University of Arkansas for Medical Sciences
Pre-Doctoral Internship in Clinical Psychology

2016-2017 Training Year
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Life in Little Rock

Little Rock is a scenic city sitting on the south bank of the Arkansas River in Central Arkansas. It is the capital and most populous city in Arkansas with a 2014 population estimate of 198,000, though the Little Rock metropolitan area is ranked 75th in terms of population with approximately 725,000 residents. The size of Little Rock and surrounding area gives its residents a feeling of living in a large city with all the amenities accessible to them but also having a small town feel with quiet shops and family-friendly neighborhoods. In fact, in 2014 Little Rock was ranked #1 in “America’s 10 Great Places to Live” by Kiplinger Personal Finance Magazine.

![Little Rock City Skyline](image1.jpg)

Little Rock is a major cultural, economic, educational, medical, government, and transportation center within Arkansas, the South and the country. Fortune 500 companies Dillard’s and Windstream Communications are headquartered in Little Rock, along with Axion, Stevens, Inc., American Taekwondo Association, and Heifer International. Little Rock boasts a number of attractions for those who are lovers of art, music, and theater, including the Arkansas Arts Center, Arkansas Repertory Theatre, Robinson Center Music Hall, Wildwood Park for the Arts, Community Theatre of Little Rock, and Ballet Arkansas.

![Little Rock Central National Historic Site](image2.jpg)

The city is probably most well known for being home of the William J. Clinton Presidential Library and Museum, which was opened in 2004. The archives and library contain 2 million photographs, 80 million pages of documents, 21 million e-mail messages, and nearly 80,000 artifacts from the Clinton presidency. The museum within the library showcases artifacts from Clinton's term and includes a full-scale replica of the Clinton-era Oval Office.

![William J. Clinton Presidential Library and Museum](image3.jpg)

Little Rock is home to a wide variety of other museums, such as the Museum of Discovery, Historic Arkansas Museum, MacArthur Museum of Arkansas Military History, Old State House Museum, and the Mosaic Templars Cultural Center. Little Rock has a proud history of being on the forefront of the civil rights movement. The Little Rock Central National Historic Site
commemorates the desegregation of Central High School in 1957 and the persistence of nine African American students in attending a formally all-White school.

Outdoor enthusiasts enjoy biking and running on the Arkansas River Trail which features more than 15 miles of scenic riverfront and the Big Dam Bridge, one of the longest pedestrian and bicycle bridges in North America. Little Rock also has over 60 parks and recreational areas, and Pinnacle Mountain State Park is adjacent to the western side of the city. The most prominent feature of the park is Pinnacle Mountain, which towers over 1,000 feet above the Arkansas River Valley and includes several hiking trails. The park also includes the Arkansas Arboretum, an interpretive trail with flora and tree plantings.

Education also is an integral part of Little Rock. It is home to two branches of the University of Arkansas system: the University of Arkansas, Little Rock (UALR) and the University of Arkansas for Medical Sciences (UAMS). Over 12,000 students receive their education at UALR, and the university features over 100 undergraduate degree programs and over 60 graduate degree programs. Athletes participate in Division I athletics in the Sun Belt Conference. UAMS is the only academic medical center in Arkansas and includes the medical school for the University of Arkansas. It also features seven institutions that provide specialized clinical care and research.

Sports are important to the culture of Little Rock and to the state of Arkansas. The Arkansas Travelers, the AA professional minor league baseball affiliate of the Los Angeles Angels, play their home games at Dickey-Stephens Park in North Little Rock. War Memorial Stadium in Little Rock is the second home of the University of Arkansas Razorbacks football team who play most of their home games at Donald W. Reynolds Razorback Stadium in Fayetteville.

**Links to Local Information**

Little Rock Visitors Bureau – www.littlerock.com

Little Rock Calendar of Events – www.littlerock.com/calendar


Little Rock River Market – www.rivermarket.info/
University of Arkansas for Medical Sciences

The University of Arkansas for Medical Sciences (UAMS) is Arkansas’ only comprehensive academic health center. It is the largest public employer in the state with more than 10,000 employees in 73 of Arkansas’ 75 counties and a regional campus in Northwest Arkansas. UAMS offers 64 baccalaureate, master’s, doctoral, professional, and specialist degree programs and certificates through their Colleges of Medicine, Nursing, Pharmacy, Health Professions, Public Health, and graduate school. UAMS also is home to seven institutes where specialized clinical care and research are conducted, including the Winthrop P. Rockefeller Cancer Institute, Harvey & Bernice Jones Eye Institute, Myeloma Institute, Donald W. Reynolds Institute on Aging, Jackson T. Stephens Spine & Neurosciences Institute, Translational Research Institute, and the Psychiatric Research Institute. UAMS and its clinical affiliates, Arkansas Children’s Hospital and the VA Medical Center, are an economic engine for the state with an annual economic impact of $3.92 billion. Due to its wide ranging influence, UAMS is impacting the health care of Arkansans now and in the future.

The Psychiatric Research Institute (PRI) is a state of the art facility that is dedicated to improving the mental health and well-being of residents in Little Rock, the state of Arkansas, and the country through evidence-based treatment, innovative research, and quality training and education. Clinical programs are dedicated to treating children, adolescents, and adults through a variety of outpatient clinics and inpatient programs, including the Walker Family Clinic, Child Study Center, Center for Addiction Services and Treatment, Women’s Mental Health Program, and STRIVE (Seeking To Reinforce my Identity and Values Everyday), a school-based community outreach program.

