

# OVERVIEW OF HEALTH PSYCHOLOGY FELLOWSHIP PROGRAM

## INTRODUCTION

University Hospital offers two (2) one-year post-doctoral fellowships in clinical Health Psychology. The program involves a twelve-month, full-time experience (2000 hours), providing the necessary post-doctoral hours required for licensure to practice psychology independently in the state of Wisconsin. The program is designed to provide didactic and clinical training in preparation for professional work in a variety of medical settings, including hospitals, medical clinics, and post-secondary educational institutions. The program is based upon a practitioner-scholar model offering hands-on experience complemented by knowledge of relevant psychological science. Our intent is to prepare fellows to move competently across a variety of health psychology settings and to use a wide range of skills. Graduates of our program are competitively prepared to work in a number of settings, including academic medical centers, private hospitals, independent psychology practices with medical specialization, academic psychology departments, and outpatient medical clinics.

Based in a nationally-recognized academic medical center, the fellowship program involves training with a wide variety of patients, problems, and treatment teams. Our philosophy is to provide a broad array of experiences across the medical center rather than specialized training in one or two areas. A minimum of 80 % of each fellow's time is focused on adult medical-surgical patients. In this capacity, fellows work across a variety of medical services and provide assessment and treatment to patients with acute and chronic needs. Also included in this 80% time is the opportunity to perform outpatient evaluations. Both fellows will perform outpatient pre-surgical transplantation evaluations for potential organ transplant recipients and for potential living organ donors.

Each of the two fellows will then spend the other 20% time on one of the following tracks:

- 1) **ADULT SPECIALTY track:** 20% time will be focused on a specialized adult area, including more involvement on multidisciplinary treatment teams, emphasis on certain populations, increased involvement in organ transplant evaluations, or training at one of the other adult medical treatment centers affiliated with UWHC. The determination of this 20% time will be based upon both the training interests and needs of the fellow in conjunction with recommendation of the Director of Training and the availability of these opportunities on a year to year basis. Any applicant who seeks to focus only upon adult populations should specify their interest in this ADULT Specialty track.
- 2) **PEDIATRIC SPECIALTY track:** 20% time will be focused on clinical service with pediatric patients and their families. In this capacity, the fellow will be involved in inpatient pediatric assessment, intervention and consultation. Fellows will see patients with a range of medical disorders across our Children's Hospital (on site), including the NICU. Involvement on pediatric multidisciplinary treatment teams is also a component of this experience.

Throughout their experiences and the training year, fellows are required to perform consultation with multidisciplinary medical teams and often play a key role as the psychological consultant to

these teams. Fellows also have the opportunity to engage in program development, supervision of practicum students (when on site), and/or teaching of medical residents during their training year.

The fellowship program is a member of APPIC and administered by the Health Psychology faculty within the Department of Orthopedics and Rehabilitation. The department also is home to two (2) APA-approved pre-doctoral clinical psychology internship positions in Health Psychology and a number of graduate practicum students.

UW Health is the integrated health system of the University of Wisconsin- Madison and is governed by the UW Hospital and Clinics Authority and partners with UW School of Medicine and Public Health. Other entities include: UW Health at the American Center, American Family Children's Hospital, UW Carbone Cancer Center, and UW Health Rehabilitation Hospital. Our expert staff is at the forefront of research, developing new treatments and training the next generation of health care professionals.

University Hospital is a 505-bed regional referral center that ranks among the finest academic medical centers in the United States. Frequently cited in publications listing the nation's best health care providers, the University of Wisconsin health care systems are recognized as national leaders in fields such as cancer treatment, pediatrics, ophthalmology, surgical specialties and organ transplantation. University Hospital has more than 1,356 active medical staff that annually provides health care to more than 30,000 inpatients from throughout Wisconsin and many other states and countries. There are six intensive care units (Trauma and Life Support, Pediatric, Cardiac, Cardiothoracic, Burn, Neurosurgery) with 99 total beds. University Hospital is home to a Level One adult and pediatric trauma center, American College of Surgeons-verified Burn Center, one of the nation's largest organ transplant programs, one of the nation's first certified comprehensive stroke centers and the UW Carbone Cancer Center, one of 41 National Cancer Institute-designated comprehensive centers in the country. UW Health has 50 care locations that serve over 1,843,000 outpatient visits yearly.

