

Predoctoral Internship in Clinical Psychology

Information Kit

La Rabida Children's Hospital

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www.larabida.org



LA RABIDA
CHILDREN'S HOSPITAL

An Overview of La Rabida's Program

La Rabida Children's Hospital offers three full-time internship positions in clinical psychology each year. The one-year internship begins July 1 and concludes June 30. A stipend is paid and interns are eligible for benefits.

Our APA-accredited internship program is designed to meet the growing need for psychologists to work within health care as well as in traditional mental health settings. Administered under the auspices of La Rabida's Behavioral Sciences Department, the program offers a broad-based, well-supervised training experience for developing pediatric and clinical child psychologists.

La Rabida's Behavioral Sciences Department is one of the largest in the nation housed within a pediatric hospital, offering a high staff-to-patient ratio. The hospital is a recognized leader in the treatment of abuse and trauma, and serves as a model for hospital-based programs nationwide.

Graduates of our internship program find employment in a wide range of settings, including pediatric hospitals; community mental health centers; child guidance facilities; public agencies dealing with physical and sexual abuse; academic settings; and private practices specializing in child psychology. In recent years many of our graduates have secured postdoctoral fellowships in pediatric psychology and sexual abuse and trauma; academic positions; and positions within a variety of clinical settings, including child abuse agencies, residential child treatment facilities and rehabilitation centers.

Program Philosophy

Training is based on an integrative practitioner model that combines experiential and didactic learning as well as learning through supervision. Our training model enables interns to synthesize and build upon their graduate training (theory, science and practice) and emerge prepared to practice in a wide variety of child-oriented settings, such as:

- Pediatric hospitals
- Children's advocacy centers
- Children's programs within community mental health centers
- Group practices specializing in children's services
- Academic settings
- Advocacy and public policy programs specializing in services to children
- Child welfare programs

The training model provides a supportive clinical experience with a strong educational component. Theoretical approaches represented among the training staff include cognitive-behavioral, behavioral, psychodynamic, trauma-focused and family systems.

During the program, interns will complete comprehensive psychological evaluations and learn to effectively communicate their findings and recommendations to individuals from a variety of disciplines (physicians, social service workers, teachers and others). They will develop consultation skills and learn how to effectively participate in multidisciplinary teams. After completing the program, individuals will be able to diagnose, formulate treatment plans and carry out appropriate therapeutic interventions based on diagnostic data.



Our Patient Population

La Rabida is committed to understanding and respecting cultural and individual differences. Our patient population consists chiefly of African-Americans from an urban poor background. Department members design treatment protocols that incorporate the individual and cultural needs of our patients and their families.

Our department's commitment to serving the community includes recruiting, training and mentoring minority students and others with a strong interest in treating this patient population. The training program is designed to encourage culturally sensitive conceptualization and understanding of the challenges and dilemmas that may be present when treating urban youth and their families.

The Behavioral Sciences Department maintains an ecological approach to the care of our patients and their families. Our approach includes factors affecting an individual's development ranging from environmental stressors and intrapsychic influences to family function/dysfunction to extremely broad socioeconomic and cultural pressures.

In our work with children and adolescents, a developmental perspective is maintained. We evaluate the impact of psychosocial stressors and family functioning as they affect children at various stages of development, and we view psychopathology as normal developmental processes gone awry. Psychological and medical problems in children have a significant effect on both the child and the family. As a result, therapeutic endeavors often involve the nuclear family and extended family systems. Realizing that children and their families function in a larger community and societal context, the Behavioral Sciences Department maintains close working relationships with the many systems involved with our patients (for example, the schools, social service agencies and others).

Three Areas of Study

The internship program offers a challenging opportunity to develop clinical skills in all aspects of patient care and provides intensive training across three areas:

- Pediatric psychology
- Child maltreatment
- General child clinical

Interns complete training in each of these areas.

Pediatric Psychology



Training in pediatric psychology includes work with children having a wide range of chronic illnesses and handicapping conditions and with those who need rehabilitation services. Interns work on both an inpatient and outpatient basis. Training experiences include child and family adjustment assessment, treatment and consultation-liaison. Interns participate in case conferences and multidisciplinary medical rounds.

Interns receive training with specific pediatric populations:

- Sickle cell disease
- Diabetes
- Asthma-pulmonary
- Developmental disabilities
- Pediatric Incontinence Clinic
- Rehabilitation
- Failure to thrive (FTT)
- Pain management
- Traumatic brain injury
- Pediatric medical trauma

During each experience, interns work closely with the multidisciplinary team. Interns attend and present clinical findings at case conferences and medical rounds (for example, pulmonary rounds and chief of service rounds). Consultation to medical staff is a major component of this work.

