University of Arkansas for Medical Sciences
Doctoral Internship in Clinical Psychology

2020-2021 Training Year
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The Setting

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 2017 population estimate of 199,000, though the Little Rock metropolitan area is ranked 78th in terms of population with approximately 740,000 residents. The size of Little Rock and surrounding area not only gives its residents a feeling of living in a large city with many amenities accessible to them but also has 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 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.

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.

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 Seattle Mariners, 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-accredited doctoral clinical psychology internship, child and adolescent psychology and neuropsychology fellowships, general psychiatry residency, and fellowships in child and adolescent, forensic, addiction, and geriatric psychiatry.
Overview

The UAMS Department of Psychiatry Internship Training Program in Clinical Psychology is accredited by the American Psychological Association (APA) and offers training through a Child-Focused Track (Program Code # 110611), Adult-Focused Track (Program Code # 110612) and Neuropsychology Track (Program Code # 110613).

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 UAMS and Arkansas Children’s Hospital and offers training through adult, child, or neuropsychology tracks. 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, Women’s Mental Health Clinic, and the Child Diagnostic Unit located in the Psychiatric Research Institute; UAMS Student Wellness Clinic; and the Child Study Center and Burn Center at Arkansas Children’s Hospital. 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 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 track beginning with the 2009-2010 training year and a neuropsychology track beginning with the 2017-2018 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**

Interns initially undergo an intensive period of orientation, observation, and supervision in 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 few months 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 increase 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, whereas later seminars are more oriented toward specialized minor rotation activities.

Throughout the year interns meet 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, PCIT, and/or CPP 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 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 the area of traumatic stress. 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 the treatment of traumatic stress and young children with behavioral problems. Interns also complete 12-month rotations conducting psychological evaluations with children and adolescents with a broad range of difficulties in outpatient and inpatient settings. A minor rotation includes 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 interpersonal.

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 from birth through age 17 and their families. The CSC attracts patients from throughout the state for psychotherapy 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, doctoral psychology interns and postdoctoral fellows, 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. All clinical experiences at the CSC are for 12 months.

A wide range of general psychotherapy skills, with a focus on cognitive-behavioral and parent training approaches, are utilized with children and families representing the full range of problems normally presenting to an outpatient clinic. Typical referrals include traumatic stress, ADHD, disruptive behavior disorders, depressive disorders, and anxiety disorders. Due to our statewide referral base, more rare cases such as pediatric bipolar, psychosis, selective mutism, and others are referred to this clinic as well. Training in more specialized interventions such as habit reversal, exposure and response prevention, and interoceptive exposure also may occur.

In addition to psychotherapy experiences, interns also 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 Disorder, 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. 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.

Specialty Populations

Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) – Interns at the CSC provide 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 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 requirements for TF-CBT. In addition, interns may have the opportunity to implement an evidence-based treatment for preschool and school-aged children who have developed problematic sexual behaviors as a result of trauma exposure.

Child-Parent Psychotherapy (CPP) – Depending on their interest, interns conduct CPP for children birth through age 5 who have experienced trauma and are currently reporting posttraumatic, behavior, emotional, or attachment-related difficulties. This evidence-based, dyadic treatment focuses on strengthening the parent-child relationship, enhancing safe parenting practices, and providing caregivers and children an opportunity to process trauma. Interns often gain experience working with professionals who are a part of our state’s Safe Babies Court Teams (SBCT) or who are involved with the child welfare system, including case workers, guardian ad litems, attorneys, court appointed special advocates, and judges. They also gain exposure and practice with a reflective supervision model, in which they are able to process their own cases and contribute to the reflective growth of their colleagues. Supervising psychologists are certified CPP state trainers. By the end of internship, interns are able to make significant progress towards meeting the national rostering criteria for CPP.

Parent-Child Interaction Therapy (PCIT) – Interns are able to obtain training in PCIT, a treatment for children ages 2 through 6 who exhibit disruptive and oppositional behavior. PCIT is an evidence-based, dyadic treatment that results in a stronger relationship between caregivers and children and use of more effective and appropriate caregiver disciplinary strategies. Interns typically first observe supervising psychologists conduct PCIT with several patients before transitioning to being a co-therapist with the psychologist, though supervisors tailor the training for interns who have previous experience with the model. Supervising psychologists are certified by PCIT International as Level 1 or Level 2 trainers. By the end of internship, interns will have made significant progress towards meeting the national certification requirements for PCIT.
Walker Family Clinic

The Walker Family Clinic has been offering mental health services to young adults, adults, and geriatric populations since 2008. The clinic 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 the clinic 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 include psychologists, doctoral psychology interns, psychiatrists, psychiatry residents and fellows, licensed clinical social workers, social work interns, and licensed professional counselors.

