



CLINICAL PSYCHOLOGY DOCTORAL INTERNSHIP TRAINING BROCHURE 2023-2024

MIRACARE NEURO BEHAVIORAL HEALTH OVERVIEW

MiraCare Group, which offers outpatient, partial, and inpatient care, is uniquely designed to treat behavioral health challenges in a patient-focused, collaborative environment to help every child achieve their highest potential of life. MiraCare Group is the vision of Christopher Higgins, Licensed Clinical Psychologist, and founder of Palos Behavioral Health Professionals, a practice that has cared for children, adolescents, adults, and their families for over 20 years.

MiraCare Group represents over 300 years of combined experience in Child and Adolescent Behavioral treatment in our community. The vision of its seasoned team is to provide an extensive and coordinated continuum of care for our patients. With this legacy, we are now able to provide inpatient, partial hospital programs, and all traditional outpatient behavioral health services for the children, adolescents, and families in this community.

Our *outpatient mental health practice* 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.

Services at the *acute care level* include more intensive programming and interventions for children and adolescents who require symptom stabilization. A focus on thorough assessment to identify the myriad of societal, institutional, familial, and individual factors affecting patients' well-being is integrated into their personalized treatment plan. At MiraCare, we believe this is a necessary step in one's healing, although it is not an endpoint. Rather, it is viewed as a means to increase patients' capacity to more readily engage in the process of addressing these variables in future treatment.

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 mental health treatment combines the individual treatment provider's abilities with that of a multi-interventional approach. Our multidisciplinary team and style are core components of the practice. As patients and families require multiple levels of treatment, traditional psychotherapy services, play therapy, psychiatric services, group therapy, psychological testing, and neuro-enhancement services are 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.

Acute Care: Intensive Outpatient Programming/Partial Hospitalization Programming – Keys, our IOP/PHP treatment, is located at our Tinley Park Acute Care Center. This service, available to children and adolescents, incorporates psychoeducation, group and individual therapy, medication management, as well as a focus on family inclusion to address individual and systemic aspects of clinical care. As appropriate, a thorough assessment is completed to offer a *blueprint* for guiding additional treatment planning.

Acute Care: Inpatient -- For those children and adolescents in need of inpatient psychiatric and psychological treatment, MiraCare is opening a 30-bed unit to support these individuals as needed. At our Tinley Park location, providers work together to identify patient needs and utilize medication management and psychological treatment to promote stabilization while preparing individuals and their families for additional, future treatment.

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 both private practice and hospital settings. We are unique and able to offer multiple experiences within the full continuum of care. 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 of 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.

Clinical Psychology Doctoral Internship Tracks

We are very excited to announce and offer three separate Child and Adolescent Clinical Training Tracks for the 2023-2024 training year. You may apply to one or more track, but you must apply to them separately.

Testing & Outpatient Therapy Track

Those interns matched to the Testing and Outpatient Therapy track will spend 75% of their clinical hours focused on testing services and 25% of their clinical hours providing outpatient psychotherapy work. These interns will be primarily located in our Tinley Park Acute Care Center, which houses the testing department for both outpatient and acute care center evaluations. Psychotherapy services will be offered at our Palos Heights office, and interns will carry a small caseload of therapy patients. This track requires and attracts candidates with strong writing skills who have a career interest in assessment services, while wanting additional training in psychotherapy.

Location: Tinley Park and Palos Heights

Outpatient & Acute Care Therapy Track

Focusing on providing psychotherapy services across the continuum of care, these interns will spend 50% of their clinical time with outpatient cases (Palos Heights location) and the other half supporting patients who require more intensive (i.e., IOP, PHP, inpatient care) psychotherapy services (Tinley Park location). This track offers a unique opportunity for interns to get solid training providing psychotherapy across different levels of care for the duration of the internship year.

