

# HealthEast Care Systems/St. Joseph's Hospital (M Health Fairview)

## Psychology Internship Program



## **Psychology Internship Program**

HealthEast Care System is now part of M Health Fairview. M Health Fairview is the newly expanded academic health system developed from a shared drive to discover a better way to deliver breakthrough care closer to home. M Health Fairview is a collaboration among the University of Minnesota, University of Minnesota Physicians, and Fairview Health Services. Our partnership combines the University's deep history of clinical innovation and training with Fairview's extensive roots in community medicine. Together, we're expanding access to world-class, patient-centered care through our 10 hospitals and 60 clinics.

### **Fairview's Mission Statement:**

Fairview is driven to heal, discover and educate for longer, healthier lives. The Fairview Commitments help guide our behaviors in order to achieve our mission and vision. They are grounded in two key principles: respect for people and continuous improvement. The Fairview Commitments include:

**Create an Exceptional Experience**

**Honor Relationships**

**Communicate Intentionally**

**Engage and Inspire**

**Commit to Development**

**Collaborate for Outcomes**

**Set and Hold Standards**

**Identify and Solve Problems**

**Achieve Results**

**Seek Perfection**

## **Role of Psychology:**

The psychology program currently consists of 14 licensed psychologists, each with specific areas of specialized treatment/assessment focus such as trauma informed care, neuropsychological testing (rotation ending at the end of 2023-2024 training year), Pain Psychology rotation (starting 2024-2025 training year), sexual and gender health, bariatric and ADHD psychological testing, health psychology, OCD, personality disorders, etc. We serve our community as psychotherapists, evaluators, consultants and supervisors for a broad range of programs. We are committed to evidenced-based therapeutic approaches, social justice and diversity.

We offer a comprehensive suite of mental health services for outpatient programs such as the Counseling Center, Sexual and Gender Health Clinic, Integrated Behavioral Health, and Neuropsychology (rotation ending at the end of 2023-2024 training year), and Pain Psychology rotation (starting 2024-2025 training year). These include individual psychotherapy, potential group psychotherapy, ADHD, bariatric, and general psychological assessment, neuropsychological testing, Pain Psychology, sexual health therapy, and integrated mental health services.

### **DOCTORAL LEVEL PSYCHOLOGY STAFF:**

<i>Name</i>	<i>Degree</i>	<i>Location and Position</i>
Jeff Mills	PsyD	Fairview Riverside, Manager – Behavioral Outpatient Clinical Programs, Training Director

Biography: Dr. Mills' primary research interests include forensic psychology and trauma. In the past, he served as a Training Director for 3.5 years at a Community Mental Health Center where he provided clinical supervision to doctoral interns and practicum students and completed a self-study to obtain APA accreditation on contingency status for their doctoral internship program. He also served on the Training Committee and provided clinical supervision to interns and practicum students at another major medical organization. Clinically, he specializes in working with victims of trauma and conducting forensic evaluations such as psychosexual evaluations and sex behavior assessments. He has specific training in EMDR, Sensorimotor Psychotherapy, Gottman Couples Therapy, Motivational Interviewing, Sex Offender Treatment, and Interpersonal Psychotherapy.

Rita Rock	PsyD	Clinical Psychologist, MHealth Fairview Clinics and Surgery Center- Maple Grove (LP)
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Biography: Rita's primary areas of interests include anxiety, adjustment issues, grief and loss and perinatal mood & anxiety disorders. She provides psychotherapy to adults with a variety of presenting diagnoses and concerns across the lifespan, and specializes in clinical health psychology and PMADS. She has received specific training in CBT, MBCT, DBT, MI, Solution Focused Therapy, Interpersonal Therapy, Trauma work, and Grief work. She developed a perinatal behavioral health consult service to the perinatal inpatient OB units in 2014. She is working on providing future bariatric/weight management evaluations.

Sarah Olson	PsyD	M Health Fairview Neurology-Woodbury Clinical Neuropsychologist
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Biography: Dr. Olson is an adult clinical neuropsychologist who specializes in the assessment of cognitive functioning in various populations, such as adults and older adults with cognitive concerns, and those with dementia, brain injury, stroke, Parkinson's, multiple sclerosis, and other

neurologic and chronic medical conditions. My goal is to aid in the patient's understanding of the changes they are noticing in their cognition, mood, and behavior, and to assist with diagnosis and treatment planning based on their specific assessment findings.

