



**CLINICAL PSYCHOLOGY DOCTORAL INTERNSHIP
TRAINING BROCHURE
2022-2023**

MiraCare Neuro Behavioral Health (formerly Palos Behavioral Health Professionals; PBHP) is an outpatient mental health practice that combines the expertise of psychology and psychiatry to offer multidisciplinary treatment services. The organization provides individual, marital, family, and group psychotherapies; psychiatric evaluation and medication management; psychological and neuropsychological assessments; psycho-neurotherapy; and school consultation. We treat a diverse range of patients in terms of race, sexual orientation, gender, age, diagnosis, and severity.

MiraCare's Mission Statement

MiraCare Neuro Behavioral Health aspires to be a premier provider of comprehensive, multi-interventional, and competent mental health treatment options for individuals and families. Our mission is to increase our patients' ability to accomplish a sense of security, self-value, and connectivity by honoring one's culture and individuality as they process life's challenges and opportunities.

MiraCare believes that the competent provision of outpatient mental health treatment combines the individual treatment provider's abilities with that of a multi-interventional approach. Our multidisciplinary team and multi-interventional style are core components of the practice. Patients and families require multiple levels of treatment. Traditional psychotherapy services, play therapy, psychiatric services, group therapy, psychological testing, and neuro-enhancement services are to be combined in the provision of comprehensive and compassionate care.

MiraCare Services

Psychotherapy – We currently combine the knowledge of more than 25 clinical staff to offer individual, couples, family, and group therapies. We emphasize the treatment of children, adolescents, and families. Many of our referrals come from primary care physicians, local school districts, other mental health/medical providers, and as recommendations from other patients.

Psychiatry – Psychiatric services are available for children, adolescents, and adults at MiraCare for the evaluation of medication and follow-up medication management. The psychiatrists work closely with other MiraCare therapists to enhance patients' treatment plans receiving psychotherapy services.

Psychological Assessment – Psychological assessments at MiraCare are based on a combination of cognitive, intellectual, personality, and neuropsychological instruments. These evaluations are utilized for diagnostic clarification, as well as assisting in the development of treatment planning for both MiraCare providers and external referral sources.

Psycho-neurotherapy (PNT) – PNT involves combining psychotherapy with techniques that work to directly affect the neural functioning of the brain by stimulating or enhancing cognitive functioning while decreasing symptoms.

MiraCare is accredited through APA to provide Continuing Education credits. We offer a wide variety of training experiences and presentations, including but not limited to ethics and legal trainings, specialized therapeutic and assessment topics, and professional issues. While we weave multicultural and diversity into each presentation, we also offer specific diversity seminars focused on bringing awareness and understanding to our providers.

Clinical Psychology Doctoral Internship Program

MiraCare Neuro Behavioral Health is committed to providing comprehensive training and believes that the internship is an integral part of the practice. The training experience includes clinical exposure, supervision, didactic training, theoretical exploration and development, and consultations with multiple members of the clinical team. We strive to develop psychologists who will competently and compassionately provide psychotherapeutic services as part of the MiraCare team to treat mental illness, especially in children, adolescents, and family systems.

MiraCare's Clinical Psychology Doctoral Internship Training Program Mission Statement

MiraCare's Internship Training Program strives to be a superior clinical psychology internship in a private practice setting. We train competent health service psychologists who provide evidence-based therapy and assessment services to a variety of clientele of children, adolescents, and their families in the south suburbs of Chicago. Our diverse supervisory staff is committed to providing a supportive environment for interns to meet competency-based goals in clinical skills, multiculturalism, and professional development on an interdisciplinary team.

Our APA-accredited Clinical Psychology Doctoral Internship Program is a significant component in the development of exceptional and independently licensed clinical psychologists. Our internship, based upon the Practitioner-Scholar training model, provides a challenging combination of experiences, offering interns both breadth and depth in their training that is rooted in a balance between theoretical orientation, empirically-based methods, and our staff's wealth of clinical experience. Through exposure to various theoretical orientations, clinical experiences, and feedback from clinicians within the practice, interns learn and develop proficiency in core clinical and professional competencies, treat a broad range of clinical presentations as a provider and member of a team, and develop their own clinical psychology identity. Clinical experiences include exposure to multiple types of modalities (individual, group, and family psychotherapy), psychological assessment, supervision, case conferences, didactic training, and consultations with multiple members of the clinical team.