In addition to clinical care of psychiatric disorders, research and education are integral to the overall approach of PRI. The institute’s focus on evidence-based care takes into consideration the education of future medical personnel while relying on the work of research scientists to provide innovative forms of treatment. PRI’s three research divisions are the Center for Addiction Research, the Division of Health Services Research, and the Brain Imaging Research Center. Educational programs include an APA pre-doctoral clinical psychology internship, child and adolescent psychology traumatic stress fellowship, general psychiatry residency, and fellowships in child and adolescent, forensic, addiction, and geriatric psychiatry.
Pre-doctoral Internship in Clinical Psychology

Overview

The University of Arkansas for Medical Sciences (UAMS) Department of Psychiatry Internship Training Program in Clinical Psychology (Program Code #: 110611 – Child Focus Track, 110612 – Adult Focus Track) is accredited by the American Psychological Association.

Our 2080-hour clinical psychology internship is designed to provide interns with a broad and general training experience in basic principles and techniques of professional psychology. It is sponsored by the UAMS and Arkansas Children’s Hospital and offers training tracks through an adult focus track or a child focus track. The internship is one of the training programs of the Department of Psychiatry in the UAMS College of Medicine with multiple training sites – the Walker Family Clinic and the Child Diagnostic Unit located in the Psychiatric Research Institute, the Child Study Center and Burn Center at Arkansas Children’s Hospital, and the UAMS-affiliated Community Mental Health Center. Psychiatry residents and fellows, as well as social work interns, are also part of the training programs within the department. The internship training year is July 1 through June 30 of each year.

History

The UAMS clinical psychology internship program was first established in 1961 and was given full accreditation by the American Psychological Association (APA) in 1967. The internship developed a child and adolescent focus in 1979 following a site visit from APA. The internship added an adult-focused intern slot beginning with the 2009-2010 training year.

Mission

The mission of the internship training program is to train doctoral level psychology graduate students for the professional practice of clinical psychology in a competent, ethical, and socially relevant manner in order to serve children, adolescents, adults, and families without regard to race, religion, or economic status.

Training Model and Goals

We adhere to a scientist practitioner training model in which our emphasis is on developing professional psychologists who can provide culturally competent clinical services to children, adolescents, adults, and families, while working within the community context of each person. Our goal is to train doctoral level psychology students so that at the completion of the program, they will be able to demonstrate competency in formal and informal assessment procedures, a variety of treatment approaches, and a strong experience base in consultation and multi-disciplinary
teamwork. They will be able to provide services to a diverse population that varies by age, socio-economic level, ethnicity, rural/urban setting, and type and severity of psychopathology.

**Training Methods**

The general training model for all experiences involves the intern’s experience and development of independent clinical functioning within several settings, including traditional outpatient clinics, inpatient, and community environments. Initially, interns undergo an intensive period of orientation, observation, and supervision during which they work closely with and under the direction of supervising psychologists. Interns quickly take an increasingly independent role in clinical services. The nature and structure of supervision is subject to change according to the ability of the interns to function independently. The pace of training is such that within a month or so, interns are expected to function within the service as a relatively independent clinician, albeit with continued supervision.

The structure and schedule of the internship program are such that demands and expectations placed on interns are moderate at the beginning of the training year and increased as the year proceeds. Seminars are scheduled so that early topics are more basic in nature and are aimed at providing interns with general knowledge essential to their major rotation activities. Later seminars are more oriented toward specialized minor rotation activities and to more advanced professional skills and topics.

Throughout the year, interns meets weekly with specialty supervisors specific to each major and minor rotation. In addition, each intern is assigned a primary supervisor for the training year with whom he or she meets regularly. This person acts as the intern’s advocate and personal advisor, in addition to clinical supervision as appropriate. Supervision occurs through both individual and group formats. Our program encourages continuous informal supervision by means of an “open door” arrangement whereby interns can request and receive immediate consultation or supervision when significant clinical or training issues arise.

**Unique Aspects of the Internship**

Faculty emphasize the use of empirically-supported treatments and assist interns in continuing to develop therapy and assessment skills using these approaches.

Child-track interns will have made significant progress towards meeting the national certification/rostering requirements for TF-CBT and PCIT by the end of internship.

12-month rotations allow interns to be able to see patients through completion of treatment.

A research rotation allows interns to work with faculty members on a wide range of grant-funded projects.

Interns work with caring and conscientious supervisors who carefully consider the intern's training experiences, career goals, strengths, and needs in order to develop the most appropriate and effective training experience.
Overview

The goal of the adult-focused internship track is to provide interns with an array of general experiences to broaden their clinical training as well as offer more specialized training in areas of interest. Training for adult-focused interns occur at the UAMS Department of Psychiatry Walker Family Clinic, the UAMS-affiliated Community Mental Health Center, and the Burn Center at Arkansas Children’s Hospital. Adult-focused interns receive year-long training in the assessment and treatment of individuals with a wide range of disorders, including trauma and stress-related disorders, depressive disorders, anxiety disorders, personality disorders, and serious mental health illnesses. An additional focus includes behavioral medicine through work with patients at a burn center, with chronic pain, and with neurologic conditions. In addition, interns have 6-month minor rotations in adult neuropsychology and research (elective). Faculty orientations include behavioral, cognitive behavioral, interpersonal, mindfulness, and rehabilitation.

Walker Family Clinic

The Walker Family Clinic (WFC) has been offering mental health services to young adults, adults, and geriatric populations since 2008. The WFC was formed by the integration of the UAMS Program for Adults and Program for Young Adults. This clinic serves the referral needs for inpatient units, UAMS outpatient clinical programs, the community of greater Little Rock, and for secondary and tertiary settings from across the state. The patient population for WFC generally reflects the racial and ethnic breakdown of the Greater Little Rock metropolitan area. Socio-economic status also is diverse; however, the majority of clientele come from lower income homes. Staff at the WFC include psychologists, psychology interns, psychiatrists, psychiatry residents and fellows, licensed clinical social workers, social work interns, and licensed professional counselors.