Child Maltreatment

La Rabida's child abuse program provides investigative and therapeutic abuse and trauma related services. Investigative services include:

- The Victim Sensitive Interview (VSI) program
- MESA (Medical Exams for Sexual Abuse)
- Clinic Advocacy services

Therapeutic services include abuse and trauma focused assessment and long-term trauma-focused psychotherapy for sexually abused children, and support services for parents whose children have been victims of sexual abuse and/or sexual assault. The abuse program also serves victims of severe physical abuse and children in the foster care system.



Abuse and trauma related services are provided at the hospital, the child trauma center satellite office, and at La Rabida's Joli Burrell Children's Advocacy Center (CAC) in Park Forest. The child abuse program works closely with the Illinois Department of Children and Family Services, the Chicago Police Department, 36 suburban police departments and the Cook County State's Attorney's Office.

Throughout the year, psychology interns are responsible for providing abuse and trauma focused assessment, consultation and psychotherapy for children served by the abuse program. Each intern is also assigned to the CAC for one day a week for four months. During this time, in addition to providing assessment and psychotherapy, interns are able to participate in multidisciplinary abuse investigations and provide crisis intervention and supportive services to families of alleged sexual abuse victims. Throughout the year, interns may also accompany staff or families to criminal court and/or abuse and neglect court.

General Child Clinical

During this experience, interns receive referrals to provide services to well children who receive their routine medical care at La Rabida. These children may be siblings of medically ill children; children involved with the foster care system; or children who live near the hospital.

These referrals are comparable to those frequently encountered in a typical urban outpatient community mental health setting or from pediatricians or family practitioners in community practice. Presenting problems may include adjustment disorders, attention difficulties, behavior disorders, bereavement, depression, dysthymia or school problems.

Clinical Responsibilities

The internship is a full-time program. Clinical activities may include the following:

- Clinical intake/screening
- Clinical interviews/clinical consultations
- Psychological assessment

- Comprehensive evaluation
- Partial batteries involving cognitive and/or personality assessment
- Parent education/behavior management training
- Crisis intervention
- Consultation/liaison to medical staff
- Psychotherapy
- Long-term psychotherapy
- Brief psychotherapy
- Play therapy
- Family therapy
- Trauma-focused psychotherapy
- Groups

Supervision

Clinical responsibility and supervision for all cases rests with our staff of licensed clinical psychologists. Individually, interns are supervised about four to six hours a week. They are also supervised in a group format within the assessment seminar and the consultation-liaison service.

Supervisors are assigned according to their areas of expertise. Each intern receives supervision from multiple training staff members. Supervision may take place in a variety of formats:

- Traditional report
- Apprenticeship
- Co-therapy
- Live
- Videotape

At the beginning of the program, the intern will complete a self-assessment and discuss it with his or her supervisor. During that conversation, intern and supervisor set goals for the intern's learning experience, which are incorporated into the ongoing supervision process. Using an assessment instrument, the intern and supervisor formally review the goals at mid-year and at the completion of the internship. The goals and progress are reviewed informally in October and form the basis for ongoing discussion throughout the term of the supervisory period.

The La Rabida program maintains contact with the intern's graduate program through formal and informal contacts. Copies of the intern's performance evaluations are sent to the graduate school's Director of Training twice during the year.

A Typical Day in the Program

Interns experience a varied workday in the internship program. Following is an example of an intern's typical day.

Thursday

- 08:00 Developmental Psychotherapy seminar
- 09:00 Intake/department meeting
- 10:00 Inpatient – pain management with burn patient
- 11:00 Supervision
- 12:00 Lunch
- 01:00 Consult – liaison group meeting
- 02:00 Outpatient - sexual abuse case*
- 03:00 Report writing, charting, telephone calls
- 04:00 Outpatient - diabetes case*
- 05:00 Outpatient - child clinical case*

* Scheduled by individual interns

Seminars

Interns participate in a variety of seminars throughout the year.

- The Developmental Psychotherapy seminar focuses on issues regarding psychotherapy, psychodiagnostics, developmental psychology, psychotherapy and child abuse.
- The Pediatric Psychology seminar covers such topics as pediatric psychology interventions, consultation skills, pain management, developmental disabilities and treatment of chronic illnesses.
- The Professional Issues seminar covers such topics as research, legal, ethical, cultural, minority and professional practice issues.
- The Assessment seminar is a didactic/group supervision experience where interns learn from the instructor and from cases presented by each other.
- Case conferences provide an opportunity for interns to present cases for discussion by peers and supervisors.
- Interns are encouraged to attend colloquia, grand rounds, chief rounds, core curriculum lectures and other seminars both at La Rabida Children's Hospital and the University of Chicago.