Goals

The following training goals and objectives form the foundation of the internship program:

Goal #1: Integrate science and research into practice

Objectives: Demonstrate an ability to investigate, evaluate, and disseminate clinical research and material to others with regard to theoretical orientations, treatment interventions, and other relevant information as it relates to individual and group outpatient psychotherapy

Goal #2: Understand ethical and legal issues that apply to the provision of psychological services

Objectives: Demonstrate an understanding and application of clinical psychological services within accordance of the APA Code of Ethics and Illinois law; be able to recognize ethical dilemmas and apply an appropriate decision-making process to ethical issues; and act in an ethical manner in all professional activities

Goal #3: Be aware of and appropriately utilize individual and cultural diversity in psychological services

Objectives: Demonstrate awareness of individual and cultural diversity issues and the capacity to integrate this knowledge within the provision of psychotherapy interventions, the assessment process, and other psychological services

Goal #4: Understand and adhere to the professional practice of clinical psychology in an outpatient behavioral mental health setting while promoting passion for the field and social connectedness among peers and mentors

Objectives: Demonstrate successful utilization of clinical supervision; display professional behavioral expectations and characteristics; and complete appropriate documentation of clinical- and practice-related issues

Goal #5: Display professional interpersonal skills within many settings with a range of professionals (cohort, supervisors, other professionals, support staff, etc.) by professionally communicating through verbal, non-verbal, and written means

Objectives: Demonstrate interpersonal skills in several situations and manage difficult situations; form positive attitudes toward the profession of clinical psychology and display enthusiasm in relation to peers and mentors; and communicate through verbal, non-verbal, and written means across professional settings and formats

Goal #6: Competently provide psychological assessment services

Objectives: Complete psychological evaluations with a professional-level written report with minimal supervisory input

Goal #7: Competently provide clinical psychotherapy services at the doctoral level

Objectives: Demonstrate proficiency in clinical diagnostic evaluations and using diagnosis to inform treatment; establish positive therapeutic relationships; provide comprehensive treatment plans; use theoretically- and evidence-based interventions; and evaluate the effectiveness of treatment and modify treatment plans as necessary

Goal #8: Gain an understanding of various supervision models

Objectives: Demonstrate an understanding of several supervision models and apply such information in role-play or simulated situations

Goal #9: Work within and contribute to a multidisciplinary team approach in an outpatient behavioral health setting

Objectives: Demonstrate an ability to work within and contribute to a multidisciplinary team to provide comprehensive outpatient treatment services while understanding and integrating various treatment modalities into a treatment plan

Course of Internship

Our program is sequential and cumulative in therapeutic and clinical exposure and graded in complexity. At the beginning of the year, we expose and train in basic skills, knowledge, and interventions at the doctoral internship level. This includes didactics, reviews of lectures from masters in our field, scholarly articles, training in MiraCare's philosophy and methods, and introduction to and training in our intensive psychological assessment. They begin the first quarter with a minimum amount of individual psychotherapy and psychological testing cases to focus on training, with caseloads and direct services increasing thereafter. By six months, interns can expect a larger patient caseload, more testing cases, and continued participation in required didactics and trainings. Towards the end of the internship year, interns are performing as competent members of our multi-disciplinary team and addressing clinical challenges. Upon completion of the year, interns are prepared to provide doctoral-level clinical psychological services in an outpatient mental health setting.

Evaluations

The first quarter is evaluated by review of case files, satisfactory scoring of assessment instruments, review of intervention models, and identifying a baseline evaluation of competencies to meet the program's goals and objectives. At the six-month mark, interns are given a formal evaluation of all competencies with the expectation of performing at an intermediate level ("Intermediate" on the evaluation form). At the nine-month evaluation, progress is based upon a clinical case review, which demonstrates diagnostic and therapeutic competency, and an integrated psychological assessment presentation. As part of the final evaluation, interns are given a formal evaluation of all competencies with the expectation of achieving at a proficient level ("High intermediate" or "Advanced"). Interns are also required to present a psychotherapy case demonstrating their clinical style and professional growth to staff.