Adult Therapy Rotation (Required)
Supervisors: Betty Everett, Ph.D., Josh Cisler, Ph.D.

Interns complete a 12-month therapy rotation with adults. The clinical populations for the WFC include patients with diagnoses of trauma and stress-related disorders, depression, bipolar disorder, anxiety disorders, somatization and conversion disorders, psychotic disorders, personality disorders, pain, substance abuse, eating disorders, and general medical conditions. Interns are supervised by faculty who have experience in behavioral, cognitive, cognitive behavioral, interpersonal, mindfulness, behavioral medicine, and systems models. Interns in this clinic have the opportunity to develop skills as a provider for adult patients in both individual and group settings. Ongoing groups include a PTSD-based intervention for adult women with traumatic stress and Dialectical Behavior Therapy for adults with emotional dysregulation and unstable relationships.

Supervision occurs individually and is based on the developmental level of interns, which helps interns develop at their own pace, further enhance their knowledge of empirically-supported treatments, and deepen their ability to use all the factors of empirically-based treatments for best
outcomes. Adult-track interns also receive group supervision with the child-track interns, allowing an opportunity for feedback with each other and to develop supervision skills.

**Health Psychology Rotation (Required)**
Supervisor: Stephanie Kremer, Psy.D.

Interns also complete a 12-month rotation in healthy psychology with referrals from medical services throughout UAMS. The focus of learning is on holistic, biopsychosocial treatment approaches to working with individuals and groups diagnosed with chronic health conditions (e.g., chronic pain, COPD, migraines, diabetes, cardiac issues, GI condition, neurologic disorders) and sleep disorders, as well as co-existing depression and anxiety/panic. Interns gain experience in integrative, person-centered approaches grounded in evidence-based practice. Examples of common interventions include CBT-Chronic Pain, CBT-Insomnia, and CBT protocols for panic. There is a training emphasis on learning motivational enhancement strategies in working with individuals to improve treatment adherence and/or achieving healthy lifestyle habits. Interns also receive training and experience in conducting pre-surgical psychological evaluations for spinal cord stimulator and bariatric surgery candidates. The rotation offers the opportunity to work with interdisciplinary treatment teams and to develop skills in communicating, orally and in written reports, assessment findings, and treatment plans to patients and treatment providers/teams. Interns are given the option to develop groups or programs aimed at improving the health and well-being of patients served in the WFC and medical services throughout UAMS. Supervision occurs individually. Both supervision and clinical experiences are guided by the training goals of each intern.

**Adult Neuropsychology Rotation (Required)**
Supervisors: Jennifer Fausett, Ph.D., ABPP/CN; Jennifer Gess, Ph.D., ABPP/CN

For 6 months interns train within the adult neuropsychology program and provide consultation services to the university and the outside community. The target population is adults ages 18 to geriatrics. This program is referral-based; referrals primarily come from departments of Neurology, Neurosurgery, Psychiatry, Internal Medicine, and Physical Medicine and Rehabilitation. The population has equal distributions of gender and ethnic populations to match those of the referring departments. These training experiences include an introductory exposure to concepts of behavioral neurology and brain-behavior relationships. Interns are provided exposure to patients with neurologic conditions and are trained in clinical interview skills with a focus on evaluation of medical and neurological associations of a variety of disorders. Depending on their interest and backgrounds, they may receive additional training in the administration of a variety of neuropsychological psychometrics, as well as the subsequent scoring and interpretation of those tests. Comprehensive neuropsychological report writing may also be a component of this rotation. Other experiences offered, but not required, during this rotation include Neurology Grand Rounds, Epilepsy Conference, Clinical Investigators Working Group meetings, research opportunities, and Brain Cutting.
Little Rock Community Mental Health Center – Outpatient Services (Required)
Supervisor: Lisa Evans, Ph.D.

Interns complete a 12-month rotation at the LRCMHC-Outpatient Services. The populations served in this clinic are adults with serious mental illness including diagnoses such as schizophrenia, bipolar disorder, major depression, personality disorders, and other diagnoses that cause significant disturbances in functioning. Typically, persons will have multiple diagnoses and often co-occurring disorders. Programs at LRCMHC include diagnostic assessment, medication management, individual and group therapy, community intervention services, day treatment, outreach services for persons who are homeless, and housing services. LRCMHC employs staff from various disciplines including psychiatry, psychology, social work, professional counseling, paraprofessionals, and nursing.

Interns will participate as an active member of the treatment team, providing psychological consultation as needed, participating in treatment team staffing, and assisting with triage of patient needs. Treatment opportunities will include providing individual and group therapy to outpatient clients, participating in open access intake clinic, co-leading a DBT group, and participating in DBT service.

Arkansas Children’s Hospital (ACH) Burn Center (Required)
Supervisor: Mike Cucciare, Ph.D.

Interns complete a 12-month rotation at the Burn Center at ACH. The Burn Center is the only one of its kind in Arkansas, providing both inpatient and outpatient follow-up care for patients with varying degrees of burns. Interns attend the Burn Center inpatient rounds and provide consultation services on both the inpatient unit and outpatient clinic. As part of the Burn Center team, interns provide services to adult patients along with their family members. Clinical services include brief assessment of mental health symptoms, psychoeducation about mental health symptoms, and brief cognitive-behavioral interventions. Common mental health problems in this population with which the intern would get experience include depression, PTSD, generalized anxiety, and substance abuse. Referrals to local therapy providers in the patients’ communities will be made as necessary by the interns. Research opportunities on this rotation are additionally possible. Interns are part of the multidisciplinary Burn Center team which includes surgeons, anesthesiologists, nurses, nurse practitioners, occupational therapists, physical therapists, pharmacists, nutritionists, respiratory therapists, and social workers.

