



**Endeavor Health**<sup>SM</sup>  
Linden Oaks Hospital

# Doctoral Training Program Clinical Psychology

## Doctoral Internship

## Accreditation Information

The psychology internship program at Linden Oaks has been training psychology students for over 10 years. Our internship training program is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC).

Linden Oaks Behavioral Health Doctoral Training Internship was granted full Accreditation by the American Psychological Association (APA) on September 3, 2021. The program was granted 10 years of Accreditation, with the next site visit scheduled for 2031.

Questions related to the program's accredited status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation  
American Psychological Association  
750 1st Street, NE, Washington, DC 20002  
Phone: (202)336-5979  
E-mail: [apaaccred@apa.org](mailto:apaaccred@apa.org)  
Web: [apa.org/ed/accreditation](http://apa.org/ed/accreditation)

## ABOUT LINDEN OAKS BEHAVIORAL HEALTH

Linden Oaks Behavioral Health Hospital and outpatient services are part of the larger Endeavor Health system.



**Linden Oaks**

## DIVERSITY AND INCLUSION

The Endeavor mission is to help everyone in our communities be their best. We believe in the importance of creating a culture in which all races, ethnicities, religions, sexual-orientations, physical abilities, and socio-economic backgrounds are able to meet, share, learn, and flourish in an accepting environment. By creating platforms and opportunities that allow us to come together, we can begin to know and understand each other. And through better understanding, we can effectively meet the needs of our diverse patients and deliver on our mission.

One of the recent accomplishments by our Diversity Education and Inclusion Team include winning Silver in the [2021 eHealthcare Leadership Awards](#) in the Category of *Best Digital Leadership in Health Equity, Diversity and Inclusion*.

For more information about our Diversity, Equity, and Inclusion initiatives please visit: <https://employee.eehealth.org/healthy-driven-way/committing-to-our-team/diversity-equity-and-inclusion>.

## OUR VALUES

Our values of acting with kindness, respecting everyone, and building relationships form the foundation of our inclusive and diverse workplace. At Endeavor Health, we believe that in order to foster kindness, we meet people where they are and show empathy through listening. Respecting everyone includes our system's championing of diversity, equity, and inclusion for all through mutual respect. We work to build relationships by developing meaningful connections that have a positive impact on everyone who crosses our path. These values and others can only be met by encouraging a diverse and inclusive working environment for our interns. A diverse workforce will nurture an atmosphere of open discussion and diversity of thought, creating better outcomes for our patients.

It is our shared responsibility to take care of our patients and each other, to build an environment where each person is valued and can grow. To meet this goal, our approach to diversity focuses on three main objectives:

1. Promoting an inclusive work environment, through training, education, and creating platforms for awareness and discussions.
2. Utilizing real data on our employees, patients, and communities to identify and address health disparities.
3. Increasing representation of diverse candidates in Governance and Management to reflect the communities we serve.

**There are several Linden Oaks Behavioral Health locations conveniently located in the west and northwest suburbs:**

**\*Linden Oaks Behavioral Health Hospital --**  
Main Campus (Inpatient) -- 852 South West Street, Naperville

**\*Linden Oaks Outpatient Center --**  
1335 N. Mill Street, Suite 100, Naperville

**Edward Outpatient Center - Plainfield --**  
24600 W. 127th Street (Emergency Outpatient Building),  
Plainfield

**Endeavor Health Center --** 8 Salt Creek Lane, Hinsdale

**Linden Oaks Arlington Heights** (Northwest Community  
Healthcare) -- 901 W. Kirchoff Road, Arlington Heights

**Linden Oaks Medical Group – St. Charles --**  
3805 E. Main Street, Suite M, St. Charles

**Linden Oaks Mokena Outpatient Center --**  
9697 W. 191st Street, Mokena

**\*Endeavor Health Center – Woodridge --**  
3329 75th Street, Woodridge

**\*INTERNSHIP SITES**

## **Levels of Care**

Linden Oaks Behavioral Health offers patients multiple levels of care, depending on safety concerns and the severity of symptoms. Internship opportunities are offered in the inpatient, partial hospitalization, and intensive outpatient levels of care.

Inpatient: This is the most intense level of care. This level is for patients who require emergent care. All inpatient locations are located in Linden Oaks Behavioral Health Hospital.

Partial Hospitalization Program (PHP): PHP is an outpatient program that offers six hours of structured programming each day. Internships in PHP are located at Linden Oaks Outpatient Center in Naperville, with the exclusion of Eating Disorders PHP, which is located at Linden Oaks Behavioral Health Hospital.



Intensive Outpatient Program (IOP): Like PHP, the IOP level of care consists of individual, group, and family counseling sessions which are offered during the day. Programming lasts 3.5 hours each day and offers an alternative to PHP. Internships in IOP are located at Linden Oaks Outpatient Center in Naperville, with the exclusion of Eating Disorders IOP, which is located at Linden Oaks Behavioral Health Hospital.

