

# Program Descriptions

## Specialty Experiences (6 Months – 1 Year Commitment)

### Autism Center

At the Autism Center, you would have access to and be a part of a multidisciplinary diagnostic team, which includes psychologists, speech-language pathologists (SLP), occupational therapists (OT), a family resource specialist, and a developmental pediatrician. Also, we have an applied behavior analysis program on site, which would allow consultation with a Board Certified Behavior Analyst (BCBA) as needed. Interns may have opportunities to observe and participate in ABA day treatment programming to assist development of behavioral intervention skills and knowledge of Autism-related behaviors and developmental norms. Interns would have opportunities to observe and participate in psychological evaluations, which would include cognitive, emotional-behavioral, and Autism Diagnostic and Observation Schedule-(ADOS-2) testing. As part of the multidisciplinary team, interns would also have an opportunity to observe other diagnostic evaluations with an SLP and OT. Interns would participate in a weekly clinical staffing with the multidisciplinary team to give them an opportunity to listen to and provide evaluation case reviews.

Interns would be expected to develop competency in their understanding of developmental norms and in conducting psychological evaluations on children potentially on the Autism spectrum. Ages may range from 18 months to 9 years of age. Ideally, interns would spend two days per week engaged in psychological testing activities at the Autism Center, which may include participating in a multidisciplinary screening session, conducting psychological testing, scoring testing data, writing evaluation reports, and providing feedback following the completion of the multidisciplinary testing process. Preference will be given to interns who have already received training from certified trainers on the ADOS-2, and who have experience interacting with and who have a strong interest in working with children on the Autism spectrum.

### DBT Team

This is a comprehensive program that includes one hour of therapy and two hours of skills group weekly. The group capacity is 10 members. New members are enrolled approximately four times per year. The group covers four modules of treatment: mindfulness, interpersonal effectiveness, emotional regulation, and distress-tolerance skills. The year of treatment is followed by a Graduation Group. Interns who are able to commit to 12 months may have the opportunity to take on an individual therapy client, whereas those who commit to a 6-month experience may not. Both 12-month and 6-month interns may participate in the DBT consultation team and may observe and/or assist with the facilitation of a skills group (minimum four hours commitment per week, typically Wednesdays from 12:00-4:00 PM).

### Milano House

Milano House is a youth residential psychiatric treatment facility for youth between the ages of 13 and 17. Youth are generally referred from the community or from Children's Division, and a typical length of stay is 6-9 months. Interns will have the opportunity to observe, participate, and facilitate individual, group, and family therapy. On Tuesday mornings (10:00 AM – 12:00 PM), interns are able to participate in a weekly multidisciplinary staffing including therapy, case management, psychiatry, nursing, and direct care staff. Treatment team meetings focused on targeted behaviors, behavior tracking, and diagnostic evaluation occur on Thursday mornings (9:00 – 11:00 AM). Treatment modalities include and are not limited to CBT, TF-CBT, DBT, Motivational Interviewing, EMDR, and SPARCS. Weekly DBT skills group is held on Thursday afternoons (3:30 – 4:30 PM). Milano House provides interns with an opportunity to build assessment, crisis intervention, and behavioral intervention skills, as well as gain experience with providing gender-affirming care and utilizing evidence-based models. Minimum commitment of 4 hours per week, with preference for interns who are able to commit to 10+ weekly hours.

Interested and qualified interns may also choose a program evaluation and improvement track, focusing on the continued implementation of Person Brain Model and DBT, as well as transition planning between the youth residential and community-based program.

### **RecoverED**

Clients at RecoverED will have access to Individual and Group therapies with providers who have received specialized training in evidence-based practices for treating clients with eating disorders. The RecoverED program will utilize a multidisciplinary team, including therapists/psychologists, registered dietitians, and psychiatric providers. We will work closely with a client's primary care physician to monitor medical stability, and to ensure that their treatment encompasses every aspect of their life.

When clients begin working with their Outpatient team at The RecoverED program they can expect to meet with their therapist 1-2x/week, registered dietician weekly, and psychiatric provider as recommended. RecoverED also has an Intensive Outpatient Program (IOP) which runs for 12 hours per week.

