

Specialty Care Experiences

Adolescent and/or Adult Gender and Sexual Medicine

Faculty: Troy Weber-Brown, LMFT; Kayla Bolland-Hillesheim, Ph.D., LP

Description: CentraCare Sexual and Gender Medicine offers inclusive care for our LGBTQ+ patients and families. Fellows will work with staff from Sexual and Gender Medicine to provide psychological supports to patients with a wide range of gender and sexual diversities. This includes but is not limited to providing mental health services to our LGBTQ+ patients, gender-affirming therapy, partner and family therapy, and support groups. Fellows will be competent in completing culturally sensitive diagnostic assessments for gender dysphoria and any co-occurring mental and chemical health conditions. Fellows will gain an understanding of issues of the formation of gender and sexual identity, the impact of gender and sexual diversity on patient mood, behaviors, and relationships and the impact that this may have on family members. Fellows may have the opportunity to evaluate for surgical readiness and/or to help adolescents and their families obtain the eligibility and readiness criteria as outlined in the WPATH Standards of Care, 8th Edition for adolescents seeking hormone therapy.

Adult and/or Pediatric Health Psychology

Faculty: Lori Listug-Lunde, Ph.D., LP

Description: Fellows will work with patients who have chronic or life-threatening illness and/or injuries as well as their family members. This may include supporting the patient and/or family with coping and adjusting to a medical diagnosis or treatment program (i.e., fear of pill swallowing, shots/injections/blood work); providing relaxation therapy for pain conditions and anxiety related to medical conditions; learning and maintaining behaviors that lead to and promote improved health; managing emotional reactions such as anxiety, depression or traumatic stress reactions related to a medical condition; supporting family and peer relationships during and following medical treatment; and/or managing treatment plans, such as medications, nutrition and exercise. Fellows may provide consultation for physicians and other healthcare providers around behavioral or emotional issues related to a patient's medical condition.

Adult and/or Pediatric Trauma Intervention

Faculty: Molly Sveum, LMFT, LADC; Lori Listug-Lunde, Ph.D., LP; Cathy Palmer, Ph.D., LP; Kayla Bolland-Hillesheim, Ph.D., LP

Description: Fellows will work with patients across the lifespan that have been exposed to experiences of neglect and/or abuse and/or who have experienced trauma in their lifetime. Fellows will be competent at assessing for Adverse Childhood Experiences (ACEs) and understanding the impact of ACEs on an individual, family, and community. Fellows will be competent in basic assessment of trauma symptoms (e.g., TSCC, TSI) and in diagnostic skills related to trauma diagnoses (e.g., PTSD, other specified trauma, and stressor related disorder). Fellow will be competent in providing psychoeducation on the emotional and behavioral sequelae of trauma and treatment interventions that support healing and reduction in distress and/or other symptoms following trauma including treatments such as IFS, TF-CBT, ACT, EMDR, or DBT. Fellows will receive education and support on the impact of vicarious trauma to support them in their work.

Adult Behavioral Sleep Medicine Rotation

Faculty: Jennifer Miller, Ph.D., DMSM, LP

Description: Fellows will work under the supervision of a licensed psychologist who is a Diplomate in Behavioral Sleep Medicine (DBSM) and will have the opportunity to evaluate and treat adult patients with insomnia using CBT-I, the number one treatment option available. Fellows will also be able to learn how to assess and refer for other sleep disorders and will have built-in consultation available with the sleep providers. (Fellows are strongly recommended to attend the training at U. Penn prior to/at the beginning of this rotation and can accrue supervised hours they may use toward becoming a future diplomate in behavioral sleep medicine.) This is a high-need treatment area, and an excellent treatment niche area for psychologists.

Adult Eating Disorders Assessment and Intervention

Faculty: Rachel Petersen, PsyD, LP

Description: The Fellow will work with an interdisciplinary team of medical providers, psychotherapists, and dieticians to treat patients experiencing disordered eating (e.g., anorexia nervosa, bulimia nervosa, binge eating, or other problem eating patterns). Fellows will be competent in diagnostic assessment and treatment approaches to include individual and/or group therapy. Therapy approaches include psychoeducation about the functions of food, the importance of meal planning for symptom management, how to regain normal eating behaviors, and development of body acceptance.