### **LIVING IN MADISON**

Located on an isthmus between two large lakes, Madison, the state capital of Wisconsin, is home to approximately 252,000 people, including 43,000 university students. Madison is conveniently located off interstate highways I-90 and I-94 which provides easy access to Milwaukee (70 miles), Chicago (120 miles) and Minneapolis-St. Paul (250 miles). Madison is frequently rated among the best places to live in the United States, offering a strong economy with plentiful jobs, outstanding health care, and a wide range of recreational and cultural activities.

## **DESCRIPTION OF FELLOWSHIP TRAINING**

The post-doctoral positions, while incorporating a framework of standardized training and service are also individualized and flexible, based upon the specific professional interests and needs of each trainee. Approximately 60% of a fellow's time is spent providing bedside clinical services to medical patients in the hospital and/or in the clinics. Health Psychology is typically consulted by medical staff to assist with differential diagnoses, coping, pain or anxiety management, grief counseling, noncompliance, failure to thrive, depression, behavioral

management, and the like. Fellows work with patients from a variety of services, including Trauma Surgery, Oncology, Neurology, Orthopedics, Cardiology, Plastic Surgery, Family Medicine, General Surgery, Medical Transplant, and Burn. In addition to a general consultation-liaison model, fellows also have an opportunity to become more integrated in the following areas in the hospital where they can go on rounds or be part of regular team conferences: Burn service, Palliative Care service, Organ Transplant service, Acute Care for the Elderly service, Neurosurgery and Neurology, Vascular Surgery service. Fellows also receive training in outpatient organ transplant recipient evaluations and live organ donor evaluations. Opportunities to provide peer supervision to practicum students may also be available depending upon the size of the practicum class in any given year. Fellows are required to provide 2 presentations to community groups.

## TRAINING METHODS

### **CLINICAL EXPERIENCE:**

The training-based experience involves the provision of psychological services to a range of medical services across this tertiary care center and its clinics. Staff and trainees are responsible for providing psychological assessments, interventions, and consultations for patients with a variety of acute and chronic medical problems. Fellows provide bedside services to patients in the hospital setting and also provide outpatient evaluation and longer-term assessment services. Patients range in age from 0-100 on this service. Further, a wide range of patient diagnoses and referral questions are presented. As a large component of this experience, fellows provide psychological consultation to a variety of medical teams, and learn to work collaboratively and efficiently with a number of different medical staff (physicians, nurses, rehabilitation therapists, nutritionists, pharmacists, social workers and pastoral care providers). Over 170 new referrals are received per month, and thus, fellows develop an appreciation for the important role of psychology in assisting in the treatment of a multitude of patient diagnoses.

Both fellows will be based primarily in the adult Medical-Surgical service, developing areas of focus that are in line with their interests. As a secondary rotation (20% time), one of the fellows will focus on specialty adult services, while the other fellow will focus on pediatrics. The determination of this rotation will be based upon each fellow's stated interest and training background.

Within the Medical -Surgical service, fellows will have the opportunity to work in the following:

### **Primary Track (80%) required: Adult Medical-Surgical Service**

The Health Psychology service provides bedside assessment and intervention to patients referred by the medical-surgical services across the hospital. Referrals are made with the expectation that we will provide timely recommendations and treat as appropriate. Fellows will learn to provide same day assessments relevant to the referral question and will become skilled in a variety of assessment techniques and modalities. Also on this rotation, and somewhat unusual for many other consultation-liaison services, the fellow will have the opportunity to provide ongoing interventions with the patient during their hospital stay. They will learn to provide brief, solution-focused and supportive

psychotherapy with patients and families while they are in the hospital. Consultation with medical and allied health staff is also a very large component of this experience.