Julia Reid                      PhD                      Clinical Psychologist and Supervisor, M Health  
Fairview Minneapolis

Biography: Dr. Reid works with patients of all ages and has particular expertise in health psychology, bariatrics, and psychological testing. She has been a consulting psychologist to the comprehensive weight management clinic since 2009. She supervises other clinicians within the department and manages the psychological testing services for M Health Fairview Counseling.

Brian Roscoe                PsyD                      M-Health Fairview Clinics and Surgery Center  
Behavioral Health Clinician (LP)

Biography: Doctoral Training at the University of Indianapolis with emphasis in Health Psychology. Primary interests include health psychology, integrated behavioral health, solid organ transplant counseling, motivational interviewing for health behavior change, acceptance and commitment therapy, chronic pain management, time-based pacing, Interpersonal Psychotherapy, and Psychodynamic Therapy. Recreational interests include reading, travel, and cooking.

Samantha Glass            PhD                      M Health Fairview Neurology: Woodbury,  
Clinical Neuropsychologist

Biography: Dr. Glass is a Clinical Neuropsychologist in the Neurology service line at M Health Fairview specializing in the assessment of cognitive functioning (i.e., memory, attention, problem solving) in the context of neurological and medical conditions. Dr. Glass enjoys working with patients to help them understand how an acute event such as a stroke, a chronic condition like diabetes, or even normal aging, can have an impact on thinking skills. She conducts neuropsychological evaluations with adults, primarily on an outpatient basis.

Laura Nielsen              PsyD                      M Health Fairview, Manager, System Clinical Integration

Biography: Dr. Nielsen is a Manager for System Clinical Integration at MHealth Fairview. She oversees MHealth Fairview's Integrated Behavioral Health and Behavioral Health Home services. She has previous experience providing outpatient mental health therapy and psychological assessments to pediatric and adult patients. She also has experience working in pediatric and adult inpatient mental health services and in the emergency room.

Heidi Schwartz            PsyD                      M Health Fairview Clinical Psychologist, Edina, MN

Biography: Dr. Schwartz completes ADHD, general psychological, and pre-surgical bariatric evaluations in an outpatient clinic setting while also providing supervision to students. She has previously worked in the spectrum of hospital based care, providing inpatient and outpatient individual and group psychotherapy utilizing evidence-based practices.

Pamela J. Freske           PhD                      M Health Fairview Woodwinds Neurology Clinic,  
Psychologist 2

Biography: Dr. Freske completes diagnostic assessments and provides individual therapy services to hospital inpatients at St. John's Hospital, Woodwinds Hospital, and the Bethesda Long Term Acute Care Hospital, and sees outpatients at the Woodwinds Neurology Clinic. She is board certified in clinical psychology with the American Board of Professional Psychology (ABPP). She has also served on the Minnesota Psychological Association's ethics committee. Cognitive Behavioral, Systems, and Feminist theory all inform her work.

John L. Clifton                      PhD                      Licensed Psychologist, M Health-Fairview (Forest Lake, MN)

Biography: Dr. Clifton completes diagnostic assessments, ADHD and general psychological testing, individual supervision to doctoral practicum students, and provides individual therapy services to M Health Counseling patients. He specializes in ADHD and working with clients in the early stages of recovery from addictions.

Samantha Sorensen              PsyD                      Senior Director of Clinical Operations, Triage and Transition Services M Health Fairview, Roseville

Biography: Dr. Sorensen is the System Director of Clinical Operations and oversees aspects of the Assessment Center, and Inpatient. She has provided therapeutic services to patients across the lifespan.

Hilary Stoffel                      PsyD                      Licensed Psychologist, M Health-Fairview (Maplewood, MN)

Biography: Dr. Stoffel primarily provides short-term therapeutic work with patients working on managing chronic pain. Use variety of strategies including CBT, DBT, relational and interpersonal therapy modalities, as well as motivational interviewing strategies to focus on building resiliency, radical acceptance and general understanding of living with chronic health issues, grief and loss as it relates to pain's interference in life, self-comfort and self-soothing to manage chronic pain. Works in close connection and collaborates with medical providers within chronic pain program.

Ryan Rahm-Knigge              PhD                      Institute for Sexual and Gender Health, Department of Family Medicine and Community Health, University of Minnesota Medical School; Assistant Professor, Coordinator of the Compulsive Sexual Behavior Program

Biography: Dr. Rahm-Knigge's primary research interests include individual differences in sexual health risks, including compulsive sexual behavior. He is currently an Assistant Professor, where he primarily conducts clinical work and training, coordinates the Compulsive Sexual Behavior program, and conducts research on sexual health. Clinically, he specializes in providing individual, group, and family therapy to address sexual and relationship health and co-occurring disorders. Prior to completing his PhD, Dr. Rahm-Knigge was master's-level licensed counselor and specialized in sex offender treatment, co-occurring conditions, and intellectual/developmental disorders. He has specific training in sexual health, cognitive behavioral therapy, and dialectical behavior therapy.