In addition, psychologists in the Behavioral Sciences Department administer a research seminar module in which staff and interns can present current research (including interns' dissertations and/or master's theses) for critical review and comment. Interns may also choose to present recently published articles from peer-reviewed journals and lead a discussion addressing the quality of the research and its relevance to the work of La Rabida Children's Hospital.

Library

Interns have access to the libraries at La Rabida and the University of Chicago. The Regenstein and Crerar libraries of the University of Chicago are among the largest and finest in the country.



Eligibility

All candidates for the predoctoral internship program must meet the following criteria:

- Enrollment in an APA-accredited doctoral program in clinical psychology or counseling psychology (school psychology will be considered)
- Completion of all coursework for a doctoral degree
- Completion of the qualifying/comprehensive exam by the application deadline (November 15)
- Before the start of the internship, completion of three years of practica/externship training experience (at least two years of which were primarily with school-age children)

Preferred candidates will also have the following:

- Superior clinical skills within the area of child assessment and therapy
- Interest or experience in pediatric psychology and/or child maltreatment
- Interest in or experience working in multidisciplinary teams
- Interest in or experience conducting psychological evaluations
- Interest in and sensitivity to issues of diversity
- Interest and knowledge in the issues of race, poverty and the needs of the underserved population
- A self-reflective approach to clinical work with children and families
- Openness to other perspectives presented by patients, families and supervisors

Compensation and Benefits

The internship program pays a stipend of \$27,000 for the year. Interns also receive the following benefits:

- Health insurance
- Paid time off (sick/vacation)
- Conference leave

Training Staff

The following La Rabida staff members work with interns in the Predoctoral Internship Program.

Cathy Mavrolas, Ph.D., Director of Training, Chief Psychologist

Dr. Mavrolas, an associate professor of pediatrics at the University of Chicago Pritzker School of Medicine, has been at La Rabida for more than 18 years. Since 1998 she has served as director of training for La Rabida's psychology program. Her clinical work focuses on children with chronic illnesses and developmental disorders. She has been actively involved in the training of psychologists at both the local and national levels.

Dr. Mavrolas has been an APA site visitor since 2001 and has served the Committee on Accreditation of the APA as a program review consultant. Under her leadership, La Rabida has received two graduate psychology education grants from the US Department of Health and Human Services from 2003-2007. Dr. Mavrolas was the 2010 Recipient of the APPIC Award for Excellence in Training.

Dr. Mavrolas received her Ph.D. in counseling psychology from Northwestern University. She has presented at regional and national conferences on the topic of training psychologists. She is a member of the Chicago Children's Diabetes Center Advisory Board and has worked with the Center for more than 18 years in a clinical capacity. Her current research focuses on new-onset pediatric diabetes. Additional clinical interests include pediatric incontinence, infants and deafness.

Renee Dominguez, Ph.D.

Dr. Dominguez, assistant director of La Rabida's Chicago Child Trauma Center (CCTC), assesses and treats children who experience post traumatic stress disorder from a range of traumatic stressors (such as sexual abuse, physical abuse, domestic violence, community violence, burns, dog attacks and more). She also conducts investigative interviews and provides psychological services for children who experience general clinical problems.

As assistant director of CCTC, Dr. Dominguez is also responsible for the Center's administrative matters, overseeing the evaluation of its programs and participating in the Childhood Traumatic Grief working group within the National Network.

Dr. Dominguez received her Ph.D. in clinical psychology (Child and Family Track) from the University of Houston. After an internship at Baylor College of Medicine, she also completed a postdoctoral fellowship in child sexual abuse and trauma at La Rabida Children's Hospital. Dr. Dominguez has developed particular expertise within the trauma field in the areas of childhood sexual abuse, childhood traumatic grief and pediatric burns.

Robert L. Finke, Ph.D.

Dr. Finke received his Ph.D. in clinical-community psychology from the University of South Carolina where he was involved in various research projects examining the cognitive and academic effects of pediatric chronic health conditions. Prior to his current position at La Rabida, he completed a postdoctoral fellowship in pediatric psychology, focusing on the assessment and treatment of children with chronic health conditions including diabetes, sickle cell disease, traumatic brain injury, and burn injuries. He also completed a second fellowship specializing in the assessment and treatment of children and families experiencing various traumatic events.

Dr. Finke provides psychological services to children and families who have chronic health conditions, have experienced a medical trauma, or have other behavioral and emotional difficulties. He currently oversees the psychological testing service at La Rabida, and also serves on the multidisciplinary team that provides both outpatient and inpatient services to children with traumatic brain injury.

June Parks, Ph.D.