Internship Training Supervisors and Faculty

- Christopher Higgins, Psy.D., Licensed Clinical Psychologist; Practice Founder/Owner & Seminar Leader
- Julie A. Johnson, Psy.D., SEP, Licensed Clinical Psychologist; Clinical Director, Training Director, & Group Therapy Supervisor
- Jessica Mikulecky, Psy.D., SEP, Licensed Clinical Psychologist; Clinical Director, Co-Training Director, & Group Therapy & Assessment Supervisor
- Alyssa Abbate, Psy.D., Licensed Clinical Psychologist; Individual Assessment Supervisor & Seminar Leader
- Natasha Begich, Psy.D., BCN, Licensed Clinical Psychologist; Individual Therapy Supervisor
- Corey Cashen, Psy.D., Licensed Clinical Psychologist; Didactic Presenter
- Breanne Gremillion, Psy.D., Licensed Clinical Psychologist; Training Coordinator, Individual Therapy Supervisor, & Group Therapy Supervisor
- Catherine Jackson, Psy.D., BCN, Licensed Clinical Psychologist; Individual Therapy Supervisor & Justice, Equity, Diversity, and Inclusion (JEDI) Seminar Leader
- Mandy Jenkins, Psy.D., Licensed Clinical Psychologist; Individual & Group Assessment Supervisor, & Seminar Leader
- Patrick Kaulen, Psy.D., Licensed Clinical Psychologist; Individual Therapy Supervisor & Seminar Leader
- Tiffany Keller, Psy.D., Licensed Clinical Psychologist; Individual & Group Assessment Supervisor, & Seminar Leader

- Christine Nolan, EdD, Licensed Clinical Professional Counselor; Didactic Presenter
- Cindy Rangel, Psy.D., BCN, Licensed Clinical Psychologist; Training Coordinator, Individual Therapy Supervisor, & Group Supervision Supervisor
- Elizabeth Smith, Psy.D., Licensed Clinical Psychologist; Justice, Equity, Diversity, and Inclusion (JEDI) Seminar Leader

As needed, other qualified Faculty may join to offer additional didactics and presentations.

Clinical Psychology Post-Doctoral Fellow Opportunities

MiraCare also offers Clinical Psychology Post-Doctoral Fellowships. We strongly believe that this year of advanced training promotes early-career psychologists' growth and experience by offering support with greater independence. For those who join us as interns, they can apply for a position to continue their work and learn to navigate the process of longer-term psychotherapy. Post-doctoral fellows also are encouraged to develop professional niches, supervise interns, and receive support navigating the licensure process.

Our post-doctoral program is designed to follow APA guidelines for this training level and meet licensure requirements in the state of Illinois. *Importantly, matching to our site for internship is not a guarantee from applicants or the site to make the commitment for a post-doctoral position. There is an interview and application process for these positions.*

Clinical Psychology Doctoral Internship APA-Accreditation

MiraCare Neuro Behavioral Health is pleased to announce that as of November 8, 2016, we are APA-accredited by the Commission on Accreditation of the American Psychological Association. At that time, our name was Palos Behavioral Health Professionals.

Office of Program Consultation and Accreditation
750 First St, NE
Washington, DC 20002-4242

Telephone: (202) 336-5979
TDD/TTY: (202) 336-6123
Fax: (202) 336-5978

Web: <http://www.apa.org/ed/accreditation/>

MiraCare Neuro Behavioral Health's Clinical Psychology Doctoral Internship Overview

MiraCare Neuro Behavioral Health offers six full-time internship positions; the program start date is August 8, 2022. Interns will be responsible for the maintenance of an outpatient clinical caseload consisting of a variety of diagnostic presentations throughout the lifespan, with an emphasis on children and adolescents. Interns are to be at the practice five days per week (possibly including some Saturdays), working a *minimum of 2000* hours with mandatory evening hours.