Katherine Spencer              PhD                      Interim Clinical Training Director, University of Minnesota Medical School, Twin Cities Campus Institute for Sexual and Gender Health (formerly Program in Human Sexuality), Department of Family Medicine and

Community Health/Co-Medical Director, Comprehensive Gender Care Program, M Health Fairview

Biography: Dr. Spencer serves as the M Health Fairview Co-Medical Director of the Comprehensive Gender Care Program and Interim Clinical Training Director at the University of Minnesota Medical School, Twin Cities Campus Institute for Sexual and Gender Health (formerly Program in Human Sexuality), Department of Family Medicine and Community Health. She has a long history of providing consultation services as well as supervising and providing patient care.

## **Training Model and Program Philosophy:**

The HealthEast/M Health Fairview Doctoral Psychology Internship Program is a generalist model rooted in a practitioner-scholar orientation. Our goal is to ensure that interns acquire solid science-based knowledge and superlative clinical skills. We believe that a well-trained psychologist delivers patient care grounded in evidenced-based clinical practices. In the same way, the science of psychology is influenced by questions created through clinical work. Accordingly, we encourage our interns to contribute to the professional literature through their clinical observations and encounters with patients. Our interns are expected to be sensitive to ethnic, cultural and individual differences.

The program's primary focus is to help interns become competent as professional psychologists. We believe that universities provide the initial pre-clinical preparation (the core areas of psychology, research methodology and the fundamentals of clinical practice) while internships help trainees apply what they have learned and develop advanced clinical skills. Interns are expected to work with a variety of patients using a wide range of assessment, therapeutic approaches and techniques.

The internship year is a time of transition from student to independent practitioner. Interns initially receive close clinical supervision and intensive instruction. Over time, interns gain greater autonomy. By program completion, they largely function as independent practitioners. Our interns also develop the flexibility and adaptability to meet the changing landscape of complex health care systems. For this reason, professional attitude and demeanor are as important as psychological knowledge and skills. These competencies are thus included in formal evaluations by each rotation supervisor.

## Training Goals & Objectives:

The Training Program Model and Philosophy are expressed in the following broad goals and specific objectives:

**Goal #1:** Develop competence in psychological evaluation and assessment of adults who present a wide range of diagnoses and difficulties.

*Objective:* Interns will develop competence in diagnostic interviewing and administration of a variety of psychological instruments, techniques and assessments.

**Goal #2:** Develop competence in psychological interventions with adults who present a wide range of diagnoses and difficulties.

*Objective:* Interns will develop competence in psychological interventions for a variety of diagnoses, difficulties, and needs. Interns will learn a wide range of therapeutic orientations, techniques, and approaches. General psychotherapy skills will be emphasized along with at least one empirically-supported modality.

**Goal #3:** Develop competence in providing consultation and supervision.

*Objective:* Interns will develop competence in translating psychological principles to department leaders, colleagues, and professionals from different disciplines.

**Goal #4:** Demonstrate competent professional and ethical behavior and sensitivity to diversity issues.

*Objective:* Interns will demonstrate behavior consistent with professional standards and ethical guidelines (i.e., a mature understanding of professional ethics as well as issues of ethnic, cultural, gender, sexual, and other aspects of diversity).

**Goal #5:** Develop maturing professional identity, an understanding of professional issues and a perception of themselves as “Psychologists.”

*Objective:* Interns are expected to be aware of their continuing developmental and professional goals. Interns will be aware of emerging developments and possess realistic career plans (as judged by their supervisors) as evidenced by vocational or training choices to be pursued upon completion of the program.

**Goal #6:** Develop a skilled interface between science and practice by applying scientific knowledge in clinical settings, being educated consumers of empirical research and engaging in research projects or program evaluation.

*Objective:* Interns will understand the interface between science and practice by applying scientific knowledge to the clinical setting, being educated consumers of empirical research, and participating in research projects or program evaluation.

## **Evaluations:**

Evaluation is an important component of training. Interns are informally and formally evaluated by supervisors throughout the training year. The goals stated above reflect what the program believes are essential for independent practice. Interns undergo baseline performance evaluations at the beginning of the training year with re-evaluations occurring mid-year and end of the year. Evaluations are discussed with interns and may be modified by mutual agreement before being placed in the training files.