Outpatient Services (LOMG): Linden Oaks Medical Group offers traditional outpatient therapy and medication management services and offers behavioral health services in medical settings. Our Behavioral Health Integration Team (BHI) serves patients in primary care offices and specialty health clinics such as pain management, weight loss and bariatrics, and our cancer center.

## DOCTORAL TRAINING PROGRAM GOALS AND OBJECTIVES

Linden Oaks offers doctoral internships in our four Naperville locations, at the **Linden Oaks Behavioral Health Hospital** on Edward Campus, at **Linden Oaks Outpatient Center** on Mill Street, as well as at the **Main Edward Hospital Campus** and the **Outpatient Medical Center** on 75<sup>th</sup> Street.

The overarching goal of the Doctoral Training Program at Linden Oaks (The Program) is to provide the opportunity to develop competence in the application of psychological knowledge and practice to clinical problems in a complex medical setting. Combining evidence-based didactic training and clinical supervision, interns are socialized to be entry-level professionals who employ critical thinking, self-reflection, and strategies of scholarly inquiry. The Program places particular emphasis on introducing interns to the breadth and variety of professional roles assumed by psychologists, evidence-based treatment applied in individual and group psychotherapy, and application of those principles through in-vivo participation. Integral to an intern's training is the understanding of multidisciplinary team functioning and participation as a member of the team.

A core focus of intern training is the impact of culture, race, and language and how these patient dimensions impact societal and family dynamics. As the primary setting for this internship is either an inpatient or intensive outpatient setting, emphasis is placed on clinical experiences in working with issues of adjustment for individuals facing a range of emotional and behavioral challenges.

The training involves a strong experiential component. Interns work side by side with supervisors who serve as role models in a variety of clinical and professional roles, effective consultants, and members of interdisciplinary care teams. The internship, with its emphasis on the Practitioner-Scholar Model, prepares interns for employment in a variety of settings, including but not limited to university-affiliated medical centers, free-standing rehabilitation facilities and clinics, as well as schools and universities.

## **SPECIFIC GOALS:**

The goal of our internship is to train and prepare psychology interns for independent practice in psychology at entry level positions. Toward that end, the Program has identified eight overarching goals for training that demonstrate competency across multiple benchmarks in the field of professional psychology:

### **1. Research/Evaluation**

By the end of the training year, the intern will be expected to be able to critically evaluate and disseminate research by completing a 2-hour professional level presentation and a yearly project. This includes applying scientific methods of evaluating practices, interventions, and programs.

### **2. Ethical Legal Standards and Policy**

By the end of the year, the intern will demonstrate advanced knowledge and application of the APA Ethical Principles and Code of conduct and other relevant ethical, legal and professional standards and guidelines. The intern will independently use and demonstrate an ethical decision-making model in their clinical work.

### **3. Individual and Cultural Diversity**

By the end of the year, the intern will independently monitor and apply knowledge of themselves and others as cultural beings in assessment, treatment, and consultation. The intern will demonstrate awareness, sensitivity, and empathy when working professionally with diverse individuals, groups, and communities.

### **4. Professionalism**

By the end of the year, the intern will exhibit behavior and comportment that reflects the values and attitude of psychology, independently resolving situations that challenge professional values and integrity, and conducting themselves in a professional manner across settings and situations. This includes independently working to safeguard the welfare of others.

### **5. Relationships:**

By the end of the year the intern will show the ability to develop and maintain relationships with a wide range of clients, colleagues, and disciplines. The intern will be able to manage difficult communications independently and possess advanced interpersonal skills. The intern will demonstrate a thorough grasp of professional language and concepts.

## **6. Assessment**

The intern will complete 3 integrative batteries during the training year and will be able to demonstrate knowledge of assessment methods, diagnosis, recommendations, and providing feedback. Additional assessment tools will be utilized during the year and the intern will be able to demonstrate the ability to provide ongoing assessment and feedback throughout the course of treatment.

## **7. Intervention/Evidenced Based Practice**

By the end of the training year, the intern will independently plan interventions, case conceptualizations, and intervention plans specific to case and context. The intern will independently evaluate treatment progress and modify treatment planning as needed. By years end, the intern will independently apply knowledge of evidenced based practice, including empirical bases of interventions, other psychological applications, and client preferences.

## **8. Supervision**

By the year's end, the intern will be able to demonstrate knowledge of the supervisor role and be able to identify limits of their competency to supervise. Supervision activities will be provided in group supervision including peer supervision with other interns and role-playing and experiential exercises.