Research (Elective)

Interns also may elect to complete a 6-month research rotation where they on-going research under the supervision of a psychologist within the department. Many opportunities are available, depending on interests, the availability of faculty mentors, and funded projects. Please refer to the research section for more information.
# Sample Schedule

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<th>Time</th>
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<tr>
<td>7:30-8:00</td>
<td>xx</td>
<td>xx</td>
<td>xx</td>
<td>Multidisciplinary Rounds: ACH Burn Unit</td>
<td>xx</td>
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<tr>
<td>8:00-9:00</td>
<td>Didactics</td>
<td>Individual Patient @ WFC</td>
<td>xx</td>
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<tr>
<td>9:00-10:00</td>
<td>Supervision @ WFC</td>
<td>Individual Patients @ WFC</td>
<td></td>
<td>Burn Clinic/Unit @ ACH</td>
<td>Individual Patients @ CMHC</td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Travel to UAMS/Prep</td>
<td>DBT Group @ WFC</td>
<td>Supervision @ WFC</td>
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<tr>
<td>11:00-12:00</td>
<td>Supervision @ WFC</td>
<td>Lunch</td>
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<td>12:00-1:00</td>
<td>Lunch</td>
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<tr>
<td>1:00-2:00</td>
<td>Lunch</td>
<td>DBT Group @ CMHC</td>
<td>Group Supervision @ WFC</td>
<td></td>
<td>Individual Patient @ CMHC</td>
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<tr>
<td>2:00-3:00</td>
<td>Research (1st 6 months)</td>
<td>DBT Individual @ CMHC</td>
<td>Individual Patient @ WFC</td>
<td>Burn Clinic/Unit @ ACH</td>
<td>Supervision @ CMHC</td>
</tr>
<tr>
<td>3:00-4:00</td>
<td>--- Neuropsych (2nd 6 months)</td>
<td>DBT Individual @ CMHC</td>
<td>PTSD Group @ WFC</td>
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<tr>
<td>4:00-5:00</td>
<td>DBT Consultation Team @ CMHC</td>
<td>Individual Patient @ WFC</td>
<td></td>
<td>Individual Patients @ CMHC</td>
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</tbody>
</table>

WFC = Walker Family Clinic, CMHC = Little Rock Community Mental Health Center, ACH = Arkansas Children’s Hospital
Overview

The goal of the child-focused internship track is to provide interns with an array of general experiences to broaden their clinical training as well as offer more specialized training in areas of interest. Training occurs within the UAMS Child Study Center at Arkansas Children’s Hospital and at the Walker Family Clinic and Child Diagnostic Unit, which are housed in the Psychiatric Research Institute on the main campus of UAMS. Year-long rotations include treatment of traumatic stress, young children with behavioral problems, and more general presenting issues such as disruptive behaviors, depression, mood disorders, anxiety, and elimination disorders. Interns also complete a 12-month rotation where they conduct psychological evaluations with children and adolescents with a broad range of difficulties. Minor rotations include 6 months of conducting psychological evaluations and intervention in an inpatient psychiatric setting and 12 months of providing therapy with adults. An elective 6-month research rotation also is offered. Theoretical orientations of faculty include behavioral, cognitive behavioral, social learning, and systems.

Child Study Center

The Child Study Center (CSC) has been offering mental health services to children and families since 1955. This center is a major program within the Division of Child and Adolescent Psychiatry and serves children and adolescents ages 0 to 17 and their families. The CSC attracts patients from throughout the state for therapy and psychological evaluation services, although the majority of patients are from the Central Arkansas region. This population is racially and ethnically diverse, with the majority of patients identifying themselves as Caucasian or African-American. Socio-economic status also is diverse; however, the majority of clientele come from lower income homes. Staff at the CSC includes psychologists, psychology interns, psychiatrists, psychiatry residents and fellows, licensed clinical social workers, social work interns, and licensed professional counselors.

Training experiences at this site include implementing evidence-based interventions in individual and family modalities, conducting diagnostic assessments, providing psychological testing evaluations, and meeting weekly for individual and group supervision with psychologists who supervise specialty child areas.

Child and Adolescent Traumatic Stress Rotation (Required)
Supervisors: Benjamin Sigel, Ph.D., Karin Vanderzee, Ph.D., Sufna John, Ph.D.

During this 12-month rotation interns conduct Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) with youth who are experiencing mood, anxiety, and/or behavioral problems as a result of traumatic stress. Children and adolescences seen during this rotation often have experienced child maltreatment, witnessed domestic violence, resided in foster care, and/or experienced other traumatic events such natural disasters, medical procedures, or death of loved ones. Interns often gain experience working with professionals who are a part of the Division of Child and Family
Services (DCFS) and child dependency courts, including case workers, guardian ad litems, attorneys, court appointed special advocates, and judges. By the end of internship, interns will have made significant progress towards meeting the national certification/rostering requirements for TF-CBT. In addition, interns may have the opportunity to conduct psychological testing evaluations for youth who present with complex trauma who are referred from DCFS and the court system.

**Parent-Child Interaction Therapy Rotation (Required)**
Supervisors: Joy Pemberton, Ph.D., Benjamin Sigel, Ph.D., Karin Vanderzee, Ph.D., Sufna John, Ph.D.