Interns are asked to evaluate their rotations and supervisors at the end of each rotation, and they evaluate the program as a whole at mid-year and at the end of the year. Psychology interns will also participate in an end of year exit interview.

Consistent with APA Standards of Accreditation, we have identified clear Minimum Levels of Achievement (MLAs):

### **In order for interns to maintain good standing in the program they must:**

- By mid training year, successfully pass the benchmarks for proficiency for one of the following personality assessments: MMPI-2, MMPI-2-RF or PAI. They will also be required to pass the benchmark of proficiency in the core battery of the WAIS-IV and diagnostic interviewing.
- For the second semester, interns must obtain ratings of at least a "2" "Close supervision and substantial training required" for all items for each Goal/Competency area on mid year evaluations .
- No items in competency areas will be rated as a "1" (Substantial supervision/remediation needed).
- Not be found to have engaged in any significant ethical transgressions

### **In order for interns to successfully complete the program, they must:**

- Successfully meet the benchmarks on the basic proficiency ratings for one of the following personality assessments: MMPI-2, MMPI-2-RF or PAI. They will also be required to pass the benchmark of proficiency in the core battery of the WAIS-IV and diagnostic interviewing.
- By the end of the last training period, obtain ratings of at least a "4" "Little supervision needed" on all items in each Goal/Competency area on the Intern Performance Evaluation.
- Not be found to have engaged in any significant ethical transgressions

As long as the MLA's to maintain good standing in the program are met, performance on individual rotations will not change the requirements to successfully complete the program.

## **Mentorship:**

During orientation, each intern selects a psychologist to serve as a mentor during the internship. Mentors do not hold an evaluative role during informal and/or formal evaluations. The mentor supports the intern's training endeavors and assists with administrative issues, professional development, problem resolution, and other advising needs. If it fits the training goals and preferences of the trainee, a mentor may be one of their supervisors during a rotation.



## **Training Term:**

The internship requires a one-year, full-time training commitment beginning August 14th and ending August 13<sup>th</sup> of the following year. Interns average 40 to 50 hours per week with a combination of on site and virtual services provided. One year at full-time equals 2080 hours.

## **Stipend and Benefits:**

The M Health Fairview Care System has secured stipends for two full-time internship positions. Interns will be paid an annual salary of \$31,595.20. They will be offered options for health care insurance, dental insurance, life insurance, and up to 24 days of paid time off (PTO) to be effective the first day of the month following 90 days of employment. PTO is accrued at a rate of .0924 hours per compensated hour (maximum 80 hours) each pay period. Intern's PTO includes sick time, vacation, and time off to interview for postdoctoral fellowships. \*This information maybe apt to change depending on a review from the financial oversight committee\*

## **Supervision:**

Each week, interns will receive a minimum of 2 hours of individual face-to-face supervision with a Licensed Psychologist, which includes 2 hours from the year long outpatient mental health rotation, another hour for the other year long rotation (Sexual and Gender Health Clinic) if placed in that rotation, or an hour from whichever six month rotation they are in (Pain Psychology or Integrated Behavioral Health Services). Additionally, depending on what six month or year long rotation they are in, interns may receive an additional individual hour of supervision by a licensed mental health provider embedded in that rotation. Interns receive an additional 2 hours per week of group supervision/didactic seminars by a Licensed Psychologist. Additionally, interns will participate in a group testing consult with all Licensed Psychologists for one hour every other week, and a general consult group with a multidisciplinary team of therapeutic providers (LPCCs, LMFTs, LGSWs, LICSWs, and LPs) for two hours every other week. Furthermore, depending on what optional rotation interns are in, they may receive additional group supervision hours from a licensed mental health provider embedded in that rotation. Total supervision time (individual and group) per week with a Licensed Psychologist is at least 5 hours or more. Additional supervision in main rotations and adjunctive experiences are provided as needed to ensure quality training and clinical services. In addition, interns may receive one hour of supervision of supervision they provide to psychology externs, and other disciplines from a Licensed Psychologist on an every other week basis.

## **Program Structure and Components:**

Interns work five, eight-hour days each week (8:00 AM to 4:30 PM with a 30 minute lunch break) for a total of 2080 hours for the internship. About 80% of time is devoted to clinical services (e.g., assessment, individual and group therapeutic interventions, case consultation, case conferences, treatment planning, clinical documentation, supervision, etc.) and 20% to attending didactics, consulting with mentors, special projects, and administrative meetings. The internship year is divided into one required full year rotation in outpatient mental health, one optional full year rotation in the Sexual and Gender Health Clinic that would be completed at the same time as the required outpatient rotation, one six month optional Integrated Behavioral Health Services rotation, and one six month optional Neuropsychological Testing rotation. This division of time is designed to allow for breadth of experience, while still providing sufficient time within a setting to achieve depth of experience.