Interns complete a 12-month general therapy rotation with adults with a wide range of clinical diagnoses, including 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 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. An ongoing group includes Dialectical Behavior Therapy (DBT) for adults with emotional dysregulation and unstable relationships.

Child Diagnostic Unit

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 verbal and physical aggression, disruptive behaviors, irritability, mood lability, extreme inflexibility, and significant noncompliance. Diagnoses frequently include ADHD and other disruptive behavior disorders, mood and anxiety disorders, Autism Spectrum Disorder, 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 12-month rotation interns conduct comprehensive psychological evaluations of the children on the unit, which includes administering tests of intelligence, academic achievement, adaptive functioning, 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. 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**

Interns 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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<td>CSC Therapy</td>
<td>CDU (6 months)</td>
<td>CSC Psych Testing</td>
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CSC = Child Study Center, CDU = Child Diagnostic Unit, WFC = Walker Family Clinic
Adult Track

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 health psychology. Training for adult-focused interns occur at the UAMS Department of Psychiatry Walker Family Clinic, Family Medicine Primary Care Clinic, and medical inpatient units; Pulaski County Regional Crisis Stabilization Unit; and the Burn Center for Adults at Arkansas Children’s Hospital. 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 health psychology through work with patients through an inpatient consult and liaison service, primary care clinic, and outpatient burn center. In addition, interns are offered an elective 6-month minor rotation in research. Faculty psychotherapy orientations include cognitive, cognitive behavioral, interpersonal, mindfulness, and rehabilitation.

Walker Family Clinic

The Walker Family Clinic has been offering mental health services to young adults, adults, and geriatric populations since 2008. The clinic 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 the clinic generally reflects the racial and ethnic breakdown of the Little Rock metropolitan area. Socio-economic status also is diverse; however, the majority of clientele come from lower income homes. Staff include psychologists, doctoral psychology interns, psychiatrists, psychiatry residents and fellows, licensed clinical social workers, social work interns, and licensed professional counselors.

Interns complete a 12-month therapy rotation with adults with a wide range of clinical diagnoses, including trauma and stress-related disorders, depression, bipolar disorder, anxiety disorders, somatization and conversion disorders, psychotic disorders, personality disorders, and substance abuse. Many of these individuals also may have chronic health issues as well, such as pain, migraines, diabetes, hypertension, gastrointestinal issues, sleep, and neurologic disorders. Interns gain experience providing integrative therapies grounded in evidence-based practice. Additionally, 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 (DBT) for adults with emotional dysregulation and unstable relationships.

Based on an intern’s training goals and supervisor availability, interns also may be able to periodically conduct pre-surgical evaluations for individuals who are candidates for a spinal cord stimulator due to chronic pain. In addition, they may be able to participate in providing psychological assessments as part of the kidney transplant evaluation process.
Health Psychology

Adult-track interns complete several 12-month rotations in health psychology. The focus of this rotation is learning holistic, “whole body,” biopsychosocial treatment approaches and applying these approaches to work with individuals experiencing chronic health conditions (e.g., chronic pain, chronic obstructive pulmonary disease, migraines, diabetes, hypertension, cardiac issues, gastrointestinal conditions, cancer, sleep, and neurologic disorders). Many of these individuals will have co-existing depression and/or anxiety. Interns gain experience in integrative, person-centered approaches grounded in evidence-based practice.

Psychiatry Consult & Liaison (Psychiatry C/L) – The Psychiatry C/L experience is primarily with medical patients who are experiencing distress or adjustment problems related to their medical condition, treatment, and/or hospitalization. This provides interns with a highly diverse experience seeing patients at all levels of illness and disability. It also allows an opportunity to learn more about the relationship between behavioral health and serious medical conditions.

Burn Center – The Burn Center for Adults at Arkansas Children’s Hospital 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. 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.

Primary Care – Depending on the training year, interns work as part of an integrated behavioral health team in a primary care setting. The clinical experiences occur in UAMS Family Medical Center, a fast-paced interdisciplinary, primary care setting with a wide variety of presenting issues. The emphasis is on providing same-day access to care for patients in primary care, providing brief treatment for patients with mild to moderate mental health concerns (e.g., depression, anxiety), and providing brief behavioral medicine treatment for patients with health behavior or chronic illness concerns (e.g., chronic pain, insomnia). Motivational enhancement strategies in working with individuals to improve treatment adherence and/or achieving healthy lifestyle habits are emphasized.