For 12 months, interns obtain training in Parent-Child Interaction Therapy (PCIT) for patients between the ages of 0 to 6 who exhibit disruptive and oppositional behavior. Interns first observe supervising psychologists conducting PCIT with several patients before transitioning to being a co-leader with the psychologist. By the end of internship, interns will have made significant progress towards meeting the national certification/rostering requirements for PCIT.

**General Child and Adolescent Therapy Rotation (Required)**
Supervisor: Glenn Mesman, Ph.D., Benjamin Sigel, Ph.D.

Interns also complete a 12-month rotation with patients who are referred for the treatment of a wide range of general child psychopathologies, including disruptive behaviors, ADHD, depression, mood disorders, anxiety, obsessive-compulsive disorders, and elimination disorders. Interns provide therapeutic interventions that are evidenced-based, manualized behavioral and cognitive-behavioral therapies. Individual interventions including Coping Cat, MATCH-ADTC, and Coping Power, as well as parent training programs such as Helping the Noncompliant Child, Defiant Children, and Defiant Teens, frequently are used during this rotation. Training in more specialized interventions such as habit reversal, exposure and response prevention, and interoceptive exposure also may occur. In addition, interns may have the opportunity to implement an evidence-based treatment for preschool and school-aged children with problematic sexual behaviors.

**Child and Adolescent Psychological Evaluation Rotation (Required)**
Supervisors: Glenn Mesman, Ph.D., Joy Pemberton, Ph.D., Sufna John, Ph.D.

During this 12-month rotation interns provide psychological evaluations to children and adolescents with a broad range of presenting issues, including ADHD, learning difficulties, traumatic stress, anxiety, mood problems, Autism Spectrum Disorders, and disruptive behaviors. Referral questions often include diagnostic clarification, assessment of level of functioning, and treatment planning. Interns gain experience in clinical interviewing; administration, scoring, and interpretation of psychological tests and measures; formulation of diagnostic impressions and recommendations for intervention; and oral and written communication of assessment findings. Typical psychological testing instruments include tests of intelligence, achievement, adaptive functioning, executive functioning, attention, and memory, as well rating forms and diagnostic interviews assessing emotional and behavioral disorders.
Walker Family Clinic

The Walker Family Clinic (WFC) has been offering mental health services to young adults, adults, and geriatric populations since 2008. The WFC was formed by the integration of the UAMS Program for Adults and Program for Young Adults. This clinic serves the referral needs for inpatient units, UAMS outpatient clinical programs, the community of greater Little Rock, and for secondary and tertiary settings from across the state. The patient population for WFC generally reflects the racial and ethnic breakdown of the Greater Little Rock metropolitan area. Socio-economic status also is diverse; however, the majority of clientele come from lower income homes. Staff at the WFC include psychologists, psychology interns, psychiatrists, psychiatry residents and fellows, licensed clinical social workers, social work interns, and licensed professional counselors.

Adult Therapy Rotation (Required)
Supervisor: Betty Everett, Ph.D.

Interns complete a 12-month therapy rotation with adults at the Walker Family Clinic. The clinical populations for this clinic include trauma and stress-related disorders, depression, bipolar disorder, anxiety disorders, somatization and conversion disorders, psychotic disorders, personality disorders, pain, substance abuse, eating disorders, and general medical conditions. Interns train with and are supervised by faculty who have experience in behavioral, cognitive, cognitive behavioral, interpersonal, systems, and family therapy models. Training experiences at this site include conducting diagnostic assessments, implementing evidence-based individual therapy interventions, participating in group co-therapy with a supervising psychologist. Ongoing groups include a PTSD-based intervention for adult women with traumatic stress and Dialectical Behavior Therapy for adults with emotional dysregulation and unstable relationships. Interns also meet weekly for group supervision with the adult-track intern, which allows for an opportunity for interns to provide feedback to one another and to develop supervision skills.

Child Diagnostic Unit (Required)
Supervisor: Khiela Holmes, Ph.D.

The Child Diagnostic Unit (CDU) is an inpatient unit that provides services for children ages 2 to 12 who present with a variety of symptoms, including aggression to themselves and others, significant disruptive behaviors, irritability, mood lability, extreme inflexibility, and noncompliance. Diagnoses include ADHD and other disruptive behavior disorders, mood and anxiety disorders, Autism Spectrum Disorders, and trauma and stressor-related disorders. Children also present with developmental delays and sensory difficulties. A significant number of the children have trauma histories. Many of them have been psychiatrically hospitalized multiple times and are poorly understood by outpatient providers, schools, and their families. The inpatient unit has 10 beds.

The milieu model used on the CDU is Collaborative Problem Solving (CPS). The basic premise of CPS is “Kids do well if they can” and it is the job of CDU clinicians, including the psychology intern, to assist in identifying the cognitive lagging skills (e.g., executive functioning deficits, emotion regulation, etc.) that interfere with the child’s ability to meet expectations. Other key components of CPS includes identifying unsolved problems and working collaboratively with
children to solve these problems. Elements of CPS are used when writing comprehensive reports and establishing individually-tailored recommendations.

During their 6-month rotation interns primarily conduct comprehensive psychological testing of the children. This includes administering tests of intelligence, academic achievement, adaptive functioning, memory, social cognitive processing, and behavior rating forms; conducting clinical interviews; engaging in behavioral observations; and reviewing clinical records. As time and opportunities arise, interns are also involved in individual, family, and group therapy and supervision of other psychology trainees. They also have an opportunity to learn from and work with a multidisciplinary team that includes psychiatry, psychology, social work, nursing, occupational therapy, speech and language, and education.

**Research (Elective)**

Interns also may elect to complete a 6-month research rotation where they on-going research under the supervision of a psychologist within the department. Many opportunities are available, depending on interests, the availability of faculty mentors, and funded projects. Please refer to the research section for more information.

