



CLINICAL PSYCHOLOGY DOCTORAL INTERNSHIP TRAINING BROCHURE 2024-2025

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 & Values

MiraCare Neuro Behavioral Health aspires to be the 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 also upholds the following values:

- Patient & Family Centered: Honoring YOUR voice and choice
- Rowing in the Same Direction: A continuum of care that is dynamic, defined, and dependable
- Committed to Each Other: Listening, bridging, and sharing
- Integrity in ALL We Do: Doing what we say
- Always Chasing More: Empowering through growth & knowledge

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 Group is committed to promoting an atmosphere of inclusivity and respect for each other. We want our staff, including our interns, to not only represent the diversity of our community, but to feel safe and secure bringing their culture and background to work.

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. Psychiatrists and advanced nurse practitioners work closely with other MiraCare therapists to enhance patients’ treatment plans receiving psychotherapy services.

Psychological & Neuropsychological Assessment – Psychological and neuropsychological 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.

Competencies

All Clinical Training tracks will train to the following competencies and objectives, as they form the foundation of the internship program:

Competency #1: Research

Objectives: Demonstrate an ability to investigate, evaluate, integrate, and disseminate clinically relevant research and material to others via case presentations and other scholarly activities

Competency #2: Ethical & Legal Standards

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 and legal issues; and act in an ethical manner in all professional activities

Competency #3: Individual & Cultural Diversity

Objectives: Demonstrate an awareness of and show respect for individual and cultural diversity issues; reflect upon how one's own culture and bias may affect our beliefs and methods; and integrate this knowledge within the provision of various psychological services

Competency #4: Professional Values, Attitudes, & Behaviors

Objectives: Demonstrate the attitudes and behaviors that reflect the values of psychology, including but not limited to cultural humility, integrity, accountability, and concern for others; and demonstrate self-reflection, self-awareness, openness, and responsiveness across contexts and interactions

Competency #5: Communication & Interpersonal Skills

Objectives: Demonstrate effective communication and positive relationships with a range of individuals across professional settings and formats, including managing challenging situations; utilize appropriate verbal, non-verbal, and written communication skills throughout the various aspects of the profession

Competency #6: Assessment

Objectives: Demonstrate an understanding of human behavior and how that relates to individuals' functional and dysfunctional behaviors; demonstrate the ability to gather information and apply it appropriately to make informed clinical decisions, including but not limited to diagnostic impressions and level of risk and care assessments; and adaptively communicate such information with appropriate parties

Competency #7: Intervention

Objectives: Demonstrate proficiency in establishing positive therapeutic relationships; develop, implement, evaluate, and modify comprehensive treatment plans accordingly, using theoretically- and evidence-based interventions

Competency #8: Provision of Supervision

Objectives: Demonstrate an understanding of supervision models and application of observation, evaluation, and providing feedback to a supervisee in a simulated context

Competency #9: Consultation & Interprofessional/Interdisciplinary Skills

Objectives: Demonstrate an appreciation for and ability to work within and contribute to a multidisciplinary team to provide comprehensive treatment

Clinical Psychology Doctoral Internship Tracks

We are very excited to offer three separate Child and Adolescent Clinical Training Tracks for the 2024-2025 training year. You may apply to one or more track, but you must apply to them separately.

Testing & Outpatient Therapy Track

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 Therapy & 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 clinical services 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)

Course of Internship

Our program follows a developmental model: it 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.

Our Internship Program follows MiraCare's commitment to inclusivity as well, celebrating and embracing cultural differences, identities, and backgrounds. To support our interns, we continually review our processes and systems to mitigate unintentional bias knowing that change and growth are always necessary. We have also prioritized interns' individual and

cultural diversity growth through intern participation on MiraCare's People & Culture Committee and in JEDI Seminar, which focuses on cultural awareness, cultural humility, and integrating diversity into treatment planning.

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.

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; Individual Therapy Supervisor, Group Supervision for Therapy Co-Leader, & Professional Development Seminar Leader
- Jessica Mikulecky, Psy.D., SEP, Licensed Clinical Psychologist; Clinical Director, Co-Training Director; Individual Therapy Supervisor, Group Supervision for Therapy Co-Leader, & Professional Development Seminar Leader
- Natasha Begich, Psy.D., BCN, Licensed Clinical Psychologist; Individual Therapy Supervisor
- Taylor Bonno, Psy.D., Licensed Clinical Psychologist; Group Supervision for Therapy Co-Leader, & Assessment Supervisor
- Jessica Cruz, Psy.D, Licensed Clinical Psychologist; Individual Therapy Supervisor, Group Supervision for Therapy Co-Leader, & Justice, Equity, Diversity, and Inclusion (JEDI) Seminar Co-Leader
- Rachel Hughes, Psy.D, Licensed Clinical Psychologist; Individual Therapy Supervisor, Group Supervision for Therapy Co-Leader, & Didactic Presenter
- 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
- Cynthia Rangel, Psy.D., BCN, Licensed Clinical Psychologist; Training Coordinator; Individual Therapy Supervisor, & Group Supervision for Therapy Co-Leader
- Amanda Slater, Psy.D., Licensed Clinical Psychologist; Individual Therapy Supervisor
- Irene Stewart, Psy.D, Psychotherapist; Assessment Support, & Seminar Leader

As needed, other qualified Faculty may join to offer additional didactics and presentations, and we encourage applicants to review biographies on our website!

Admission Criteria

We encourage enthusiastic, team-oriented doctoral psychology students, enrolled in an APA- or CPA-accredited doctoral program, who wish to work children and adolescents to apply to any of our tracks. Prior to the start of internship, we look for applicants to have completed at least 3 practical experiences for a combined 550 direct-service clinical care hours with patients. The Training Directors, Supervisors and the entire Training Team encourage applicants of all identities and backgrounds to apply. Global applicants eligible to work in the United States are also encouraged to apply.