The clinical experience offered through the health psychology rotations allows interns to further develop oral and written communication skills by conducting assessments, writing thorough yet concise reports of findings, developing treatment plans, and communicating with both patients and providers. Interns are given the option to develop groups or programs aimed at improving the health and well-being of patients served in the Walker Family Clinic and medical services throughout UAMS.
Crisis Stabilization Unit

The Pulaski County Regional Crisis Stabilization Unit (PCRCSU) is a 16-bed psychiatric facility serving the Central Arkansas area for persons 18 and over who encounter law enforcement during a behavioral health crisis. The unit is a short stay (4 days or less) program aimed at stabilizing the mental health crisis and connecting clients with needed resources in the community. The program aims to avoid costly and less-therapeutic environments for this population including the emergency room, jail, and expensive inpatient hospitalization. Common presenting diagnoses on the unit are Schizophrenia, Bipolar Disorder, Schizoaffective Disorder and other conditions with a thought disorder component. Interns provide mental health assessments and treatment planning for new admissions on the unit and participate in the multi-disciplinary staffing for the program.

Research

Interns 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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<td>Primary Care</td>
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<td>ACH Burn Center</td>
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WFC = Walker Family Clinic, ACH = Arkansas Children’s Hospital, C/L = Consultation and Liaison, CSU = Crisis Stabilization Unit
Neuropsychology Track

Overview

The neuropsychology track is designed for trainees who intend to pursue a career in academic neuropsychology with a focus in clinical service, research, and education. The primary objective of the neuropsychology track is to fulfill the requirements of the APA guidelines for internship training in psychology as well as to fulfill the requirements set forth by APA Division 40, the Houston Conference guidelines, and the Association of the Internship Training Centers in Clinical Neuropsychology. The neuropsychology track provides clinical, didactic, and research training to develop a high level of competence in clinical neuropsychology. 12 months of neuropsychological clinical training allows for exposure to a wide range of patient populations, including classic neurologic disorders and more rare syndromes, using flexible battery to more qualitative approaches for assessing and understanding the neurocognitive profiles of these patients. Successful completion of this internship program will meet criteria for future Board Certification in Clinical Neuropsychology with 50% of the training focused specifically on neuropsychology. The remaining 50% of the training is focused on clinical psychology with 12-month rotations in psychotherapy with general and specialty adult populations. An elective 6-month minor research rotation also is offered. Training occurs at the UAMS Department of Psychiatry Walker Family Clinic and Women’s Mental Health Clinic, as well as the UAMS Student Wellness Clinic. The primary patient population for this track is adults with a variety of neurological, neurosurgical, medical, and psychiatric presentations with more limited exposure to adolescent and geriatric populations. Faculty psychotherapy orientations include cognitive, cognitive behavioral, interpersonal, and mindfulness.

Neuropsychology Service

For 12 months interns train within the neuropsychology service, which was developed in 2006. The service has developed a strong regional reputation, and patients are referred from across the state and from bordering regions of adjacent states. At present the neuropsychology service is a referral-based program that provides neurocognitive assessment for a variety of patient populations with referrals primarily coming from the Departments of Neurology and Neurosurgery, as well as from Family Medicine, Psychiatry, and community and hospital-based clinicians throughout the state. Although the majority of the service is outpatient based, inpatient consults are also conducted. Common referral questions focus on diagnostic clarification, neurocognitive and functional abilities within existing conditions, and evaluation for surgical planning with the neuropsychologists playing important role on multiple interdisciplinary treatment teams including Epilepsy Surgery and Functional Neurosurgery teams. The service is comprised of two board certified neuropsychologists as well as a dedicated neuropsychology technician. Interns have the opportunity to conduct testing independently and to train with the neuropsychology technician to fully experience the range of testing modalities. Our goal is to help interns develop proficiency and self-assurance with increasing levels of independence throughout the training year so that they matriculate to postdoctoral fellowship with a strong sense of confidence and professional identity.
Clinical Populations

Neurology – The Neurology Clinics are a primary referral source to the neuropsychology service. Primary patient populations from the Neurology Clinics include multiple sclerosis, autoimmune disorders, epilepsy (pre-surgical and general epilepsy-related cognitive disorders), movement disorders (including pre-surgical Parkinson’s Disease as well as other movement disorder types), and stroke. Typical consults are conducted to evaluate the extent to which an individual’s illness impacts cognition, emotion, and functionality to 1) assist in differential diagnosis; 2) track disease progression over time, which often informs treatment decisions; and 3) provide recommendations to patients to improve daily functioning.

Neurosurgery – The Neurosurgery Clinic is staffed by specialized Neurosurgeon faculty who specialize in functional neurosurgery, skull-based and vascular neurosurgery, oncology, and spine. The Neurosurgery Department houses the only gamma knife service within the state of Arkansas, and is one of the few hospitals in the country that offers skull-based surgery. Common referrals include pre-and post-surgical evaluations for brain tumors, aneurysm, and trauma. In addition, all patients being considered for placement of spinal cord stimulators to control chronic pain are required to undergo a cognitive and emotional screening evaluation with Neuropsychology.