## Time Allocation:

Tracks/Rotations	Time (hours per week expected)
Outpatient Mental Health Clinic (Required)	20 hours all year
Sexual and Gender Health Clinic (Optional)	12-20 hours all year
Integrated Behavioral Health (Optional)	20 hours for 6 months
Pain Psychology (Optional)	20 hours for 6 months
Supervision/Consultation	Time (hours per week)
Testing Case Consult (Psychologists only)	1 hour every other week all year
Group Consultation (Master's and Doctoral level Providers)	2 hours every other week all year
Group Supervision (Interns only)	1 hour every week
Individual Supervision	3 hours all year
Didactics/ Seminars	1 hour all year
Group Supervision provided to Practicum Students by Interns	1 hour every other week all year

## Rotations:

All interns participate in a one week orientation introducing them to the internship program, training staff, and rotation options. Each supervisor will present on the experiences available and expectations for interns within the various programs. At the end of the orientation week, the training committee and the interns collaboratively determine a schedule of rotations for the year. This is done through review of training needs, individual interests, prior experiences and career goals. Plans for subsequent six month or year long rotations can be changed as needed prior to the start of the next six month rotation of the training year.

### Outpatient Mental Health Rotation

The Outpatient Mental Health Rotation provides services for individuals with mental health disorders. The following services are available to patients within this clinic: a) individual therapy; b) psychological evaluation and assessments; c) potential for psychoeducational and DBT Groups (depends on the need); d). Interns attend staff meetings/consultation groups, provide clinical interventions such as biopsychosocial assessments, personality assessments, psychotherapy and DBT group co-facilitation and individual therapy; and complete documentation. Telehealth and in person care are the primary modes of treatment provided throughout clinics (26) in the metro area.

Supervisors: Dr. Schwartz, Dr. Mills, Dr. Rock, and Dr. Clifton

### The Sexual and Gender Health Clinic

*Promotes the sexual health of individuals, couples, and families of all backgrounds and ages. Psychological assessment of child/adolescent in conjunction with their caregiver/s, Individual, group, and family therapy. Customized treatment plans that incorporate caregivers as well as other family members (such as siblings) as needed.*

This will be a year-long experience (12-20 hours/week) providing outpatient mental health services to patients in the following programs:

1. Compulsive sexual behavior

2. Relationship and sex therapy
3. Transgender/gender-spectrum care

This training experience is intended for candidates with strong interest and comfort in working with patients who are experiencing symptoms related to gender and sexual issues. Previous coursework in this area is not required.

Supervisor: Dr. Spencer and Dr. Rahm-Knigge

### **Integrated Behavioral Health (IBH) Services**

*Embedded Behavioral Health Clinician (BHC) in primary care and specialty medical services. BHC provides point of service consultation, assessment, and intervention/treatment. There are 10 clinic locations and 13 BHCs at this time. As a member of the primary care team, the Behavioral Health Clinician assists in the team's management of the overall health care needs of the enrolled patient population. The Behavioral Health Clinician's primary functions include assessment, consultation and direct care related to the prevention, identification, treatment and ongoing management of psychosocial/behavioral concerns which impact the overall health of the defined patient population. Conducts assessment and evaluation of behavioral health conditions by means of diagnostic and screening tools, clinical interviews and consultation with the medical team.*

Supervisor: Dr. Roscoe

### **Neuropsychology Rotation (Ending after 2023-2024 training year)**

Neuropsychological services are provided in outpatient and inpatient settings for individuals with a wide range of diagnostic issues including stroke, dementia, head trauma, tumors, seizures, and various other cognitive and psychiatric disorders. Interns learn how to conduct neuropsychological interviews, administer and score neuropsychological/ personality assessments, interpret findings within the framework of differential diagnosis, and provide feedback to the patient and family members. Availability of rotation dependent on patient and supervisor variables.