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, and gathering of this information will be completed after the match process. In addition, if you are matched to a track that works on the hospital units, we also require a yearly flu vaccine and proof of a Hepatitis B vaccine – or complete a declination form – as required by Illinois state law, as well as completing a TB screening. *If you have questions about these specific requirements, please contact us prior to submitting your application for clarity.*

Application Process

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. We require at least two of the three recommendation letters to be from direct clinical supervisors, and we prefer one of these two are from an applicant's current clinical site.

In addition, we are aware the APPI has modified its end date for reporting accrued practicum hours. Please note that our Training Committee reviews all applicants' "Anticipated Practicum Hours" section and factors this into our decision-making process when offering interviews. If an applicant has any questions or concerns about how this change may impact their application, we encourage them to message us directly via email.

Applicants may apply to any or all the tracks. In the cover letter (submit one in the space indicated on the APPI), applicants are asked to clearly indicate which track(s) they would like to be considered for, as well as reasons why each track is of interest to them, a good fit, etc. If an applicant has not worked directly with children/adolescents in a clinical capacity and are still interested in our internship program, they are encouraged to address that this is a population of strong interest. If there are any questions about this, we hope prospective applicants do not hesitate to reach out and ask!

Internship applications are due on November 12, 2023. Applicants invited for interviews will receive an email notification by December 15, 2023 with additional information about our virtual interview process. We hope that by exclusively offering virtual interviews, applicants will be more likely to attend given reduced financial and time constraints that an in-person interview often requires.

Interviews will take place during January 2024, and applicants will have multiple days/times from which to choose. Applicants meet with a variety of supervisors, Training Director(s), members of the training team, and current trainees in group and individual formats. Due to the high number of candidates we interview, as a memory aid, we take pictures of interviewees; these are discarded after Match Day.

Selection Process

For the 2024-2025 training year, MiraCare will be offering 12 full-time internship positions (4 in the Outpatient Therapy track, 4 in the Testing + Outpatient Therapy track, and 4 in the Acute Therapy + Outpatient Therapy track).

As our site heavily services children, adolescents, and their families across all tracks, we look for applicants that have varied experience and interests treating these populations. We do not expect all interns' experiences to directly align with our track options, as we believe we can teach and develop these clinical skills through our training and supervision. With that in mind, interns who are enthusiastic, committed to learning and challenging themselves through new experiences and feedback, want to embrace a team-based clinical care approach, and are open to further developing self-awareness and cultural humility do well within our training program.

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/>.

Requirements for Completion

The training program start date is August 5, 2024, and requires 12 months to complete. Each intern will be provided with two weeks of vacation time (10 working days) and one additional day for dissertation defense, graduation, or an off-site training experience; they are asked to take these prior to the last month of internship.

We believe that experiential learning is the most effective strategy to develop the attitudes, knowledge, and skills to become competent psychologists. Therefore, we expect interns to accrue a substantial proportion of their hours providing direct services to patients. We aim for interns on all tracks to build and maintain an average of 18 direct clinical care hours per week. Interns are expected to complete *at least 2,000 hours* with mandatory evening hours.

We also believe that we best learn in an atmosphere of support and safety. Supervision and trainings are offered to support interns in their experiential work. All clinical tracks include at least 4 weekly hours of supervision from licensed clinical psychologists: This includes 2 hours of individual supervision with a licensed clinical psychologist and 2 hours of group supervision with a cohort. Much of our supervision is in person; however, there are times when we determine telesupervision is beneficial to the intern due to location and track. Intern meetings, professional development seminars, cultural/diversity seminar, and all-staff meetings are attended by all interns. On a rotating basis, all interns will also spend a quarter of the year serving on MiraCare’s People & Culture Committee, an institution-level committee focused on instilling a culture of belonging and creating a diverse and inclusive work environment.

As we offer many psychological interventions along a continuum of care and support, interns will, at minimum, be exposed via didactics to services provided within other tracks during Orientation while most of the track-specific trainings are completed within track cohorts. These may include:

- Level-of-Care Assessments
- Working with Self-Injury and Suicidality
- Providing Group Therapy
- Understanding & Treating Social Anxiety
- Neuropsychological Testing Seminar
- Diagnostic Impressions in an Outpatient Setting
- Play Therapy Series
- Family Therapy for Acute Settings

The training program is an on-site experience, and there may be times when the Training Director(s) determine distance learning is appropriate and accessible. This will be further reviewed during Orientation, including expectations and examples.

The minimum level of achievement for successful completion of internship is a “Proficient” rating for each element and overall competency listed on the “Clinical Psychology Doctoral Internship Evaluation.” We believe this achievement sets up our graduates for success in becoming clinical psychologists.

Clinical Resources & Support

All interns, regardless of track, have access to clinical resources and support. These include technology (e.g., system emails, Microsoft 365, computers/laptops in workspaces), clerical and billing support, and devoted workspaces for their clinical and administrative duties.

The stipend for the next training year is \$31,000. 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.

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 that is given to the intern’s academic institution; feedback is provided regarding noted strengths and ongoing areas for further development during the second half of the training year. The nine-month evaluation is used to identify growth and any skills that need to be addressed in the last three months. During the last month of the training year, interns are also required to present a clinical case demonstrating their clinical style and professional growth to staff. As part of the final evaluation, interns are given a formal evaluation of all competencies that is provided to the academic institution. The minimum level of achievement for successful completion of internship is a “Proficient” rating for each element and overall competency listed on the “Clinical Psychology Doctoral Internship Evaluation.”

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

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

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

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.*

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.