology, with a focus on children and adolescents, from the University of North Carolina-Greensboro in 2012, and completed internship on the Child and Adolescent Track at the University of Rochester Medical Center (URMC). Dr. Moore continued with her postdoctoral training at URMC, first in Child and Adolescent Psychology with a focus on Autism Spectrum Disorders, and then on the Primary Care Psychology (Pediatrics) Track specializing in integrated primary care, family systems, and medical family therapy. She served as chief fellow and earned a post-degree certificate in Medical and Family Therapy.

Teaching across the spectrum of graduate learners, Dr. Moore supervises our postdoctoral psychology fellows on the integrated primary care track and provides educational support to the Institute for the Family where she offers courses, clinical supervision, and chairs mater's projects in the Marriage and Family Therapy Masters and Post Degree Certificate Programs. She is also involved in resident education in the departments of Pediatrics and Family Medicine through didactic teaching and the physician communication coaching program. Dr. Moore is passionate about fostering professional development in trainees and taking a strengths-based approach to education.

Dr. Moore has a small faculty practice at URMC where she provides medical family therapy for families with children and young adults with chronic illness. She also carries a clinical caseload at the Rochester Regional Developmental and Behavioral Pediatrics Program where she serves administratively as the Clinical Director. Dr. Moore has extensive experience working with youth and families around issues such as chronic illness, developmental and behavioral needs, parenting, and advocacy.

**Shiloh Eastin, MA, MS**

*Developing, Implementing and Evaluating New Integrated Care Services in Women's Health*



Chronic pelvic pain can significantly decrease the quality of life for women coping with this condition. In addition, as the diagnosis is gynecological it can feel taboo to discuss or share with family and friends which will often lead to further isolation and withdrawal. In addressing the needs of those facing chronic pain, treatment often involves physiological treatments in addition to behavioral coping techniques for best outcomes.

This project, under the supervision of Dr. Donna Kreher, involves creating an educational program utilizing the expertise of the multiple disciplines in the Chronic Pelvic Pain clinic. The Psychology component is focused on acceptance, mindfulness, and providing behavioral interventions in the context of chronic pelvic pain. The hope of the educational seminar broadly is to a) decrease isolation through creating an opportunity for women to connect in a social environment with a community of women with similar experiences, b) decrease the functional impact of pain on engaging in valued activities, and c) provide an evidence-based educational seminar on chronic pain. Following the seminar, attendees will be invited to complete outcome measures related to the content taught, their experience of the seminar, and likelihood of implementing taught strategies.



Please join me in welcoming **Dr. Steven Silverstein** to the Department of Psychiatry as the **George Engel Professor and Associate Chair of Research**. He comes to us from Rutgers where he was Professor of Psychiatry and Ophthalmology at Rutgers-Robert Wood Johnson Medical School; Director of Research, and Director of the Division of Schizophrenia Research; as well as Co-Director of the Rutgers- Princeton Center

for Computational Cognitive Neuropsychiatry. He has over 25 years of experience in treating people with schizophrenia, and has directed inpatient units and outpatient programs for this population. Steve's research interests are in the development of schizophrenia, perceptual and cognitive changes found in schizophrenia, and prediction of treatment response and relapse. He has over 195 publications related to schizophrenia, and is currently Principal Investigator (PI) on 7 NIMH, state (NJ), foundation, or industry-sponsored grants involving assessment and treatment. He is also the recipient of many awards the American Psychological Foundation's Alexander Gralnick Research Investigator Prize in 2010. We look forward to getting to know Steve in his new role as well as the entire research team who accompanied him to Rochester.