## **9. Consultation and Interdisciplinary Systems**

By the end of the year the intern will demonstrate awareness of multiple and differing worldviews, roles, professional standards, and contributions across roles in the healthcare system. Interns will demonstrate the ability to participate in and initiate interdisciplinary collaboration towards shared goals.

## **COMPETENCY EVALUATION**

Interns are assessed for competency quarterly. Each intern's progress in the program is discussed at the Internship Training Meeting which takes place in three-month intervals after the start of the internship year. In this meeting psychologist supervisors rate interns on each of the benchmarks set forth in the goals of internship on a 5-point Likert scale (0=not at all meeting competency description, 4= very much meeting competency description). Interns will be rated by a minimum of three psychologists, the primary supervisor, the secondary supervisor and another psychologist who can evaluate the student based on observations (such as psychological testing, group supervision, and/or didactic seminar).

See the sequence of evaluations below:

### Evaluation 1 (Beginning of November):

#### Minimal Standards:

The intern must not receive **any** competency rated a value of 0 (not at all competent). The intern must not receive more than **one** competency rated a value of 1 (somewhat competent). The intern must not receive more than **four separate** elements rated with a value of 2 or lower regardless of number of supervisors rating the same element with that value. That is, if three supervisors rate the same item with a value of 2, it only counts as one rating towards those tallied in the final count of items rated a value of 2.

### Evaluation 2 (Beginning of February)

#### Minimal Standards:

The intern must not receive **any** competency or element rated a value of 0 (not at all competent). The intern must not receive **any** competency or element rated a value of 1 (somewhat competent). The intern must not receive more than **three separate** elements rated at a 2 or lower regardless of number of supervisors rating the same element with that value. That is, if three supervisors rate the same item with a value of 2, it only counts as one rating towards those tallied in the final count of items rated a value of 2. Among all the elements rated, the intern must receive a minimum of **70%** rated at 3 (mostly competent) or 4 (very competent).

### Evaluation 3 (Beginning of May)

#### Minimal Standards:

The intern must not receive **any** competencies rated a value of 0 (not at all competent). The intern must not receive **any** competencies rated a value of 1 (somewhat competent). The intern must not receive more than **two separate** elements rated at the competency value 2 or lower regardless of number of supervisors rating the same competency with that value. That is, if three supervisors rate the same item with a value of 2, it only counts as one rating towards those tallied in the final count of items rated a value of 2. Among all the competencies rated, the intern must receive a minimum of **80%** rated at 3 (mostly competent) or 4 (very competent).

### Final Evaluation 4 (End of July)

#### Minimal Standards:

The intern must not receive **any** competency or element rated a value of 0 (not at all competent). The intern must not receive **any** competency or element rated a value of 1 (somewhat competent). The intern must not receive **any** competency or element rated at a value of 2. Among all the competencies rated, the intern must receive a minimum of **100%** rated at 3 (mostly competent) or 4 (very competent).

\*\*It is the duty of the Director of Training to facilitate providing the school's graduate training director with feedback concerning the intern's progress in the training program a minimum of two times a year.



## DUE PROCESS POLICY

The Linden Oaks Behavioral Health Training program acknowledges the rights of interns, supervisors and staff to be treated with courtesy and respect. Linden Oaks Behavioral Health expects that all interactions among interns, training supervisors, and staff be collegial and conducted in a manner that reflects the highest standards of the profession.

To ensure that doctoral interns are informed of these principles and the protocols for recourse, in the event that problems arise, the Due Process procedure is discussed at the time of interviews and reiterated during the orientation process. During the initial week of hospital orientation, interns receive copies of the program's Due Process policy and this policy is reviewed with Director of Training, accordingly. Interns are encouraged to share with the Director of Training any concerns that may arise regarding staff/intern relationship and are encouraged to speak with the Director of Outpatient Services, should they experience concerns related to the Director of Training.

The due process policy is intended to provide trainees and training staff with a systematized method for both defining and addressing problematic behavior in a trainee. This policy includes a list of intern rights and responsibilities, a definition of problematic behavior, a listing of due process procedures, and remediation and sanction alternatives utilized, in the event that problematic behavior is identified in a trainee.

## GRIEVANCE POLICY

The Grievance policy is also discussed with doctoral interns at the time of the interview and reiterated during the orientation process. Doctoral interns receive copies of the program's Grievance policy during the hospital orientation and this policy is reviewed with the Director of Training.

Our Grievance Policy is intended to provide all trainees with an internal process by which they may receive a full and fair hearing on any complaint or unresolved problem pertaining to their training experience. This formal procedure, which may be activated at the request of a Trainee, may be used only when differences of opinion are not resolved through an informal grievance process.