**Sample Schedule**

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<tr>
<td>8:00-9:00</td>
<td>Didactics</td>
<td>CSC Therapy</td>
<td>CDU (1st 6 months)</td>
<td>PCIT Supervision</td>
<td>CDU (1st 6 months)</td>
</tr>
<tr>
<td>9:00-10:00</td>
<td>Didactics</td>
<td>CSC Therapy</td>
<td>Research (2nd 6 months)</td>
<td>Psych Testing</td>
<td>Flex Time (2nd 6 months)</td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Trauma Supervision</td>
<td>Gen. Therapy Supervision</td>
<td>Research (2nd 6 months)</td>
<td>Psych Testing</td>
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<tr>
<td>11:00-12:00</td>
<td>CSC Therapy</td>
<td>CSC Therapy</td>
<td>Psych Testing</td>
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<td>12:00-1:00</td>
<td>Lunch</td>
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<tr>
<td>1:00-2:00</td>
<td>CSC Therapy</td>
<td>Psych Testing Supervision</td>
<td>WFC Adult Supervision</td>
<td>Psych Testing</td>
<td>CSC Therapy</td>
</tr>
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<td>2:00-3:00</td>
<td>CSC Therapy</td>
<td>CSC Therapy</td>
<td>WFC Adult Therapy</td>
<td>Psych Testing</td>
<td>CSC Therapy</td>
</tr>
<tr>
<td>3:00-4:00</td>
<td>CSC Therapy</td>
<td>CSC Therapy</td>
<td>WFC PTSD Adult Group</td>
<td>Psych Testing</td>
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</tr>
<tr>
<td>4:00-5:00</td>
<td>CSC Therapy</td>
<td>CSC Therapy</td>
<td>WFC Adult Therapy</td>
<td>Psych Testing</td>
<td>CSC Therapy</td>
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</tbody>
</table>

CSC = Child Study Center, CDU = Child Diagnostic Unit, WFC = Walker Family Clinic
Josh Cisler, Ph.D.
Assistant Professor
University of Arkansas, Fayetteville – 2010
Clinic: Brain Imaging Research Center, Walker Family Clinic
Rotations supervised: Adult Therapy
Clinical interests: Trauma, anxiety disorders
Research interests: Brain imaging and advanced computational modeling related to assaultive violence exposure

Michael Cucciare, Ph.D.
Assistant Professor
University of Nevada, Reno – 2006
Clinic: Health Services Research, North Little Rock VA, ACH Burn Center
Rotations supervised: ACH Burn Center
Clinical interests: Substance use disorders, behavioral medicine
Research interests: Substance use disorders among female veterans, health care transitions, computer-delivered mental health interventions

Lisa Evans, Ph.D.
Assistant Professor
Purdue University – 2002
Clinic: Little Rock Community Mental Health Center
Rotation supervised: Little Rock Community Mental Health Center
Clinical interests: Psychiatric rehabilitation, Dialectical Behavior Therapy, evidence-based practices for persons with serious mental illness
Research interests: Program evaluation for research-based practices in community settings

Betty Everett, Ph.D.
Assistant Professor
Oklahoma State University – 1990
Clinic: Walker Family Clinic
Rotations supervised: Adult Therapy
Clinical interests: Psychological trauma and emotional processing, Dialectical Behavior Therapy
Research interests: Psychological trauma and efficacy of treatment

Jennifer Fausett, Ph.D., ABPP/CN
Associate Professor
University of Buffalo – 2004
Clinic: Walker Family Clinic
Rotation supervised: Adult Neuropsychology
Clinical interests: Movement disorders, multiple sclerosis, dementia, brain tumors, brain injuries
Research interests: Presurgical evaluation for deep brain stimulation, normal variance in fMRI and neuropsychology
Jennifer Gess, Ph.D., ABPP/CN
Associate Professor
Training Director
Georgia State University – 2001
Clinic: Walker Family Clinic
Rotations supervised: Adult Neuropsychology
Clinical interests: Epilepsy, brain injury, movement disorders, brain neoplasm, dementia
Research interests: Post-surgical cognitive outcome, the development of fMRI as a clinical tool

Khiela Holmes, Ph.D.
Associate Professor
University of Alabama – 2007
Clinic: Child Diagnostic Unit
Rotations supervised: Child Diagnostic Unit
Clinical interests: Children who display elevated levels of aggression, psychiatric inpatient populations
Research interests: Religiosity/spirituality, ethnic/racial identity, aggression and conduct problems among children and adolescents, trauma/life stressors

Sufna John, Ph.D.
Assistant Professor
Southern Illinois University, Carbondale – 2014
Clinic: Child Study Center
Rotations supervised: Child & Adolescent Traumatic Stress, Child & Adolescent Psychological Evaluations, Parent-Child Interaction Therapy
Clinical interests: Trauma-focused interventions in children and adolescents, early childhood mental health, Child-Parent Psychotherapy, Trauma-Focused CBT, Parent-Child Interaction Therapy
Research interests: Dissemination and sustainability of evidence-based practice, predictors of treatment outcomes in trauma-exposed populations

Terry Kramer, Ph.D.
Professor
Chief Psychologist
University of Cincinnati – 1989
Clinic: Division of Health Services Research
Rotations supervised: Research
Clinical interests: PTSD, depression
Research interests: Behavioral health services research, primarily trauma-focused

Stephanie Kremer, Psy.D.
Assistant Professor
Pepperdine University – 2005
Clinic: Walker Family Clinic
Rotations supervised: Behavioral Health
Clinical interests: Health psychology, behavioral health, biofeedback, women’s health, primary care mental health integration, mindfulness, and whole health interventions
Research interests: Behavioral health interventions in mental health and medical/physical conditions