Location: Tinley Park and Palos Heights

Outpatient Therapy Track

This track consists of 100% outpatient therapy in our Palos Heights office. (Training days will be at the Tinley Park site one day per week.) In addition to carrying a full outpatient therapy caseload, interns will be trained to utilize some assessment tools (including scoring, interpretation, and brief summaries) to enhance their ability, knowledge and skills in the application of testing to therapy services, but they will not be required to complete full testing batteries. Candidates who want to focus on outpatient services in a private practice are encouraged to apply to this track.

Location: Palos Heights (with weekly training day in Tinley Park)

Goals

All Clinical Training tracks will train to the following goals and objectives as they 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 considerable time with didactics, seminars, reviews of lectures from masters in our field, scholarly articles, and training in MiraCare's philosophy and methods. Caseloads will then build respectively within each track, with the goal of interns building full caseloads as well as continued participation in required didactics, trainings, and group supervision. 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.

Supervision and Training

All clinical tracks include 4 weekly hours of supervision from licensed clinicians, training didactics and seminars specific to their track, and ongoing intern meetings, professional development seminars and all staff meetings. As we offer a multitude of psychological interventions along a continuum of care and support, interns will, at minimum, be exposed via trainings to services provided within other tracks during orientation.

Evaluations

The first quarter evaluation is a baseline evaluation to identify the intern's strengths and growth edges. It is a time to discuss and plan for any notable challenges or concerns. All evaluations are done based on supervisor's case review, training team's (including didactic, group supervisors and seminar leaders) observations and interactions with the interns during clinical case review, trainings, seminars, presentations, consultations, etc. At this time, they will also complete a self-assessment to increase their own awareness and demonstration of skills and the competencies being evaluated. 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, the evaluation is used to identify growth and any skills that need to be addressed in the last three months. 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 clinical 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 Supervision for Therapy Co-Leader, and Professional Development Seminar Leader
- Jessica Mikulecky, Psy.D., SEP, Licensed Clinical Psychologist, Clinical Director, Co-Training Director; Group Supervision for Therapy & Testing Co-Leader, and Professional Development Seminar Leader
- Natasha Begich, Psy.D., BCN, Licensed Clinical Psychologist; Individual Therapy Supervisor
- Taylor Bonno, Psy.D., Didactic Presenter and Assessment Support
- Corey Cashen, Psy.D., Licensed Clinical Psychologist; Didactic Presenter
- Jessica Cruz, Psy.D., Licensed Clinical Psychologist and Secondary Supervisor for Assessment
- Rachel Hughes, Psy.D., Didactic Presenter and Secondary Supervisor for Assessment
- Breanne Gremillion, Psy.D., Licensed Clinical Psychologist; Training Coordinator, Individual Therapy Supervisor, & Group Supervision for Therapy Co-Leader
- 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
- Cynthia Rangel, Psy.D., BCN, Licensed Clinical Psychologist; Training Coordinator, Individual Therapy Supervisor, & Group Supervision for Therapy Co-Leader
- 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, offer supervision to 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/>

APPLICATION PROCESS

For the 2023-2024 training year, MiraCare will be offering twelve full-time internship positions (4 in each track); the program start date is August 8, 2022. The stipend will be \$31,000 for the 12-month training year, which includes *at least 2,000 hours* with mandatory evening hours. Each intern will be provided with two weeks of vacation time (10 working days) and one additional day for dissertation defense; they are asked 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 (for those applying to the testing track), 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 20, 2022. Applicants invited for interviews will receive an email notification by December 16, 2022, and virtual/online interviews are typically held in January of 2023.

Applicants must also satisfy MiraCare's system-wide eligibility requirements, including proof of COVID vaccinations or completion of an exemption request form, a background check, and drug screen prior to starting. Acceptance into the program is contingent on passing the background and drug test. These will be completed after the match process.

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 training at MiraCare can be directed to Dr. Julie Johnson at jjohnson.psyd@miracaregroup.com.

STATEMENT OF NONDISCRIMINATION

MiraCare Group 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 Group has been discriminated against is strongly encouraged to report this concern promptly to the Clinical Director or Training Director.