## **Additional Specialized Focus Areas within the Medical-Surgical Service:**

### **Burn Service:**

UW Burn Service houses an 8 bed- acute care service for burn patients. There is also an outpatient Burn clinic for those patients who have been discharged from the hospital and require continued medical care. The Health Psychology service provides protocol assessment and intervention services for all adult and pediatric Burn patients. Specific skills developed include trauma screening, pain management, and adaptation to loss and body image change. One of the postdoctoral fellows takes a psychology “lead” position on the Burn Team, attending weekly multidisciplinary rounds and assisting with patient coping.

### **Palliative Care Service:**

The Health Psychology service provides consultation to the multidisciplinary palliative care treatment team, who works directly with inpatients at end-of-life or with symptom management needs. This includes providing consultation for ethical dilemmas and clinical decision-making that occurs when working with patients at end-of-life. Intervention with dying patients and their families is also a part of this experience. The training experience also includes didactics in palliative care. Any fellows interested in active involvement in the palliative care service can do so for approximately 2-3 hours per week.

### **Organ Transplant Evaluation Service:**

The Health Psychology service provides pre-surgical evaluation for potential organ recipients on the cardiology, pulmonary, kidney, and liver transplant services. These include clinical interviews with potential recipients and their support persons and psychological testing. Fellows also provide presurgical evaluation to the living kidney donor and liver donor programs. Typically, fellows can expect to perform 2-3 evaluations per month. .

### **Acute Care for the Elderly Service:**

Fellows can choose to provide consultation to this multidisciplinary treatment team focused on comprehensive treatment planning for geriatric patients. Consultation questions include decisional capacity assessment, safety evaluation, and dementia/delirium/depression work-up. Fellows attend morning rounds, work with patients and families, and provide consultation to treatment teams.

### **Neurology and Neurosurgery Service:**

Fellows can choose to attend Neurology/Neurosurgery rounds and take a psychology lead on this multidisciplinary treatment team. Patients seen include those who have suffered stroke, undergone resection of brain tumors, or are being treated for seizure disorder. Patients diagnosed with conversion disorder can also be seen while a member of this treatment team.

### **Vascular Surgery:**

Fellows can choose to attend Vascular Surgery rounds on a weekly basis, and tend to work with the patients who are undergoing planned amputation as a result of vascular

disease. Fellows engage in walking rounds and also attend weekly conferences on this service.

**Other Experiences:**

In addition to receiving a broad range of experience, fellows can attempt to seek experiences emphasizing specific patient populations during their experiences here depending upon specific interests. In the past, fellows have chosen to gain additional specialized experience in Family Medicine and Hematology services. The general hospital setting is very receptive to any fellow interested in a certain area of training.

**Secondary Track (20%): Choice of Adult or Pediatrics**

**Adult Specialty Service:**

The present track is meant for fellows who are interested in gaining training in adult services primarily in their 20% time. This track is new to the 2018 training year, as it replaces the prior year “Adult Outpatient Service” track. Some options for training include greater emphasis on multidisciplinary treatment teams, organ transplant evaluations, certain populations, or involvement with patients at other inpatient satellite facilities dedicated to adult care. The creation of this specialty area will depend upon the training interests and needs of the fellow as well as availability of the experiences on a year to year basis.

**Pediatric Service:**

This track allows for 20% time on the pediatric service for any fellow interested in gaining some pediatric experience. The fellow works with children who are hospitalized with acute and chronic medical illnesses and their families. . Fellows perform assessment and intervention with patients at bedside. Fellows also consult with the pediatric treatment teams and attend rounds. Some part of the experience also includes assessment, intervention and consultation to families on the Neonatal Intensive Care Unit. The opportunity to provide service in some speciality clinics (e.g. headache clinic; hematology-oncology clinic) may also be available.

