

OVERVIEW OF HEALTH PSYCHOLOGY

FELLOWSHIP PROGRAM

INTRODUCTION

University Hospital and Clinics (UWHC) offers two (2) one-year post-doctoral fellowships in clinical Health Psychology. The program involves a twelve-month, full-time (2000 hours) experience, 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 specialize 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 inpatient medical services and provide assessment and treatment to patients with acute and chronic needs. Fellows will be exposed to a range of medical disorders and referral questions. 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.

✦ Supervisor: M. Denise Connelly, Ph.D.

Each of the two fellows will then spend the other 20% time on a distinct specialty ADULT rotation. The nature of this rotation will depend upon the interests of the postdoctoral fellow as well as the recommendation of the training director and the availability of these sites from year to year. There is only one fellow per site. The rotation sites currently include:

- The American Center (TAC), an off-site satellite hospital and range of clinics which is associated with UWHC. Fellows work with inpatients with less acute medical conditions, and also outpatients in the Surgical Weight Management Clinic, the Wellness Center, and the Osteoarthritis Clinic. Fellows provide assessment and intervention services to patients, as well as consultation to medical teams and shared medical visits under the supervision of licensed psychologists. The fellow is at this site one day per week.
 - ✦ Supervisors: Lisa Nackers, Ph.D., M.P.H. and Kimberly Fleischmann, Ph.D.
- University of Wisconsin Rehabilitation Hospital (UWRH), an off-site affiliated hospital which specializes in work with adults who have physical rehabilitation

needs. These include those with stroke, traumatic brain injury, neuromuscular disease, functional disorders and spinal cord injury. The fellow performs bedside assessment and solution-focused intervention promoting adaptive adjustment to injury or disease. The fellow also is involved in co-treatment and attends multidisciplinary treatment team meetings with other allied health specialists. The fellow is at this site for two 4-hour periods per week.

✦ Supervisor: Lindsey Duca, Psy.D.

- Carbone Cancer Center (CCC), which is housed within the UWHC, provides outpatient services to cancer patients. This rotation involves assessment and treatment of adults with cancer and their families across the cancer continuum, including diagnosis, treatment, survivorship and end of life. The fellow's training experiences can include outpatient individual and group psychotherapy, assessment of BMT candidates and work in the medical clinics alongside the oncology team.

✦ Supervisors: Erin Costanzo, Ph.D., Lisa McGuffey, Ph.D., and Lori Dubenske, Ph.D.

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 is administered by the Health Psychology faculty within the Department of Behavioral Health.

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. Within the primary 80% of their time, fellows provide bedside clinical services to medical patients in the main 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. Within the secondary rotation involving 20% time, fellows will train in other adult population specialty areas at UWRH, CCC, or TAC. 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:

Adult Medical-Surgical Service

The training-based experience involves the provision of psychological services to a range of medical services across this tertiary care center and its clinics. Within the Medical -Surgical service, fellows will have the opportunity to work in the following:

Inpatient Service:

The Health Psychology Medical-Surgical 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 provide bedside services to patients in the hospital setting and also provide outpatient evaluation and longer-term assessment services. Patients are aged 17-100+ on this service. Further, a wide range of patient diagnoses and referral questions are presented. Over 170 consult requests are received per month, and thus, fellows develop appreciation for working in a fast-paced environment, in which the role of psychology is integral to patient care. 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).

Additional Specialized Focus Areas within the inpatient 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 (ACE) 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 case 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.

Outpatient Service:

Organ Transplantation and Living Donor Evaluations: Each fellow will also perform an average of 2 outpatient evaluations per month for the organ transplantation and living donor services. These evaluations generally consist of a clinical interview, and administration of objective psychological testing. Fellows learn to evaluate one's readiness for organ transplantation and will also have the opportunity to perform evaluations of potential living organ donors.

ADULT SPECIALTY ROTATION (20% time)

In an effort to provide additional training experiences, each fellow will spend 8 hours per week in a specialty rotation through the year. This rotation will be determined based upon a number of factors, including: fellow expressed interest, availability of site, and recommendation of the Training Director. Fellows will be assigned 1 supervised experience (8 hours per year) at either TAC (Health Psychology specialty clinics), UWRH (Rehabilitation Psychology), or CCC (Psycho-Oncology) to complete this rotation experience. These involve inpatient, outpatient, or a combination of both settings.

SUPERVISION:

Each fellow is supervised by 2 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 are 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 in 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 UWHC. 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:

- Medical-Surgical Service Training and Seminars

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. Ethics forums and case presentations are also included in this didactic series.

- 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 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. Fellows are provided with the due process and grievance procedure policies by the Director of Training at orientation in the first week of fellowship.

BENEFITS AND ELIGIBILITY OF FELLOWSHIP PROGRAM

STIPEND AND BENEFITS

The postdoctoral stipend is \$50,000 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 around September 1 of each year, although start date is flexible. 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 Psy.D. requirements from an APA accredited Clinical or Counseling Psychology program, including the successful completion of an APA approved pre-doctoral clinical internship program prior to starting the program. Conferral of the graduate degree is 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, please send a letter of interest which includes a rank order (1 – 3) of your interest in each of our specialty clinics (TAC; UWRH; CCC), an updated CV, and the names of your references via USPS or email. Official transcripts should be sent directly from your graduate program. Letters of recommendation should be sent directly from the letter writers via email or USPS.

Any questions about the training experience and all application materials should be directed to:

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Madison, Wisconsin 53792-2424
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608-263-9372

APPLICATION DEADLINE: January 07, 2019

HEALTH PSYCHOLOGY FACULTY AND INTERESTS

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

Director, Post-doctoral Fellowship Training in Health Psychology; Senior Psychologist;
Assistant Professor

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.

Erin Costanza, Ph.D. (University of Iowa, 2006)

Clinical Health Psychologist, Associate Professor

Interests: Psycho-oncology, behavioral management of fatigue, insomnia and pain

Lori Dubenske, Ph.D. (University of North Texas, 2004)

Clinical Health Psychologist

Interests: Psycho-oncology; caregiver support; clinical supervision

Lindsey Duca, Psy.D. (PGSG-Stanford Consortium, 2011)

Clinical Health Psychologist

Interests: Rehabilitation psychology; interdisciplinary team functioning; quality of life in chronic illness; evidence-based interventions

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

Director, Internship Training in Health Psychology; Senior Psychologist

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

Kimberly Fleischmann, Ph.D. (Washington State University, 2015)

Clinical Health Psychologist

Interests: Adjustment and coping with chronic and acute medical conditions; weight management; men's health; consultation with multidisciplinary treatment teams; clinical supervision and training.

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

Clinical Health Psychologist

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

Lisa McGuffey, Ph.D. (University of Miami, 2001)

Clinical Health Psychologist

Interests: Psycho-oncology; adjustment to illness; positive growth; clinical supervision

Lisa Nackers, Ph.D. (University of Florida, 2012)

Senior Clinical Health Psychologist

Interests: Obesity, weight management and bariatric surgery; health behavior change; wellness and prevention; adjustment to chronic illness; clinical supervision and training.

Renata Meixner Okonkwo, Ph.D. (University of Alabama at Birmingham, 2009) Clinical Health 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 Health Psychologist

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