Components of the internship program include:

- *Outpatient Clinical Work* with children, adolescents, and adults
 - Providing psychotherapy and systems treatment working up to and maintaining a caseload of 10-12 therapy patients
 - Co-leading group therapy, which may include social skills groups, adolescent process groups, young adult groups, and others as needed based on patients' needs
 - Offering integrated care and coordinating psychological services with psychiatrists and other mental health providers to determine recommendations for the clients based on their needs
- *Psychological Testing* including cognitive, neuropsychological, and socioemotional/personality measures
 - Extensive psychological assessments including scoring, interpretation, and integrated report writing to address referral questions from therapists, psychiatrists, schools, and families (8-10 hours of face-to-face testing per week)
- *Supervision*
 - 1 to 1.5 hours of weekly individual therapy supervision with a licensed clinical psychologist (minimum)
 - One-hour of weekly individual assessment supervision with a licensed clinical psychologist
 - Average of one-hour of weekly group supervision with licensed clinical psychologists
 - Provide videotaping and audiotaping of clinical sessions
 - Receiving supervision of therapy and assessment cases by post-doctoral trainees
 - Monthly intern meetings with the Internship Training Director
 - Group therapy supervision as needed
- *Trainings*
 - Weekly psychological testing didactics
 - Clinical training didactics
 - Clinical staffings
 - Multimedia trainings
 - Case conference
 - CE-approved trainings on-site
 - Possible off-site trainings
- *Locations*
 - *Primary Locations*
 - Palos Heights, IL
 - 2 days a week for individual, group, and family outpatient psychotherapy services
 - Tinley Park, IL
 - 2 days a week for psychological assessment administration, interpretation, scoring, report writing, and feedback services
 - 1 day a week for training, group supervision, training meetings, seminars, and other training activities
 - *Other Locations (Interns will not be at these sites at this time)*
 - Mokena, IL
 - Lemont, IL

Evaluations

The training staff has quarterly scheduled meetings to review supervision and evaluate intern progress and needs. These will occur at the following times:

- Baseline evaluation at three months
- Formal mid-year evaluation
- Third-quarter evaluation
- Formal final evaluation and case presentations

Application Process

MiraCare is offering a stipend of \$24,500 for the 12-month training year, which includes at least 2,000 hours. Each intern will be provided with two weeks of vacation time (10 working days) and one additional day for dissertation defense; they are encouraged to take these prior to the last month of internship. MiraCare also provides an optional health care insurance plan. Interns are provided with professional liability insurance through MiraCare *and are also required* to maintain any private insurance they may carry and/or insurance coverage through their graduate school.

We require the APPI Online Application with essays, three letters of recommendation, a sample psychological testing report that has been fully de-identified, graduate transcripts, a CV, and a cover letter describing how the applicant's experiences and/or future goals match our training program. Internship applications are due on November 7, 2021. Applicants invited for interviews will receive an email notification by December 10, 2021, and virtual/online interviews are typically held in January.

MiraCare Neuro Behavioral Health is a member of APPIC and designed to meet clinical psychology doctoral level graduate and licensing requirements. 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. For a full description of the APPIC Match Policies, please refer to <http://www.appic.org/>.

Questions regarding the internship training program can be directed to Dr. Julie Johnson at jjohnson.psyd@miracaregroup.com.

MiraCare is pleased to announce that as of November 8, 2016, we have been APA-accredited by the Commission of Accreditation of the American Psychological Association.

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Statement of Nondiscrimination

MiraCare Neuro Behavioral Health is committed to non-discriminatory practices, and this policy states MiraCare's position on nondiscrimination. This policy applies to all MiraCare employees, trainees, and clients.

MiraCare follows an equal employment policy; it does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities include, but are not limited to, the hiring and firing staff and provision of services. We are committed to and successful in providing an inclusive and welcoming environment for all members of our staff and clients.

This policy also applies to internal promotions, training, opportunities for advancement, terminations, clients, and dealings with the general public. MiraCare will take affirmative action measures to ensure against discrimination in employment, recruitment, advertisements for employment, compensation, termination, upgrading, promotions, and other conditions of employment against any employee or job applicant.

Any employee or client who believes that he or she or any affiliate of MiraCare Neuro Behavioral Health has been discriminated against is strongly encouraged to report this concern promptly to the Clinical Director or Training Director.