The training department at Linden Oaks Behavioral Health encourages individuals to work out concerns or complaints on an informal basis, whenever possible. Procedures for formal grievance should be used if informal discussions and/or mediation do not resolve differences, or when a trainee wishes to formally register a complaint. When a trainee disagrees with a training staff member's evaluation, or with any staff member's conduct, and the trainee is unable to achieve resolution through informal discussing or mediation, the trainee may initiate a formal internal grievance procedure to address this disagreement or complaint.

## DESCRIPTION OF PLAN AND SEQUENCE OF DIRECT TRAINING EXPERIENCES

Interns acclimate to training programs in a clear sequence of events. Training always begins with hospital orientation, followed by observing in the program where the intern will train. Interns are matched up with a “preceptor” in their program who may be a master’s level clinician (social worker or counselor). Their preceptor assists the intern with learning the medical record system and understanding the schedule and daily tasks of the program. The intern then begins shadowing the clinical work of their preceptor. Intern and preceptor eventually co-carry a caseload that begins with the intern shadowing all the preceptor’s work and eventually phases into the preceptor shadowing the intern’s work. Along with two hours of individual supervision from licensed clinical psychologists, the intern will also have direct observations and feedback for group, individual, and family sessions by their specific psychologist supervisors. Eventually the intern can provide services for a minimal number of cases independently with their psychologist supervisors signing notes and closely supervising outside of sessions. As the intern becomes more competent (as evidenced by evaluations mentioned above), their caseload and responsibilities rise. As interns take on their goal number of cases, they will be challenged with case presentations they have not previously worked with to challenge their clinical skills.

Each program reviews a goal timeline with the intern at the start of their program.

## DESCRIPTIONS OF INTERNSHIP TRAINING SITES

### **Rotation #1:**

#### **Adult Inpatient/Eating Disorders Outpatient Program (2 positions)**

*The interns in this program position will spend six months in eating disorders outpatient services followed by six months in adult inpatient or vice versa.*

#### **Adult Inpatient Program**

**Primary Supervisor: Meghan Kennedy, PsyD**

**Secondary Supervisor: Jacqueline Sierzega, PsyD**

**Unit Manager: Charlotte Hopper, RN**

**Supervisor of Clinical Therapy: Donell Bluford, LCSW**

**Treatment Model: DBT, ACT**

The Adult Inpatient Unit is located in the main behavioral health hospital in the heart of Naperville, Illinois. This 25-bed acute care unit serves patients with severe psychiatric disorders who are unable to maintain their own or others’ safety or are unable to care for their basic needs without the assistance of professionals on a locked psychiatric unit. This training emphasizes the treatment of patients who are diagnosed with severe mood disorders, psychotic disorders, anxiety disorders, and personality disorders among others. The average length of treatment on this unit is 5 to 7 days, although occasionally patients can stay on these units for extended periods. Required hours are from 8am to 4:30pm Monday- Friday. Unique opportunities of this program include observation of the legal process of admitting psychiatric patients to an acute facility, as well as the opportunity to observe the court process. Interns may also be interested in observing Electroconvulsive Therapy in the treatment of patients with severe depressive or psychotic disorders.

The intern on the Adult Unit is expected to fully manage a 4-patient caseload and is responsible for individual therapy sessions, family therapy and support sessions, discharge planning, case management, and consultation among other things. In addition to their individual cases, the doctoral intern will lead two daily groups consisting of either two skills groups or one skills group and one process group. Additionally, the intern will attend staffing on Monday, Tuesday, and Friday and will conceptualize their cases with the interdisciplinary treatment team consisting of psychiatrists, psychologists, nurses, behavioral health associates, and rehabilitation specialists among other disciplines. One major program development initiative on the Adult Unit is required by the end of the training year.

It should be noted that the inpatient position is crisis stabilization and requires more case management than PHP and IOP programs. The intern on the Adult Inpatient Unit will see a large variety of acute presenting issues but will have a shorter time to work with patients. This position is especially helpful for those looking to eventually work or manage in a hospital setting.

### **Eating Disorders Outpatient Program**

**Primary Supervisor: Meghan Kennedy, PsyD**

**Secondary Supervisor: Jacqueline Sierzega, PsyD**

**Unit Manager: Jacqueline Sierzega, PsyD**

**Treatment Models: DBT, CBT-E, ERP**

The Eating Disorder Program Services is located at the Endeavor Health Medical Building in Woodridge, Illinois, and consists of Adolescent and Adult day Partial Hospitalization Programs and Intensive Outpatient Programs. Theoretical orientations used in the program are Dialectical Behavioral Therapy (DBT), Exposure and Response Prevention, and Cognitive Behavioral Therapy – Enhanced for Eating Disorders. The program provides opportunities to develop programming and/ or participate in developing seminars for the organization at large.