*Supervisors:* Dr. Glass and Dr. Olson

### **Pain Psychology Rotation (begins 2024-2025 training year):**

The Pain Psychology rotation includes individual clinical supervision by a Pain Psychologist and experience providing virtual/and or in person Health Behavior assessments/reassessments, Health Behavior Interventions, and the possibility of completing evaluations for Spinal Cord Stimulators, etc. More specifically, this rotation allows Doctoral Interns to provide therapy services employing evidence-based treatment in a structured, defined practice management approach. Additionally, this rotation allows Doctoral Interns the opportunity to join a multi-disciplinary care team and provide behavioral health services for a diverse patient population with a specific focus on helping patients develop additional skills to manage chronic pain concerns. Other opportunities include conducting evaluation behavioral health assessments to identify strategies to increase effective management of chronic pain and documents assessment in medical record, conducting diagnostic evaluation and confers diagnosis as appropriate with the use of a behavioral assessment/reassessment, completes other behavioral assessments as needed for procedures (etc. Spinal Cord Stimulators, develops an individualized treatment plan of care, collaborates with patient, family and other colleagues to develop a treatment plan of care, develops an individualized plan based on age, social and cultural considerations, condition and other relevant needs, provides therapy using an organized, structured evidence-based therapy approach, engage

continuously in care-related quality improvement to optimize outcomes and patient experience, short-term psychotherapy to address increasing patient skills use to manage chronic pain and any accompanying chronic health issues, increased awareness of mindfulness based practices, CBT strategies and brief interventions, equip emerging psychologists with the skill set needed to confidently and effectively treat pain conditions using evidence-based interventions, as a member of a multidisciplinary, specialty healthcare team, interns will build their awareness of the complex relationship between the experience of pain and the biopsychosocial factors that maintain pain conditions, as well as demonstrating the ability to effectively explain this relationship to patients, interns will develop skills and confidence in working at the intersection of pain and emotional distress in an outpatient psychotherapy model, and interns will develop basic understanding of typical pain diagnoses and the impact on emotional well-being, both historical and acquired due to pain and/or health concerns.

*Supervisor:* Dr. Stoffel

## **Group Supervision in Clinical Psychology Topics:**

Through this year-long group training experience, following didactic presentations, trainees engage in a one hour consultation with each other and a supervisor to discuss topics of importance in the field of psychology. Topics include a range of assessments for the purpose of diagnosis and treatment planning as well as different treatments and factors related to treatment of a wide variety of clinical issues. There will be time for case consultation related to each week's topic. Competencies emphasized include diagnostic interviewing, intellectual assessment, personality assessment, neuropsychological assessment, treatment, and the provision of consultation and peer supervision. Trainees can expect to become familiar with the relevant research related to each topic. At the end of the year, interns complete two case presentations to supervisors (one assessment and one therapy).

*Supervisor:* All Psychology Supervisors

## **Research:**

While the internship year is intended primarily as an intensive clinical experience, interns are encouraged to participate in clinical research. The internship provides a unique opportunity to complete one's own dissertation, participate in ongoing research at the hospital, and/or create research projects. All projects must be approved by the appropriate committees. Time may be set aside to conduct research.

*Supervisor:* Psychology Interns will be assigned a supervisor among the Psychology Department

## **Didactics/Seminars:**

To supplement direct clinical experiences, interns attend seminars scheduled throughout the year that emphasize the development of competency, critical thinking abilities, knowledge, and professional identity. HealthEast/M Health Fairview staff provides educational presentations on research, assessment, interventions, and professional issues. Interns take an active role in selecting training topics and consultants. In addition, interns are required to give one case presentation per year in a large, formal, multidisciplinary setting.

*Supervisor:* Dr. Mills

## **Current and Past Interns**

### **(2023-2024)**

*Lisa Hady, Augsburg University – Minneapolis, MN, Clinical Psychology*

*Laura Cunningham, University of St. Thomas – Minneapolis, MN, Counseling Psychology*

### **(2022-2023)**

No interns, Non active status

### **(2021-2022)**

No interns, Non active status

### **(2020-2021)**

*Aex Barr, Pacific University – Portland, OR, Clinical Psychology*

*Lucas Hansen, University of St. Thomas – Minneapolis, MN, Counseling Psychology*

### **(2019-2020)**

*Victoria Pocknell, University of North Dakota*

*Sarah Schall, University of LaVerne*

### **(2018-2019)**

*Shantel Gassman, University of Nebraska*

*Bess Martin, Fuller Theological Seminary, CA*

### **(2017-2018)**

No interns

### **(2016-2017)**

*Alexis Stanley-Olson, University of California- Santa Barbara, CA, Counseling Psychology*

*Jesse Regnier, Indiana University of Pennsylvania, PA, Clinical Psychology*

### **(2015-2016)**

*Mara Locketz, University of St. Thomas – Minneapolis, MN, Counseling Psychology*

*Susan Glinka, Pacific University – Portland, OR, Clinical Psychology*

### **(2014-2015) Interns**

*Emiley Hedberg, University of St. Thomas – Minneapolis, MN, Counseling Psychology*

*Tami Nelson, Minnesota School of Professional Psychology (Argosy) – Bloomington, Clinical Psychology*

## **Accreditation Status:**

### **American Psychological Association:**

The HealthEast/M Health Fairview Care System's Doctoral Psychology Internship program is Accredited by the Commission on Accreditation of the American Psychological Association.