Adult Psychological Assessment

Faculty: Julie Wolke, Psy.D., LP; Rachel Petersen, Psy.D., LP; Michael Ewing, Ph.D., LP

Description: Based on the Fellow's current assessment skills and areas of interest, the Fellow may conduct psychoeducational, neuropsychological, personality, developmental and/or psychosocial assessments for patients in adolescence through to older adulthood. Fellows will be competent in conducting Diagnostic Assessments and identifying appropriate assessment instruments to answer the referral question. The Fellow will be competent in the administration and scoring of a comprehensive test battery including assessment of cognitive, academic, adaptive, memory, executive, attention, personality, emotional, behavioral, trauma, and/or social functioning. The Fellow will write comprehensive reports summarizing the findings of their evaluations and provide recommendations to patients, families, and others as appropriate (e.g., schools). In addition to traditional outpatient psychological assessments, specialized testing experiences may be available through our Adult Mental Health Partial Hospitalization Program, Adult Mental Health Inpatient Unit, and/or Weight Management Clinic (i.e., Bariatric Evaluations).

CentraCare Family Health Center / Integrated Behavioral Health Rotation:

Faculty: Barb Carver, Psy.D., LP

Description: The University of Minnesota/CentraCare St. Cloud Family Medicine Residency program prepares family physicians for full-spectrum family medicine with a diverse population. Fellows will work within a Primary Care Behavioral Health model (PCBH) in this

busy Family Medicine Residency Training clinic. Fellows will have the opportunity to see patients and families across a life span (0- 100+ years old) and support resident physicians in their training. The focus will be on immediate, flexible format (brief intervention), and close collaboration with the medical provider. Orientations such as Motivational Interviewing, Focused Acceptance and Commitment Therapy (FACT) and Acceptance and Commitment Therapy (ACT), Mindful Self-Compassion, and Behaviorism will be emphasized. Fellows will be responsible 7 available scheduled patient times a day in addition to warm hand off and provider-to-provider consults to support the behavioral health needs of all patients of the clinic. They also may be involved in the education of family medicine residents about behavioral health issues. The fellow will see a wide variety of clinical presentations (chemical dependency, severe and persistent mental health, depression, anxiety, smoking cessation, behavior change related to medical conditions). Fellows will be an integral part of a multidisciplinary team consisting of family medicine residents, faculty, pharmacists, advanced practice providers , social work, legal, care coordination, community paramedic, and patient advocates. The Fellows will have an opportunity to be fully immersed in a PCBH role in a clinic that is fast paced and diverse.

Integrated Behavioral Health Fellowship Rotation Descriptions:

CentraCare Heart & Vascular Center / Integrated Behavioral Health Rotation:

Faculty: Toni Mahowald, Psy.D., LP

Description: CentraCare Heart & Vascular Center (CCHVC) has been ranked #30 by US News and World Report for Best Hospitals for Cardiology and Heart Surgery in the United States, and provides more than 60,000 patient encounters per year. This rotation will focus on caring for adult cardiovascular patients (ages 18+). As a part of their minor rotation, fellows may have the opportunity to 1) lead patient education session in cardiac rehab (focusing on stress management, goal setting and behavior change, relationship health, and sleep health), 2) complete brief screening for mood and SI as a part of the cardiac rehab orientation process, and 3) participate in multidisciplinary rounds focused on the care of Heart Failure Patients. Fellows may also have the opportunity to complete warm hand offs and brief interventions in both the inpatient and ambulatory setting, and to collaborate with multidisciplinary teams (including physicians, APPs, nurses, dieticians, clinical pharmacists, and exercise physiologists) on the care of cardiac patients.