The intern position hours are Monday through Friday 8:00-4:30 pm. Interns will conduct at least two groups a day (one psychoeducational and one process group). The intern will carry a caseload of 5-6 patients. Other duties include conducting psychosocial assessments, treatment planning, family sessions/ therapeutic meals, experiential food groups, multifamily education, case management and consultation with the interdisciplinary treatment team that meets daily to discuss cases. Individual, group supervision, and didactics are included on a weekly basis by licensed clinical psychologists.

**Rotation #2:****Adolescent Inpatient/Adolescent General Mental Health (2 positions)**

*The interns in this program position will spend six months in adolescent inpatient followed by six months in adolescent outpatient mental health or vice versa.*

**Adolescent Inpatient Program****Primary Supervisor: Meghan Kennedy, PsyD****Secondary Supervisor: Jacqueline Sierzega, PsyD****Unit Manager: Ryan Lauterwasser, LCPC CADC****Treatment Model: DBT, CBT, ACT**

The Adolescent Inpatient Unit at Linden Oaks Behavioral Health is located on the main Edward Hospital campus in Naperville, Illinois. This 29-bed acute care unit serves adolescents from age 11-18 (who are still in high school) with severe psychiatric disorders who are unable to maintain safe behaviors towards self or others or are unable to care for their basic needs without the assistance of behavioral health professionals in a hospital setting. This training emphasizes the treatment of patients who are diagnosed with depressive disorders, psychotic disorders, anxiety disorders, and substance use issues among others. The average length of treatment on this unit is 5 to 7 days, although occasionally patients can have an extended treatment episode due to specific needs. Unique opportunities of this program include facilitating parent-education groups and participating in program development. Interns may also be interested in observing Electroconvulsive Therapy in the treatment of patients with severe depressive or psychotic disorders.

The intern on the Adolescent Unit is expected to fully manage a 4-patient caseload and is responsible for individual therapy sessions, family and support sessions, discharge planning, and other case management duties. In addition to their individual cases, the doctoral intern will lead a daily DBT education group and facilitate a parent education group one evening during the week. Additionally, the intern will attend treatment team meeting daily and will conceptualize their cases with the interdisciplinary treatment team consisting of psychiatrists, psychologists, licensed social workers, nurses, behavioral health associates, and rehabilitation specialists among other disciplines. Contribution to program development is expected during the training year.

It should be noted that the inpatient position is crisis stabilization and requires more case management than PHP and IOP programs. The intern on the Adolescent Inpatient Unit will see a variety of acute care issues but will have a shorter time to work with patients. This position is especially helpful for those looking to establish a career working with patients and/or pursue a leadership career in a hospital setting.

### **Adolescent Outpatient Mental Health Program**

**Direct Supervisor: Meghan Kennedy, PsyD**  
**Secondary Supervisor: Jonathan Woodin, PsyD**  
**Unit Manager: William Li, LCPC**  
**Treatment Models: DBT, ACT**

The Adolescent Mental Health Program is located at the Linden Oaks Behavioral Health Outpatient Center in Naperville, Illinois. The program services patients at both Partial Hospitalization (PHP) and Intensive Outpatient (IOP) levels of care who are addressing mental health diagnoses including mood disorders, anxiety disorder, psychotic disorders and personality disorders. The average length of stay for adolescents participating in this program is 3-4 weeks. The theoretical orientations include Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT). Experience in DBT and ACT are not required. A unique learning opportunity for the program includes extensive training in DBT, ACT, and behavioral contingency planning, as well as how to apply the concepts in group therapy, and individual and family sessions.

The intern position in the Adolescent Mental Health Program is Monday through Friday from 7:30 am – 3:30 PM. The intern will carry a caseload of 5-6 adolescents. Duties include individual therapy, family therapy, discharge planning, case management, collateral contacts, doctor consultation, documentation, etc. The intern will also attend program staffing weekly every Thursday to conceptualize their cases with the interdisciplinary treatment team consisting of a psychiatrist, psychologists, postdoctoral fellows, and a nurse. Individual supervision, group supervision and didactic training are included on a weekly basis by licensed clinical psychologists.

### **Psychological Testing and Assessment (Rotations 1 and 2)**

**Direct Supervisor: Meghan Kennedy, PsyD**  
**Psychological Testing Supervisor: Elizabeth Cottrell, PsyD**

The Psychological Testing and Assessment Department is housed at the Linden Oaks Behavioral Health main hospital in Naperville, Illinois, however assessment occurs throughout our inpatient and outpatient sites. Reasons patients are referred to testing range from diagnostic clarification including cognitive evaluations to assessing for the presence of a specific disorder. The most common referral questions include testing for the presence of autism spectrum disorder, bipolar disorder, personality disorders, and psychotic disorders. An integrative battery and report is completed for each patient including a clinical interview, cognitive assessment (if appropriate), objective assessment, projective assessment, and collateral interviews.