**Glenn Mesman, Ph.D.**  
Assistant Professor  
Assistant Training Director  
Southern Illinois University, Carbondale – 2010  
Clinic: Child Study Center, Child Diagnostic Unit, Walker Family Clinic  
Rotations supervised: General Child & Adolescent Therapy, Child & Adolescent Psychological Evaluations  
Clinical interests: Psychological evaluations, parent management training, anxiety disorders, pediatric health-related conditions  
Research interests: Behavioral difficulties in early childhood, pediatric health-related conditions

**Joy Pemberton, Ph.D.**  
Assistant Professor  
Texas Tech University – 2010  
Clinic: Child Study Center  
Rotations supervised: Parent-Child Interaction Therapy, Child & Adolescent Psychological Evaluations  
Clinical interests: Parent-Child Interaction Therapy, Disruptive Behavior Disorders, child and adolescent trauma, psychological evaluations  
Research interests: Dissemination of evidence-based practices, increasing availability and accessibility of empirically-based practices

**Benjamin Sigel, Ph.D.**  
Assistant Professor  
Oklahoma State University – 2010  
Clinic: Child Study Center  
Rotations Supervised: Child & Adolescent Traumatic Stress, Parent-Child Interaction Therapy  
Clinical interests: Child and adolescent trauma, Disruptive Behavior Disorders, Parent-Child Interaction Therapy, Trauma-Focused CBT  
Research interests: Dissemination of evidence-based practices, improving child welfare system

**Karin Vanderzee, Ph.D.**  
Assistant Professor  
Miami University – 2013  
Clinic: Child Study Center  
Rotations supervised: Child & Adolescent Traumatic Stress  
Clinical interests: Child and Adolescent trauma, Disruptive Behavior Disorders, Parent-Child Interaction Therapy, Trauma-Focused CBT, Child-Parent Psychotherapy  
Research interests: Infant mental health, trauma, improving child welfare system, dissemination of evidence-based practices
Because the University of Arkansas for Medical Sciences is an academic medical setting, the Psychiatric Research Institute/Department of Psychiatry has multiple opportunities for research. Interns have the opportunity to work with faculty members within three different research divisions, depending on their interests, the availability of faculty mentors, and funded projects.

The Division of Health Services Research (DHSR) focuses on health services research for mental health and substance abuse, including such topics as determinants and outcomes of mental health and substance use disorders, clinical- and cost-effectiveness of new interventions, and effects of implementation strategies designed to promote the adoption of evidence-based practices in real world settings. Specific topics include depression, substance abuse, child and adolescent trauma, and PTSD.

The Brain Imaging Research Center (BIRC) is designed to provide clinical neuroscience with a better understanding of the causes of mental illness and specific brain responses to medication and behavioral therapies. Projects target the neuroscience of child health and mental illness, childhood adversity, and women’s mental health during and following pregnancy. Dr. Cisler currently has several grant-funded studies using brain imaging and advanced computational modeling with victims of assaultive violence exposure. With his NIMH R21 study Dr. Cisler is investigating how early life assaultive exposure alters the neural mechanisms mediating social decision making and conferring risk for future revictimization. His research funded by the Brain and Behavior Foundation explores how family dynamical cooperative behavior modulates the neural representations of trust and reciprocity among assaulted adolescent girls with PTSD. In addition, in his study funded by the Arkansas Science and Technology Authority Dr. Cisler is testing the efficacy and viability of real-time fMRI neurofeedback to augment the efficacy of the exposure to the traumatic memory in PTSD.

The Center for Addictions Research (CAR) conducts innovative research that will improve the prevention and treatment of addictive disorders as well as inform local and national policies regarding the antecedents and consequences of addiction. Research at CAR ranges from the investigation of basic behavioral and pharmacological processes to the assessment of innovative methods to improve treatment outcomes for adults and adolescents.

In addition to the three research divisions, faculty members throughout the department develop independent research projects pertaining to their clinical and/or research interests. For example, the Neuropsychology Service has several active areas of ongoing research. Drs. Gess and Fausett are members of the Clinical Neuroscience Investigators Working Group, a collaborative meeting where research projects are developed and collaborated upon for individuals interested in various aspects of neuroscience. Drs. Gess and Fausett collaborate with Andy James, Ph.D. of the BIRC on the Cognitive Connectome, a project that aims to characterize individual variation in functional neural networks involved in cognition; this project at its foundation seeks to build a database of normal individuals to which various neurologic illness states can be compared including epilepsy and Parkinson’s disease. Other research projects focus on improving surgical outcomes in epilepsy and in improving selection criteria for Deep Brain Stimulation. Emerging areas of research for the
service also include Multiple Sclerosis. Moreover, the Neuropsychology Service maintains a clinical database for use in future research projects.

Several research opportunities also are available through the Child Diagnostic Unit. The assessment data from the comprehensive multidisciplinary (i.e., psychology, speech and language, psychiatry, and occupational therapy) evaluation being conducted on each child admitted to the Child Diagnostic Unit is entered into a clinical database. This rich database includes demographic variables, information regarding medication before admission and at discharge, diagnoses at discharge, trauma-related variables, family variables, results of psychological testing, speech and language variables, and occupational therapy variables. This clinical database can be accessed for research purposes upon approval from UAMS IRB. In addition, other research opportunities are available through the Child Diagnostic Unit including case studies, trauma-related projects, and research focusing on the role of cultural and contextual factors in the lives of children at increased risk for serious conduct problems and delinquency.