CentraCare Internal Medicine / Integrated Behavioral Health Rotation:

Faculty: Stephanie Baas, Psy.D., LP

Description: Internal medicine providers work with adult patients in the management of undifferentiated or multi-system disease processes. Fellows will work within a Primary Care Behavioral Health model (PCBH) in this clinic. Fellows will have the opportunity to see adult patients (18- 100+ years old) with the patient population being mostly middle-aged and older adults. The focus will be on immediate, flexible format (brief intervention), and close collaboration with the medical provider. Orientations such as Motivational Interviewing, Focused Acceptance and Commitment Therapy (FACT) and Acceptance and Commitment Therapy (ACT), Mindful Self-Compassion, and Behaviorism will be emphasized. When engaged in intervention services, fellows may be responsible for up to 7 available scheduled patient times a day in addition to warm hand off and provider to provider consults to support the behavioral health needs of all patients of the clinic. They also may be involved in

education of internal medicine staff about behavioral health issues and benefits of assessment. The Fellow will see a wide variety of clinical presentations (chemical dependency, severe and persistent mental health, cognitive changes, depression, anxiety, smoking cessation, behavior change related to medical conditions). Fellows will be an integral part of a multidisciplinary team consisting of internal medicine physicians, pharmacists, advanced practice providers, social work, and care coordination. As a part of this rotation, Fellows will also complete psychological assessment batteries including feedback and recommendations with adult patients (18- 100+ years old) within the primary care setting. Fellows would become familiar with commonly used personality and cognitive measures along with assessments for executive function, attention and concentration, memory, and judgement. Fellows would have the opportunity within their primary care clinic to educate medical staff on available screening and assessment measures and discuss with patients the benefits and risks of assessment. They would become proficient at testing patients within the internal medicine primary care setting and providing testing services and consultation with other IBH clinics and their patients. Additionally, fellows would engage in a weekly assessment consultation group which includes group supervision and didactic training with adult behavioral health assessment team.

CentraCare Pediatrics / Integrated Behavioral Health Rotation:

Faculty: Lori Listug-Lunde, Ph.D., LP

Description: CentraCare Plaza Clinic Pediatrics provides primary and specialized care unique to children from birth to young adulthood. Our pediatricians and pediatric nurse practitioners work closely with caregivers to assist children and teens in maintaining good nutrition, health, and emotional well-being. Our physicians are board certified by the American Academy of Pediatrics. Fellows will work within a Primary Care Behavioral Health model (PCBH) in this busy Pediatric clinic. Fellows will have the opportunity to work with children from birth to young adulthood and their families. The focus will be on immediate, flexible format (brief intervention), and close collaboration with the medical teams. Orientations such as Motivational Interviewing, Focused Acceptance and Commitment Therapy (FACT), Acceptance and Commitment Therapy (ACT), Mindful Self-Compassion, and Cognitive-Behavioral Therapy will be emphasized. Fellows will be responsible for some scheduled patient times each day in addition to warm hand offs and provider to provider consults from the pediatric clinic and the Child Advocacy Center (CAC), to support the behavioral health needs of patients. Fellows will see a wide variety of clinical presentations (developmental concerns, sleeping/toileting/feeding/eating difficulties, behavioral concerns, anxiety, depression, adjustment difficulties, and behavior change related to medical conditions). Fellows may utilize the HealthySteps model ([Who We Are - HealthySteps](#)) in their work with families to promote nurturing parenting and support infant and toddler health and well-being. They will provide support related to routine care, such as immunizations or other medical procedures. Fellows will work with patients, patients' caregivers, and the medical team when assessing for patient risk and/or safety. Fellows will complete suicide risk assessments, safety plans, and complete child maltreatment forms as needed, following up with patients and bridging care as needed. Fellows will be an integral part of a multidisciplinary team consisting of pediatricians, pediatric nurse practitioners, a lactation specialist, a pediatric social worker, in-house and external interpreters, community health

workers, nursing staff, and care coordinators. The Fellows will have an opportunity to be fully immersed in a PCBH role in a clinic that is fast paced and diverse. Fellows may also have the opportunity to complete psychological assessments as part of their time on this rotation in the Pediatrics clinic, supporting the needs of patients within their clinic.