All interns, regardless of rotation, will complete (3) batteries during the training year. The intern will be released from their duties in their home department to complete their batteries as cases become available. The intern will receive training and direct individual supervision from the psychologists in the testing department.

**Rotation #3:****Health Psychology/Behavioral Health Integration (2 positions)**

*The interns in this program will gain experience in primary care integration, pain management, and weight loss/bariatrics. Psychological testing will specialize in presurgical evaluations.*

**Behavioral Health Integration Program**

**Primary Supervisor: Meghan Kennedy, PsyD**

**Secondary Supervisors: Dylan Panuska, PsyD, CADC**

**Program Manager: Dylan Panuska, PsyD, CADC**

**Treatment Model: DBT, CBT, ACT**

The Behavioral Health Integration (BHI) Program offers a unique opportunity for interns to train throughout the Endeavor Health Care System in primary care offices and specialty outpatient clinics including pain management and Endeavor Health Weight Management. The program uses a health psychology model to provide assessment, treatment planning, and brief, solution-focused models of treatment for a diverse patient population of both developmentally (childhood, adolescents, adults, and elderly) and ethnically and culturally diverse populations.

The required intern hours for the BHI program are Monday through Friday from 8:00 am to 4:30 pm. In addition to individual psychotherapy, interns are responsible for rounding with physicians, performing patient consultations at the end of the patient's medical visit, proactively reaching out to patients referred to BHI to assess needs and offer care options, conducting psychotherapy and/or psychoeducation to patients in a group setting. There are opportunities for providing education to medical staff and physicians to enhance their care of patients as well. BHI offers the opportunity for both brief episodes of care and longer-term psychotherapy. This training emphasizes providing behavioral interventions with an interdisciplinary care team for patients who experience low to moderate psychological symptoms that impact their health-related quality of life. Intern direct patient care requirement time is 20 hours per week or 50% of their time. Interns will receive two hours of individual supervision by a licensed clinical psychologist per week, two hours of group supervision and case consultation per week and two hours of didactic training per week.

Additionally, there are opportunities for presurgical psychological testing of pain and weight loss patients. The intern will be provided with opportunities to collaborate with treatment teams in either formal meetings or informally and will conceptualize their cases with the interdisciplinary treatment team(s) consisting of primary care doctors, specialists, psychiatrists, psychologists, licensed social workers, and nurses. Opportunities to participate in Interdisciplinary Pain Grand Rounds and other activities are also available.

### **Experience 1: Primary Care and Endeavor Weight Management**

- Conduct in-person, video, and telephone end of visit consultations with primary care patients. These consultations provide time for information gathering, expectation setting, motivational interviewing, and a brief assessment of need. Patients are also provided with options such as scheduling further evaluation, therapy or connecting with other resources within the system or community.
- Conduct initial psychological assessments of patients of the primary care practice. This assessment includes past and present history medical and mental health/addictions history related to factors affecting the patient's current health and wellbeing. Health behaviors are also assessed to assist the interdisciplinary team in developing a treatment plan using tools available throughout the EEH system.
- Provide individual, brief, solution-focused psychotherapy for presenting needs using ACT, CBT, DBT, and relaxation techniques. Patient needs may include anxiety, depression, relationship difficulties, ADHD, PTSD, insomnia, smoking cessation, coping with diagnoses, and other health management issues.
- Participate in integrative care consultations with providers of other disciplines including primary care, physical therapy, occupational therapy, integrative medicine, psychiatry, and other medical staff throughout the system.

### **Experience 2: Pain Management**

- Conduct in person, video, and telephone end of visit consultations with patients in the EEH Pain Clinics. These consultations provide time for information gathering, expectation setting, motivational interviewing, and a brief assessment of need. Patients are also provided with options such as scheduling further evaluation, therapy or connecting with other resources within the system or community.
- Conduct initial psychological assessments of patients in the Pain Clinic. This assessment includes a past and present history of pain management and inpatient/outpatient mental health/addictions history. Health behaviors are also assessed to assist the interdisciplinary team in developing a treatment plan using different pain management treatments available throughout the EEH system.
- Provide individual solution-focused psychotherapy for pain management using relaxation training, ACT, CBT, DBT, and Pain Neuroscience Education.
- Co-facilitate pain management psychotherapy group.
- Attend monthly Interdisciplinary Pain Grand Rounds meeting with supervisor.
- Attend monthly Opioid Steering Committee meeting with supervisor.
- Conduct Spinal Cord Stimulator (SCS) and Intrathecal Pain Pump (IPP) presurgical psychological evaluations.