**SUPERVISION:**

Each fellow is supervised by 1 or more faculty members with license to practice in the State of Wisconsin. The Director of Postdoctoral Training oversees all supervision. Fellows receive a minimum of two hours of formal supervision per week. Ongoing, informal supervision is available throughout every day. All training staff is on-site. Fellows are formally evaluated on a quarterly basis utilizing the Minnesota Supervisory Inventory from the QAI Systems. The fellowship program is overseen by the Director of Postdoctoral Training at UWHC, a full-time licensed staff psychologist whose responsibility it is to ensure that training needs are being met. The Director of Postdoctoral Training is responsible for the recruitment and selection of fellows, and provides direction to and oversees the training faculty with regard to their involvement in the fellowship program. Fellows are required to maintain records of their clinical activities, and these records are reviewed by the Director of Training to ensure a breadth of experience during the fellowship year. These records include the number of patient contact hours, the settings in which clinical services are provided, the type of psychological assessments and interventions provided and the fellows’ exposure to diversity in patient cultures. Fellows are asked to provide feedback and to evaluate their supervisors, training experiences, and the overall fellowship program throughout the year. An exit interview is performed by the Director of Postdoctoral training with each fellow at the end of the year.

Fellows also have the opportunity to provide supervision (under supervision) to practicum students who rotate through the UWCH. There is also opportunity to provide training to medical residents and other allied health staff on an as requested basis.

### **HEALTH PSYCHOLOGY DIDACTICS:**

In addition to the clinical training experiences, fellows are required to participate in various seminars, discussions, and case presentations with other trainees and Health Psychology faculty throughout the year. These scheduled didactics include:

- **Health Psychology Brown Bag Seminar**

This is a weekly seminar series which covers a variety of topics relevant to work in health psychology. Fellows and interns attend this seminar which is facilitated by psychologists and other health care staff. Topics in the past have included:

- Working with Physical Disability and Chronic Illness
- Performing Bedside Mental Status Evaluations
- Working with Families in a Medical Setting
- The Health Psychologist's Role on a Multidisciplinary Team
- Pediatric Hematology-Oncology
- Psychological Evaluation of Organ Donors and Recipients
- Patients at End-of-Life
- Evaluating Decisional Capacity
- Cardiac Rehabilitation
- Strategies to Treat Chronic Pain
- Multicultural Issues in Health Care
- The Job Market in Health Psychology
- Community-based primary care psychology

- **Health Psychology Ethics Forum**

Ethical issues in Health Psychology are presented and discussed as they pertain to the APA ethics code. The Ethics Forum includes Health Psychology faculty and trainees and occurs four-six times per year. Each fellow is responsible for leading one ethics forum per year.

- **Case Presentation**

Each fellow provides a case presentation per year to the department faculty and other trainees. The schedule for the case presentation will be provided at the early part of the year.

- **Medical-Surgical Service Training**

All trainees and staff on the medical-surgical service meet two times per month to review service procedures and policies, address clinical issues, and foster programmatic advancements.

- **Community Presentations**

Each fellow is required to provide a minimum of 2 presentations to community groups or other health care groups within the institution.

## **OTHER DIDACTICS**

Fellows are encouraged to attend any Grand Rounds of interest presented by various departments at UWHC. Fellows are also invited and have the opportunity to attend other relevant lectures or presentations provided across the university campus.

Fellows are free to utilize any library and to request library searches or interlibrary loans. A University ID card is required. The Ebling library is located in the Health Science Learning Center for staff and student use. There are a number of other libraries across the campuses that are available to the fellows.

## **DUE PROCESS AND GRIEVANCE PROCEDURES**

It is the philosophy of the department to encourage professionally responsible and respectful relationships among our staff and trainees. Trainees and staff are encouraged to discuss any professional differences directly with each other, in an effort to promote a constructive training environment. If at any time a fellow feels unable to rectify any conflicts directly with his/her supervisor or other staff member, he/she will advise the Director of Training, who will attempt to resolve the issue with all involved. Should the fellow not be satisfied after this advisement, he/she can bring any issue forward to the Health Psychology department manager.

It is the responsibility of any clinical supervisor to respectfully bring to a fellow's attention any concerns or areas of needed improvement with regard to their professional skills or behavior. This early level of advisement is typically enough to create positive change and professional growth and development. Should a more formal process be required to address problematic behavior, it will entail a written statement shared with the fellow who also will have an opportunity to respond to the concerns. Fellows also have the opportunity to appeal any actions taken by the program to the administrative management team.