Interns would be expected to develop competency in their understanding of working with the eating disorder population. Interns would have the ability to work in program development, as well as the opportunity to co-lead groups both in Outpatient and in our IOP program.

### **Youth Community Services**

Youth Community Services would be thrilled to see a Psychology Doctoral Intern thrive in the opportunity with our Youth Day Treatment program. We would be asking for a minimum commitment of 4 hours per week, with preference for interns who are able to commit to 12+ weekly hours.

Youth Day Treatment program (YDT) is designed to help adolescents who are struggling with regulating emotions or disruptive behaviors that interfere with their ability to function for a full school day. YDT provides safe and nurturing therapeutic environment where the youth can work through stress and trauma, and gain skills for developing healthy relationships/attachments. This is effective in shaping behaviors such as aggression, noncompliance, and negative attention seeking. The program will provide individual therapeutic services, including therapy and skill building groups, for youth ages 12-18. These services will be tailored to meet a child's individual needs and cycle every 8-12 weeks, a minimum of 4 days week and no less than 3 hours per day. Service Components include Comprehensive Assessment, Treatment Planning, Group Therapy, Individual Therapy, Family Therapy, Group Skill Building, and Discharge Planning.

Our team includes professional staff that will provide structure, limits, consistency, positive reinforcement, nurturing, and skill building influenced through the Person-Brain Model (Dr. Paul Baker); so that the youth can be more successful at home and at school. A youth must qualify for CPRC and participate in CPRC services to be eligible for Youth Day Treatment and will typically be referred from community stakeholders/partnerships (GCJO, CCJO, local Children's Division, Harmony House, etc.). Hours are Monday through Thursday from 9:00 AM – 12:00 PM and 2:00 PM – 5:00 PM at our Burrell North Clinic in Springfield, MO.

### **Youth CSTAR**

The Youth CSTAR program provides assessment and treatment for adolescents aged 12-18 that meet criteria for substance use or co-occurring disorders. Our program's framework is based on the Matrix Model, which places emphasis on helping users achieve sobriety through regular urine testing, education and counseling. Treatment is focused heavily on relapse prevention, drug education, self-help/empowerment skill development, group counseling, and family support services. Educational groups draw upon manualized curriculums that focus on behavioral change, early recovery skills, relapse analysis and social support development. Outpatient services to clients are offered up to three days per week, as well as intensive residential services to assist clients who are unable to achieve sobriety within their current home environment. Interns will have the opportunity to provide individual counseling, group counseling, educational groups, client assessment, treatment planning, and family consultation/education services. Interns will also collaborate with other providers on the team in weekly staffing and regular case consultations.

CSTAR's day treatment program operates from 8:00 AM – 4:00 PM, Monday through Saturday. Saturday hours are somewhat limited by the fact that clients have passes scheduled with their families on those days. Outpatient groups are offered Monday, Wednesday, and Friday from 3:30 – 8:00 PM with individual counseling sessions scheduled at any time between 12:00 – 8:00 PM.

### **Youth Focus Clinic**

The Youth Focus Clinic is home to a multidisciplinary treatment team that provides comprehensive evaluation and treatment for children and adolescents with ADHD. Interns will provide psychological evaluations, group parent management training, and individual/family therapy with a strong emphasis on behavioral approaches grounded in parent training and organizational skills training. Interns will have the opportunity to work collaboratively with medical providers on the team and participate in bi-weekly staffing/case consultation. Bi-weekly group supervision for YFC trainees will be provided.

Group parent management training requires early-evening commitments (typically 5:00-6:00 PM) 1-3 days/week. Interns can spend 8-16 hours/week in the YFC and proportion of evaluation and training is expected to vary based on demand and intern preference and proficiency. Interested interns should contact Dr. Kristen Thompson for more information.

### **Potential Adjunctive Experiences – Please email Dr. Pratt with questions about these opportunities!**

- Adult Recovery Services at Murney Clinic
- Chronic Pain Services
- Neuropsychological Evaluations
- Program Development
- Research/Quality Improvement
- Supervision of Supervision