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 1<sup>st</sup> Street, NE Washington, DC 20002  
Phone: (202) 336-5979 / E-mail: [apaccred@apa.org](mailto:apaccred@apa.org)  
Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation)

# Internship Program Tables:

Date Program Tables are updated: 9/1/2023

## Internship Program Admissions

The selection committee's criteria are based on a "goodness-of-fit" with our practitioner-scholar model. We look for interns possessing a sound clinical and scientific knowledge base from their academic program, strong basic skills in assessment/intervention/research techniques, and the personal characteristics necessary to function well in our setting. The ideal candidate has the ability to function independently with initiative under appropriate supervision, flexibility, maturity, good judgment, and cultural sensitivity. We prefer candidates with experience working with complex patients and problems. We are committed to selecting candidates representing different kinds of programs and theoretical orientations, geographic areas, ages, racial and ethnic backgrounds, sexual orientations, disabilities, and life experiences.

Does the program require that applicants have received a minimum number of hours of the following at time of application? If Yes, indicate how many:

Total Direct Contact Intervention Hours	Yes	500 hours
Total direct Contact Assessment Hours	Yes	100 hours

Describe any other required minimum criteria used to screen applications:

1. Doctoral student in an APA-accredited Clinical or Counseling Psychology program.
2. All coursework required for the doctoral degree must be completed prior to the start of the internship year, as well as any qualifying, comprehensive, or preliminary doctoral examinations.
3. Approval for Internship status by graduate program training director.
4. A minimum of 500 direct intervention and 100 direct assessment hours of supervised graduate level pre-internship practicum experience.
5. U.S. citizenship
6. Matched interns are subject to fingerprinting, background checks, and urine drug screens. Match result and selection decisions are contingent on passing these screens.

## Financial and Other Benefit Support for Upcoming Training Year

### Financial and Other Benefit Support for Upcoming Training Year\*

Annual Stipend/Salary for Full-time Interns	\$31,595.20						
Annual Stipend/Salary for Half-time Interns	NA						
Program provides access to medical insurance for intern?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No						
<b>If access to medical insurance is provided:</b>							
Trainee contribution to cost required?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No						
Coverage of family member(s) available?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No						
Coverage of legally married partner available?	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No						
Coverage of domestic partner available?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No						
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	24 days PTO						
PTO is accrued at a rate of .0924 hours per compensated hour (maximum 80 hours) each pay period. Intern's PTO includes sick time, vacation, and time off to interview for postdoctoral fellowships.							
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	<table style="border: none;"> <tr> <td style="text-align: center; width: 50px;">Yes</td> <td style="width: 20px;"> </td> <td style="text-align: center; width: 50px;">No</td> </tr> <tr> <td style="text-align: center;"><input checked="" type="checkbox"/></td> <td></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	Yes		No	<input checked="" type="checkbox"/>		<input type="checkbox"/>
Yes		No					
<input checked="" type="checkbox"/>		<input type="checkbox"/>					
<b>Other Benefits (please describe):</b>							

\*Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table



## Initial Post Internship Positions

### Initial Post-Internship Positions

(Provide an Aggregated Tally for the Preceding 6 Cohorts)

	<b>2016-2021</b>	
Total # of interns who were in the 3 cohorts	8	
Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree	0	
	PD	EP
Community mental health center	0	0
Federally qualified health center	0	0
Independent primary care facility/clinic	0	0
University counseling center	0	0
Veterans Affairs medical center	0	0
Military health center	0	0
Academic health center	3	0
Other medical center or hospital	1	0
Psychiatric hospital	0	0
Academic university/department	0	0
Community college or other teaching setting	0	0
Independent research institution	0	0
Correctional facility	0	0
School district/system	0	0
Independent practice setting	0	0
Not currently employed	0	0
Changed to another field	0	0
Other	0	0
Unknown	4	0

Note: "PD" = Post-doctoral residency position; "EP" = Employed Position. Each individual represented in this table should be counted only one time. For former trainees working in more than one setting, select the setting that represents their primary position.