Child and Adolescent Partial Hospitalization Program- Clara's House

Faculty: Katie Boeker, MS, LSW, LMFT

Description: Fellows interested in Partial Hospitalization programming would have the opportunity to do a rotation at Clara's House, which provides needed mental health services for children and adolescents ages 5-18. The Mission of Clara's House is to provide a place where youth and families feel welcomed and supported while gaining strength, self-worth, healing, and hope. Postdoctoral fellows would have the opportunity to engage with a multidisciplinary team in providing comprehensive assessment and treatment interventions using evidence-based practices based on the Attachment, Regulation, and Competency (ARC) Framework of Blaustein and Kinniburgh. Each member of the multi-disciplinary team contributes to the 'attunement' or understanding of the child and caregivers, and a treatment plan is coordinated by a team of specialists that include psychiatrists, advance-practice providers, psychotherapists, psychologists, occupational therapists, speech and language pathologists, art therapists, recreation therapists, program facilitators, behavioral health technicians, and teachers. At Clara's House, we understand the science that the physical, psychological, and social needs of the child must be met to support optimal brain development, emotional regulation, and higher-order cognitive functions, and that early identification and interventions result in long-lasting health benefits.

Fellows will be asked to carry a small caseload and provide psychological services to patients and their families, including but not limited to group therapy, family therapy, and individual therapy. Fellows will complete an Effective Response Plan for each patient, which is to build an attuned understanding of and response to the child/adolescent, by identifying presenting behaviors of concern, and embedding them in the context of relevant history and environmental and familial context. The plan seeks to describe presenting behaviors, their triggers, and possible underlying needs or communications, and to identify both proactive and responsive methods to address youth needs and to support regulation. Fellows will complete an individualized treatment plan and evaluate progress by completing a weekly care plan review. Fellows will also be competent in completing a discharge summary and facilitating a discharge meeting which typically includes the patient, caregivers, social worker, and school. Fellows will have the opportunity to administer psychological assessments for patients in PHP. In this case, the fellow would become competent in the administration and interpretation of standardized assessments. The fellow would write comprehensive reports summarizing the findings of their evaluations and provide recommendations to patients, families, PHP care team, and others as appropriate (i.e., schools), often at team conferences. The Fellow would be able to explain findings, by providing feedback and recommendations to the patient and/or their family. This rotation provides an opportunity to work with a diverse population, the foster care system, county health care systems, and school systems to coordinate care for children with high mental health needs. Fellows will be competent in assessing risk to self and others, as well as non-suicidal and suicidal self-injurious behavior. They will be competent in creating safety planning with patients and their families, in conjunction with the care team, and monitoring a patient's risk as needed

throughout the course of their stay in PHP, supporting safety planning upon discharge. Fellows will work with patients with complex mental health diagnoses, such as (Depression, Anxiety, ADHD, PTSD, ASD, and FASD).

Pediatric Autism Assessment and Intervention, including Multidisciplinary Clinic

Faculty: Cathy Palmer, Ph.D., LP

Description: As a member of this multidisciplinary team, Fellows will participate in the assessment of children and adolescents suspected of having an autism spectrum disorder. The Fellow will become competent in the administration and interpretation of standardized assessments and a developmental interview for autism spectrum disorders (including but not limited to ADOS, ASRS, SCQ, BOSA). Fellows will participate in a multidisciplinary assessment clinic, participating in staffing meetings with providers from psychology, psychiatry, occupational and speech therapies. Opportunities for Fellows may also exist to complete assessment for autism spectrum disorder as independent (single discipline) psychological evaluations and/or as part of a collaborative evaluation process with local school districts completing early childhood special education evaluations. The Fellow will write comprehensive reports summarizing the findings of their evaluations and provide recommendations to patients, families, and others as appropriate (e.g., schools). The Fellow will be able to explain findings, by providing feedback and recommendations to the patient and/or their family. The Fellow may also provide individual, family, or group therapy services for individuals with ASD (broad range of ages and levels of functioning).