Other options may be available depending on the interests and funding of faculty members, so intern applicants are encouraged to inquire about ongoing research projects that may compliment their scientific goals and objectives.
Training methods also include a didactic component, which consists of a formal seminar series and other educational opportunities. Weekly seminars designed to meet the training needs of the interns in the program feature presentations by training faculty and other professionals from UAMS and the local community, as well as by nationally and internationally recognized experts in behavioral health-related disciplines. Recent series of topics include cultural competence (religion and spirituality, physical disabilities), trauma (Child-Parent Psychotherapy, Trauma-Focused CBT, domestic violence, complex PTSD, child maltreatment and reporting), biological bases (neuropsychology, neurosurgery, seizure disorders, traumatic brain injury, neurocircuitry of PTSD, behavioral genetics, psychotropic medication), pediatric/health-related issues (elimination disorders, feeding disorders, sleep disorders, pediatric obesity, chronic pain), and research (grant writing, qualitative research), as well as other specialty topics (forensic psychology, Rorschach, treatment-resistant depression, treatment of serious and persistent mental illness, Dialectical Behavior Therapy). Monthly group supervision covers professional development topics, including life after internship, EPPP, burnout and stress management, fellowship, careers in psychology, and psychology as a profession. Interns also conduct case presentations during group supervision.

Required didactic opportunities include weekly Psychology Intern Seminar, bimonthly Psychiatry Grand Rounds and Case Conferences, quarterly Joint Internship Seminar (with the other two APA-approved internships in Little Rock located at the VA medical center and Arkansas State Hospital), and the annual Arkansas Psychology Association Conference.

Elective didactic opportunities include weekly Psychiatry Resident Seminar; weekly Psychiatry Division of Health Services Research Conference; weekly Department of Pediatrics Grand Rounds; weekly Department of Neurology Grand Rounds; weekly Neuropathology Brain Cuttings; and weekly College of Public Health Research, Policy, and Health Promotion Conference. Additionally, all interns have access to the many grand rounds, symposia, and seminars that are offered within other UAMS departments.
Several post-doctoral fellowships mentored by Department of Psychiatry faculty are available through the Psychiatric Research Institute or Central Arkansas Veterans Healthcare Administration (CAVHS) for those individuals interested in following their internship with an additional clinical and/or research position. The Psychiatric Research Institute has a fellowship in child and adolescent clinical psychology specializing in traumatic stress. Both research and clinical opportunities are available through this fellowship. CAVHS also has research/clinical fellowships available in adult psychology with a specialty in health services research mentored by UAMS clinical psychologists.

Our interns also have been successful in obtaining an impressive array of fellowships at prestigious institutions outside of UAMS following completion of internship. A recent samplings includes:

- Baylor Scott & White Health
- Brown University
- Judge Baker Children’s Center/Harvard University
- Kennedy Krieger Institute
- Stanford University
- University of California, Davis
- University of Pittsburgh/Western Psychiatric Institute and Clinic
- University of South Florida

Following fellowship training, our interns work in a variety of settings, including academic medicine, university-based departments of psychology, private practice, and community mental health centers. Approximately half of our current psychology faculty members were either interns or fellows at UAMS.
Applying to Internship

Eligibility Requirements

- Application from APA accredited doctoral program in clinical psychology (preferred) or counseling psychology
- U.S. citizenship
- Comprehensive exams passed (if applicable)
- Admitted to doctoral candidacy in graduate program
- Successful defense of dissertation proposal
- Prefer significant progress or completion of dissertation by internship start
- Minimum of 800 clock hours of total practicum experiences (intervention, assessment, and supervision)
- Minimum of three years of pre-internship graduate training

Post-application requirements

- Personal interview
  Adult Track: 12/9/15, 1/8/2016
- Successful completion of the intern matching program

Post-matching requirements

- Pass criminal background checks by Arkansas State Police and FBI, including fingerprinting
- Pass pre-employment drug screen (Interns also subject per UAMS policy to random drug screens during internship)

Application Procedure

The due date for all application material is November 2, 2015 and must be submitted online. Applications must include:

- Submission of the AAPI
- Program director’s endorsement
- Three letters of recommendation
- Curriculum vita
- Official transcript of graduate work
Interviews

We contact applicants to schedule on-site interview once all materials are reviewed. Interviews dates are scheduled in December and January and are available elsewhere in this brochure and on the APPIC directory website. Interviews are scheduled from 8:30am to approximately 2:00pm. The interview days consists of an informational breakfast followed by interviews with supervising faculty, a meeting with current interns, and a tour of the training facilities. Lunch also will be provided. Applicants will be notified about interviews via email by December 1, 2015.

Stipend and Fringe Benefits

Current stipend is approximately $30,820 plus the fringe benefit package. Stipends are determined each year in the University of Arkansas Medical College annual budget.

Psychology interns are considered Medical School House Staff and participate in all fringe benefits allotted to Medical Interns and Residents as set forth by UAMS and Arkansas Children’s Hospital. These include, but are not limited to, paid professional liability insurance coverage, paid hospitalization insurance policy for the intern, plus benefits at nominal cost for dependents.

Interns also receive the following:

- Paid attendance at 2-day conference of the Arkansas Psychological Association
- Free parking
- Fifteen days of personal leave plus holidays

Please Note

The 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 applicant prior to Uniform Notification Day. We participate in the APPIC Internship Matching Program.

No eligible person will be excluded from participation or be denied the benefits of this internship training program in clinical psychology on the grounds of gender, race, national origin, religion, or sexual orientation.
Contact Information

Training Director

Jennifer L. Gess, Ph.D., ABPP/CN
Walker Family Clinic
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Little Rock, AR 72205
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Assistant Training Director

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Little Rock AR, 72202
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Phone (501)-364-5150
Fax (501) 364-1592

Internship Assistant

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Fax (501) 364-1592