# **BENEFITS AND ELIGIBILITY OF FELLOWSHIP PROGRAM**

## **STIPEND AND BENEFITS**

The postdoctoral stipend is \$42,950 for a twelve-month period, including sixteen days of vacation, up to five days of sick leave, and three professional days. The fellowship year typically begins in August or early September of each year. Benefits are available including health insurance plans for fellows and their families. There are fees for parking in any university parking lots, but public and university transportation systems are available for convenient transport to and from UWHC.

Fellows have shared offices with individual computers, telephones, pagers, and voicemail. They also have access to fax and photocopy machines, and clerical support. Educational resources available to fellows include the University of Wisconsin library and computer systems and audiovisual equipment for viewing and recording clinical work.

## **ELIGIBILITY**

Qualified applicants will have completed all Ph.D. or PsyD. requirements from an APA-accredited Clinical or Counseling Psychology program, including the successful completion of an APA approved pre-doctoral internship program prior to starting the program. Conferral of the graduate degree will be necessary prior to the start date. Previous experience and/or strong interest in the field of Health Psychology are required. Members of diverse populations (gender, race, age, ethnicity, sexual orientation, religion, socioeconomic status, geographical origin, and bilingual status) are encouraged to apply. Applications will be reviewed as they are received. Early application is encouraged.

**To apply, send a letter of interest, CV, transcripts of all graduate work, and three letters of recommendation to:**

UW Hospital and Clinics  
Attn.: Cynthia Hendrickson  
600 Highland Avenue, H6/298  
Madison, WI 53792-2424  
[chendrickson@uwhealth.org](mailto:chendrickson@uwhealth.org)  
608.262.9661

**For specific questions about the training program, please contact:**

M. Denise Connelly, PhD  
Postdoctoral Training Coordinator  
Department of Health Psychology  
UW Hospital and Clinics  
600 Highland Avenue, H6/272  
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[mconnelly@uwhealth.org](mailto:mconnelly@uwhealth.org)  
608-263-9372

**APPLICATION DEADLINE: January 08, 2018**



## HEALTH PSYCHOLOGY FACULTY AND INTERESTS

**Heidi Beckman, Ph.D.** (Marquette University, 2000)

Coordinator, Practicum Program

Senior Psychologist

Interests: Psychological predictors of surgery outcome; laughter and positive psychology; obesity; psychotherapy with medical patients; endocrine disorders.

**M. Denise Connelly, Ph.D.** (Nova Southeastern University, 1990)

Coordinator, Post-doctoral Fellowship Training in Health Psychology; Senior Psychologist

Interests: Organ donation and transplantation; consultation with health care teams; personality disorders in medical settings; physician training; adjustment to trauma and loss; clinical supervision and training.

**Stephanie Farrell, Ph.D.** (University of Wisconsin-Milwaukee, 1999)

Coordinator, Internship Training in Health Psychology; Senior Psychologist

Interests: Pediatric psychology; chronic illness; oncology; play therapy; trauma; training of psychologists.

**Kelli Lee-Harford, Ph.D.** (University of South Florida, 2007)

Senior Psychologist

Interests: Pediatric psychology; coping with chronic illness, adherence to medical regimens, consultation to medical teams, feeding and sleep disorders.

**Jennifer LeNoble, Ph.D.** (Saint Louis University, 2012)

Clinical Psychologist

Interests: Pediatric psychology; treatment adherence; coping with chronic illness; GI conditions

**Renata Okonkwo, Ph.D.** (University of Alabama at Birmingham, 2009)

Clinical Psychologist

Interests: Sleep disorders, consultation with health care teams, ethnic group disparities in healthcare, trauma loss.

**Emily Schweigert, Ph.D.** (University of Wisconsin - Madison, 2011)

Clinical Psychologist

Interests: Post-partum depression, parenting, trauma and brain injury, oncology