## Application Process:

### Selection Process:

The selection committee's criteria are based on a "goodness-of-fit" with our practitioner-scholar model. We look for interns possessing a sound clinical and scientific knowledge base from their academic program, strong basic skills in assessment/intervention/research techniques, and the personal characteristics necessary to function well in our setting. The ideal candidate has the ability to function independently with initiative under appropriate supervision, flexibility, maturity, good judgment, and cultural sensitivity. We prefer candidates with experience working with complex patients and problems. We are committed to selecting candidates representing different kinds of programs and theoretical orientations, geographic areas, ages, racial and ethnic backgrounds, sexual orientations, disabilities, and life experiences. Application materials are due by December 1, 2023.

### Interview Process:

Applicants will be notified on the status of their applications in Phase I of the Match via email by December 14, 2023. If an applicant is offered an interview, dates and times for an interview will be provided. All applications are initially reviewed for eligibility. The Selection Committee (a subcommittee of the Training Committee) provides multiple readings of each application. Subsequently, applicants who make the final selection round are invited for an interview on either January 9 or January 11, 2024.

### Match Policies:

As of 10/24/2014, the HealthEast Care System/St. Joseph's Hospital (M Health Fairview) Psychology Internship Program is a member of the [Association of Psychology Postdoctoral and Internship Centers \(APPIC\)](#) (\*External site-see disclaimer below). APPIC has developed guidelines for procedures used in student-internship matching, and these guidelines continue to evolve over time, as APPIC remains responsive to the varied concerns around this issue. The guidelines in effect for this application year are available from APPIC. This internship site agrees to follow APPIC guidelines and 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. HealthEast/M Health Fairview Care System will participate in the APPIC Internship Matching Program administered by [National Matching Services Inc \(NMS\)](#). (\*External site-see disclaimer below).

### Application Procedure:

- Complete the [APPIC](#) \* online AAPI. Our program code is **230111**.
- Submit transcripts and current vita via AAPI online. In the AAPI Cover Letter, in the following order, with a space between each
  - Indicate your main area of interest or focus corresponding to our main rotations. If you are offered an interview, this will help determine the staff you meet.
  - Applicants may also identify themselves as representing racial, cultural, ethnic, or other elements of diversity.
- Two letters of recommendation by previous clinical supervisors.

\*\* All application materials must be submitted through the online AAPI. No materials will be

accepted by e-mail or US mail.

If you have questions you can reach Dr. Jeff Mills by phone: 612-273-1058 or by e-mail [jeff.mills@fairview.org](mailto:jeff.mills@fairview.org)

45W. 10<sup>th</sup> St. /Suite G700  
St. Paul, MN 55102  
651-232-3000  
<http://www.healtheast.org/>

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## **Professional Information Links:**

### **American Psychological Association**

750 First Street, NE  
Washington, DC 20002-4242  
(202) 336-5500  
(202) 336-6123 TDD  
Web: [www.apa.org](http://www.apa.org) (\*External site-see disclaimer below)

### **Commission on Accreditation (CoA), American Psychological Association**

750 First Street, NE  
Washington, DC 20002-4242  
202-336-5979  
Web: [www.apa.org/ed/accreditation/index.aspx](http://www.apa.org/ed/accreditation/index.aspx) \*(External site-see disclaimer below)

### **APPIC – Association of Psychology Postdoctoral and Internship Centers**

733 15th Street NW Suite 719  
Washington, DC 20005  
(202) 347-0022  
Web: [www.appic.org](http://www.appic.org) (\*External site-see disclaimer below)

### **National Matching Services Inc.**

595 Bay St., Suite 301, Box 29  
Toronto, Ontario  
Canada, M5G 2C2  
Telephone: (416) 977-3431  
Fax: (416) 977-5020  
Web: [www.natmatch.com/psychint/](http://www.natmatch.com/psychint/) (\*External site-see disclaimer below)

### **Minnesota Board of Psychology**

2829 University Ave SE Suite 320  
Minneapolis, MN 55414  
Telephone: (612) 617-2230  
Fax: (612) 617-2240  
Web: [psychologyboard.state.mn.us/board.asp](http://psychologyboard.state.mn.us/board.asp) (\*External site-see disclaimer below)

### **Minnesota Psychological Association**

1711 West County Road B, Suite 310N

Roseville, MN 55113-4036

Fax: 651-697-0439

MPA Office: (651) 697-0440

Web: [www.mnpsych.org](http://www.mnpsych.org) (\*External site-see disclaimer below)

\*External Link Disclaimer:

All the links marked with asterisk (\*) are External links. By clicking on these links, you will leave the Fairview website. Fairview does not endorse and is not responsible for the content of the linked website.