## **DESCRIPTION OF THE TRAINING CURRICULUM**

At Linden Oaks Hospital and Linden Oaks Outpatient Centers, doctoral interns are exposed to a broad range of assessment opportunities. Each patient who presents for services meets with a clinician who performs an in-depth psychosocial assessment which is then used in conjunction with the initial level of care assessment, nursing assessment, and psychiatric evaluation to formulate an individualized care plan. Clinicians assess patients on an ongoing basis to determine the level of care recommendations. Other assessments expected are trauma assessment, self-injury assessment, substance abuse assessment, daily suicide assessment.

Doctoral Interns are afforded the opportunity to provide psychological assessment services. Psychological testing is conducted on our inpatient units and within our Intensive Outpatient and Partial Hospitalization programs with patients for whom psychological testing has been ordered by the attending psychiatrist. All psychological testing cases are supervised by licensed clinical psychologists in our psychological assessment department who evaluate the doctoral interns in the areas of clinical interviewing, administration, scoring, report writing and feedback skills. Our training provides a range of psychological assessments, incorporating a broad variety of Cognitive, Objective Personality, Projective Personality and Trauma measures. Additionally, more specialized measures are also utilized including anxiety and depression inventories, executive functioning assessments, developmental/behavioral assessments and attention deficit-hyperactivity disorders assessments.

Doctoral interns have the ability to do individual, family, group, multi-family group, psycho-educational trainings, and case management in an interdisciplinary health care setting. They are supported by and expected to work hand in hand with psychologists, clinical therapists, expressive therapists, occupational therapists, psychiatrists, nurses, and other support staff.

## **HOW THE PSYCHOLOGY TRAINING PROGRAM HAS INTEGRATED INTO THE LARGER ORGANIZATION**

Linden Oaks Behavioral Health Hospital functions as the hub of psychiatric services for the entire Endeavor Health System and provides services to the west, northwest, and southwest suburbs of the Chicagoland area. The doctoral training program is crucial to assisting Linden Oaks Behavioral Health with providing premier psychological services to its consumers. Not only are interns a vital part of the interdisciplinary treatment team, but they bring knowledge of current theory and advances in the field of psychology. Interns are encouraged to share their knowledge with staff via trainings throughout the year. Previous interns have designed and restructured programming under the supervision of psychologists, implemented structural changes to the organization and have even assisted in developing new programs when the need has arisen. As Linden Oaks Behavior Health grows, so does our need for clinical psychologists and the prestige they bring to the field.



## DOCTORAL TRAINING STAFF

### DIRECTOR OF TRAINING/SUPERVISOR OF DOCTORAL TRAINING

The Director of Clinical Training (DCT) is responsible for overseeing the activities of doctoral students while at Linden Oaks Behavioral Health. The Supervisor of Doctoral Training works in conjunction with the DCT to organize and coordinate the activities of doctoral students. The DCT's responsibilities include the following:

- Direct and organize the training program and its resources
- Oversee the selection of doctoral interns
- Monitor and evaluate the training program's goals and activities
- Document and maintain intern training records
- Provide at least 2 hours of direct supervision of doctoral interns in order to oversee their caseload and to discuss professional comportment and activities.
- Provide and oversee 2 hours of didactic training for the doctoral training program each week
- Provide and oversee 1 hour of group supervision weekly
- To oversee at least two evaluations per academic year to the universities for each doctoral intern.
- To provide training and supervision in empirically supported treatment models.
- To coordinate with the various unit managers regarding the doctoral intern's activities while working on their designated unit.
- To assure each doctoral intern has the opportunity to meet all requirements for their internship by working with the unit managers for the various designated units throughout the hospital.
- To communicate with the Director of Clinical Training from each student's university to discuss their progress, and (if necessary) any disciplinary actions.
- To follow and carry out the due process established for doctoral interns if disciplinary actions are necessary.

### PSYCHOLOGY INTERN SUPERVISORS

In addition to the Director of Clinical Training and the Supervisor of Doctoral Training, there are five clinical psychologists who provide supervision. The Clinical Supervisors are all licensed clinical psychologists, and their duties include the following:

- To provide all doctoral interns enrolled in the Doctoral Training Program a second weekly one-hour supervision session to oversee their caseload and to discuss professional comportment and activities.
- To run the weekly case conceptualization group supervision group for all doctoral interns focusing on the empirically supported treatment in their area of expertise.
- To present didactic training topics, focusing on their areas of expertise
- Assist in facilitating group supervision separate from the 2-hour didactic on Thursdays.
- To report any concerns with doctoral interns to the Director of Clinical Training. Examples of such concerns include the unit manager not providing enough individual or group clinical experience, struggles with conceptual understanding of empirical treatment models, ethical or other behavioral concerns.