Dr. Parks provides clinical assessments and individual therapy to maltreated and traumatized children. Before joining La Rabida, she served as a research assistant at the Under the Rainbow program at Mt. Sinai Hospital in Chicago, where she examined the impact of dissociation, trauma and stress arousal on memory and suggestibility in abused and neglected children. Dr. Parks' specialized trauma training continued through her postdoctoral fellowship in sexual abuse and childhood trauma at La Rabida, during which she developed expertise in treating foster children and children with complex posttraumatic psychotherapy.

Since completing her fellowship in 2004, Dr. Parks has supervised La Rabida's Multiply Traumatized Children in Foster Care program and secured funding from Hedge Funds Care Chicago for a demonstration project providing specialized trauma-focused services to multiply traumatized children in foster care, for which she is the primary clinician.

Dr. Parks has a Ph.D. in counseling psychology from Northwestern University.

Bradley C. Stolbach, Ph.D.

Dr. Stolbach, an associate professor of pediatrics at the University of Chicago Pritzker School of Medicine, has been with La Rabida for more than ten years. He serves as supervisor of trauma-related psychological services at La Rabida and project director at La Rabida's Chicago Child Trauma Center (CCTC). His direct clinical responsibilities include investigative interviewing and providing abuse-and trauma-focused assessment and psychotherapy.

Dr. Stolbach has a long-standing interest in the assessment and treatment of dissociative psychopathology in children. His doctoral dissertation involved the development and validation of the Children's Dissociative Experiences Scale and Posttraumatic Symptom Inventory, which remains the only self-report measure of dissociative symptoms for children.

Dr. Stolbach received his Ph.D. in clinical psychology from the University of Colorado. In October 2005 he was awarded a four-year grant by the Substance Abuse and Mental Health Services Administration to make CCTC a member of the National Child Traumatic Stress Network. Dr. Stolbach is president-elect of the board of directors of the Children's Advocacy Center of Illinois. He participated in the International Society for the Study of Dissociation's DSM-V Dissociative Disorders Research Planning Conference. He is a member of the Illinois Childhood Trauma Coalition.

Kerry Brown Hasbrook, Ph.D.

Dr. Brown Hasbrook is a pediatric psychologist with extensive experience providing psychological services to children with chronic illnesses and externalizing disorders. She received her graduate training at Boston College (M.A.) and Loyola University Chicago (Ph.D.). Dr. Brown Hasbrook is a licensed psychologist who has been working in the Behavioral Sciences Department at La Rabida Children's Hospital for the past ten years.

During her internship at the University of Maryland Baltimore, she provided psychological services for children with asthma, allergies, HIV/AIDS, diabetes, traumatic brain injury, and cancer. Additionally, as a postdoctoral fellow at The University of Chicago, Dr. Brown Hasbrook was an active member of a multidisciplinary team working with children with significant attentional and behavioral difficulties. During her time at LRCH she has served in various roles.

In her current role, her duties include providing outpatient psychotherapy and parent training for child clinical and pediatric patients and their families, administering psychological evaluations, and training psychology interns and pediatric residents.

Applying for the Internship Program

The Internship at La Rabida Children's Hospital requires the AAPI online. You may access this application at www.appic.org, click on "AAPI Online".

- We require a minimum of three letters of recommendations from supervisors of clinical work.
- Please use your cover letter to provide your information regarding your interest and experience with the various training opportunities offered at La Rabida Children's Hospital.

In addition to the online AAPI, applicants should upload and submit the following additional pieces of application material:

1. **Treatment Summary** (maximum length: 5 pages). Summarize an actual child psychotherapy case, including: presenting problem, case conceptualization, course of treatment, and outcomes. Remove all identifying information prior to submission. Please do NOT send diagnostic assessments.
2. Completed **La Rabida Internship application addendum**. See addendum format below.

Application Deadline: November 15th.

Dates of Interviews: January 5, 9, 12, 19 and 23

The deadline for applications is Nov. 15. All material must be received by this date. Applicants will be notified if they have been accepted for an interview. An interview at La Rabida is required for consideration for the internship. Applicants will be notified of their interview status by Dev. 15. This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking related information from any intern applicant. We adhere to APPIC guidelines regarding notification of acceptance. This internship site has been accredited by the American Psychological Association, Office of Program Consultation and Accreditation, 750 First Street NE, Washington, DC 20002-4242, (202) 336-5500.

Addendum

Please list all of the therapy cases you have seen and submit this document with your application materials. Be sure to remove identifying information.

Include all of the following information:

- Age of identified patient
- Format of treatment: e.g. individual, parent training, family, trauma-focused, etc.
- Number of sessions/over what period of time (e.g. 10 sessions/3 months)
- Presenting problem or diagnosis
- Inpatient vs. outpatient
- Custody status (e.g. foster care)
- Theoretical orientation guiding intervention