Pediatric Fetal Alcohol Spectrum Disorder Assessment Clinic

Faculty: Susan Heidal-Schiltz, Psy.D., LP

Description: Multidisciplinary assessment of pediatric patients with known or suspected prenatal alcohol/substance exposure. Includes administration and scoring of comprehensive test battery, including cognitive, academic, memory, executive, attention, adaptive, and emotional/behavioral functioning. Results are shared in a multidisciplinary staffing with medical, behavioral health, and rehabilitation clinic (OT, ST) providers. The Fellow will then provide feedback and recommendations to the family. Fellow will be competent in identifying appropriate assessment instruments, administering, and scoring tests, consulting with a multidisciplinary team, writing a comprehensive report, and providing feedback. This rotation also includes substantial focus on childhood trauma, including neglect and attachment disruptions; as well as a chance to work with diverse populations, the foster care system, and adoptive families.

Pediatric Psychological Assessment

Faculty: Susan Heidal-Schiltz, Psy.D., LP, Catherine Palmer, Ph.D., LP; Lori Listug-Lunde, Ph.D., LP; Danae Lund, Ph.D., LP

Description: Based on the Fellow's current assessment skills and areas of interest, the Fellow may conduct psychoeducational, neuropsychological, personality, developmental and psychosocial assessments for patients age preschool to young adulthood. Fellows will be competent in conducting Diagnostic Assessments and identifying appropriate assessment instruments to answer the referral question. The Fellow will be competent in the administration and scoring of a comprehensive test battery including assessment of cognitive, academic, adaptive, memory, executive, attention, personality, emotional,

behavioral, trauma, and/or social functioning. The Fellow will write comprehensive reports summarizing the findings of their evaluations and provide recommendations to patients, families, and others as appropriate (e.g., schools). In addition to traditional outpatient psychological assessments, specialized testing experiences may be available in through our Child/Adolescent Mental Health Partial Hospitalization Program and/or Adolescent Mental Health Inpatient Unit.

Proof Alliance: Fetal Alcohol Spectrum Disorder Assessment and Diagnosis

Faculty: Julia Conkel-Ziebell, PhD., LP

Description: Proof Alliance and St. Cloud Hospital are pleased to invite interested candidates to apply for a 12-month, full-time fellowship position, with opportunities to specialize in Fetal Alcohol Spectrum Disorders (FASD) Assessment and Diagnosis. This Child and Adolescent Clinical Psychology Postdoctoral Fellowship is provided through St. Cloud Hospital, in partnership with Proof Alliance. If interested in this area of specialization, a Fellow would focus on providing psychological evaluations to children and adolescents at the Proof Alliance FASD Diagnostic Clinic (St. Paul, MN) with additional rotations and experiences offered through St. Cloud Hospital tailored to meet the training needs and interests of the Fellow. Clinical Fellows will have options to provide services via telehealth as well as on-site/in-person. When at Proof Alliance, Fellows will work with an interdisciplinary team to complete neuropsychological assessments through Proof Alliance's Diagnostic Clinic. Fellows will be competent in administration and scoring of a comprehensive test battery, including cognitive, academic, memory, executive, attention, adaptive, and emotional/behavioral functioning. Fellow will be competent in identifying appropriate assessment instruments, administering, and scoring tests, consulting with a multidisciplinary team, writing a comprehensive report, and providing feedback. Fellows will work with Proof Alliance staff to develop best practices in diagnosing FASDs and developing innovative approaches to reducing barriers to patient care and clinic capacity. There is potential to assist in a three-year, CDC-funded, FASD surveillance grant. In addition, Fellows have opportunities to provide training and education on FASD to allied health professionals at the regional, state, and national levels. To learn more about PROOF Alliance go to: <https://www.proofalliance.org/>