While licensed clinical psychologists provide all formal supervision, interns may receive more informal supervision from other members of the clinical team as needed. All programs at Linden Oaks Behavioral Health are staffed with Licensed Clinical Professional Counselors and Licensed Clinical Social Workers.

| <b>Supervising Psychologists</b>  | <b>Area of Specialty</b>  |
|---|---|
| <b>Kelly Ryan, PsyD</b><br>System Director of Behavioral Health Clinical and Quality Transformation | Adults, older adults, impulse control disorders, personality disorders, DBT, management in the hospital setting                         |
| <b>Jacqueline Sierzega, PsyD</b><br>Manager of Doctoral Training and Eating Disorder Services       | Testing and assessment, anxiety, self-injury, DBT, ACT, pain management/chronic illness   |
| <b>Meghan Kennedy, PsyD</b><br>Supervisor of Doctoral Training                                      | Pain management, health psychology, trauma, testing and assessment, ACT   |
| <b>Laura Koehler, PsyD</b><br>Manager, Anxiety Services   | Anxiety, adolescents, families, DBT, ACT  |
| <b>Elizabeth Cottrell, PsyD</b><br>Post-Doctoral Fellow, Psychological Testing                      | Testing and assessment across the lifespan with ADOS, ADHD, and MOCA certifications, along with a person-centered therapeutic approach. |
| <b>Heather Treat, PsyD</b><br>Clinical Psychologist, Anxiety Services                               | Anxiety, adolescents, families, chronic pain, DBT, ACT  |
| <b>Jonathan Woodin, PsyD</b><br>Clinical Therapist, Anxiety Services                                | Adults, ACT, human sexuality, sex addiction   |
| <b>Dylan Panuska, PsyD</b><br>Manager, Behavioral Health Integration                                | Health Psychology, Primary Care Integration, chronic pain   |

\*All of the above listed supervisors are significantly involved in the operation of the doctoral training program.

## TRAINING OPPORTUNITIES

### CONTINUING EDUCATION

Linden Oaks Behavioral Health has a strong commitment to continuing education. Professional seminars with speakers of national repute are offered monthly. Additional trainings are provided in specialty areas throughout the continuum of care and time permitting, interns are encouraged to take advantage of such offerings. Additionally, there is a wealth of educational opportunities throughout the metropolitan Chicagoland area and interns will be encouraged to take advantage of some of these opportunities with the understanding that it will not interfere with their training and/or direct patient care.

In addition to the wonderful opportunities to attend the aforementioned professional seminars presented at Linden Oaks, the doctoral training program offers weekly didactic seminars in empirically supported treatment.

#### Didactic topics include but are not limited to:

- Empirically Supported Treatments and Applications
- Motivational Interviewing Series
- Acceptance and Commitment Therapy Series
- Dialectical Behavior Therapy Series
- Legal and Ethical Issues in the Hospital and Outpatient Setting
- Diversity, Bias, and Microaggressions
- Ethics
- Trauma
- Non-Suicidal Self-Injury
- Primary Care
- Medical Issues and Behavioral Health
- Autism
- Sex Addiction
- Borderline Personality Disorder Series
- Psychological Testing
- Art Therapy
- Movement Therapy
- Music Therapy

## EXPECTATIONS FOR THE DOCTORAL INTERNSHIP YEAR

1. The college/university attended by the applicant is required to have an active Affiliating Agreement with Linden Oaks Hospital.
2. Applicants need to have completed their practicum placements (minimally one year of diagnostic and one year of clinical).
3. Applicants need to commit to the minimum time requirements of twelve months, 40 hours per week. Successful completion of the program is equal to 2,000 hours. Interns are provided with paid time off accrual equal to approximately 28 days during the training year and may need to extend their training past twelve months to meet the 2,000-hour requirement. The hours of the internship may exceed the minimum number of hours required by your school.
4. Approximately 20 hours per week will be in direct patient care.
5. Facilitate groups on the units utilizing empirically supported treatment strategies including (but not limited to) Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT).
6. Case management, psychosocial evaluation, treatment plan development and period review, and individual sessions and family sessions (when applicable; duties vary by unit).
7. Participate in daily staffing as a member of the treatment team which includes psychiatrist, nurses, and other mental health providers (when applicable; duties vary by unit).
8. Interns will be required to complete 3 integrative batteries during the training year.
9. Interns will be required to complete a yearly project to improve the units or services provided to patients. In addition, interns will be required to present a 2-hour professional level presentation during didactic seminar. The project and presentation should include the evaluation and dissemination of research.

## REQUIREMENTS FOR APPLICATION INTO THE DOCTORAL INTERNSHIP

The following items will need to be completed and uploaded to the APPIC application portal:

- **Completed APPI**
- **A personal statement reflecting interests, experience, personal objectives, and program of preference.**
- **Curriculum vitae**
- **Three letters of recommendation**
- **Transcript**

### CONTACT:

Please feel free to contact our Supervisor of Clinical Training if you have any questions or concerns.

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