Physical Medicine and Rehabilitation (PM&R) – The PM&R program provides comprehensive physician services to individuals with a variety of chronic injuries and disorders including central nervous system injury, neuromuscular and musculoskeletal disorders, and chronic pain. Typical referrals from PM&R often include the assessment of cognitive and emotional functioning in individuals with acute injuries such as TBI or stroke, or more chronic illness such as multiple sclerosis to determine functional abilities and make recommendations regarding ability to return to work, driving, and other daily activities.

Psychiatry – The neuropsychology service receives referrals for a variety of presenting problems from within the Psychiatry Department including differential diagnosis of cognitive decline (pseudodementia versus dementia) as well as dual diagnosis (cognitive decline, mood disorder and medical comorbidities).

Primary Care and Trauma – As the only level one trauma center for adults and academic medical center Arkansas, the neuropsychology service receives referrals across the state from primary care providers and other medical clinics for a wide variety of referral questions including dementia, general memory loss, concussion, and questions of differential diagnosis.

Specialty Areas of Focus – Multidisciplinary Teams

Deep Brain Stimulation (DBS) – The Neuromodulation Program at UAMS was formulated in 2010 under the direction of Dr. Erika Petersen, functional neurosurgeon in the Department of Neurosurgery. Over the course of the past 4-7 years, the program has grown exponentially and developed a strong regional and national reputation; indeed, in 2012 UAMS was identified as the most rapidly-growing center for DBS. We currently rank in the top 50 most active sites nationally. UAMS is one of only 38 centers in the country with an active program for implementing DBS in severe, treatment refractory obsessive-compulsive disorder. This multidisciplinary team has led to
active research collaborations with a mission to improve pre-surgical evaluation procedures and post-surgical outcomes. Neuropsychology is an integral component to the Neuromodulation Program. As compromised pre-surgical cognitive functioning is a risk factor for poor postsurgical outcomes, neuropsychological assessment is a critical component of identifying appropriateness for surgery.

**Epilepsy** – The Clinical Epilepsy Division of the Department of Neurology is comprised of a multidisciplinary team of clinicians, including neurology, neurosurgery, radiology, and neuropsychology, who work together to find the most appropriate epilepsy treatment for each patient. Neuropsychology serves an integral role within this team by providing neurocognitive evaluations for individuals with epilepsy. Neuropsychology is consulted to assist with diagnosis, cognitive and functional impact, treatment recommendations, and as part of the epilepsy surgical team. All individuals being considered for surgical intervention undergo presurgical evaluations with neuropsychology for the purposes of identifying areas of dysfunction that may support the seizure focus, and for determining identifying cognitive or other risks of surgery in the individual. These results are discussed during the monthly epilepsy surgical team meetings, and if the patient is approved for surgery, a follow-up postsurgical evaluation is conducted 12 months post-surgery.

**Tumor** – Neurosurgery regularly treats benign and malignant brain tumors through medication, surgery, radiation therapy, and chemotherapy. UAMS is also the only facility in Arkansas offering non-invasive gamma knife treatment for brain tumors. Neuropsychology is regularly present at brain tumor surgical planning meetings and is consulted for a variety of reasons including pre-treatment baseline evaluations, post-treatment evaluations for functional assessment, and ongoing monitoring of cognitive abilities and emotional functioning for individuals with chronic or recurrent tumors.

**Walker Family Clinic**

The Walker Family Clinic has been offering mental health services to young adults, adults, and geriatric populations since 2008. The clinic 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 the clinic generally reflects the racial and ethnic breakdown of the Little Rock metropolitan area. Socio-economic status also is diverse; however, the majority of clientele come from lower income homes. Staff include psychologists, doctoral psychology interns, psychiatrists, psychiatry residents and fellows, licensed clinical social workers, social work interns, licensed professional counselors, and a neuropsychology technician.

At the Walker Family Clinic, neuropsychology-track interns complete a 12-month general therapy rotation with adults with a wide range of clinical populations and diagnoses, including 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 in this clinic have the opportunity to develop skills as a provider for adult patients in both individual and group settings. An ongoing group
includes Dialectical Behavior Therapy (DBT) for adults with emotional dysregulation and unstable relationships.

**Women’s Mental Health Clinic**

The Women’s Mental Health Clinic is focused on women’s reproductive mental health. This clinic conducts extensive psychological and physical exams in an effort to identity women at risk for numerous medical issues including addiction. This rotation focuses on women with complex health conditions with substance use who require evidence-based interventions for improving health outcomes. Interventions will be delivered in the group and/or individual setting. Responsibilities of interns in this setting include delivery of clinical services to the patient both as part of the team in the clinic and outside the clinic, consultation with other disciplines (psychiatry, nursing, social work), education of staff and trainees, and the participation in the management of team dynamics.

**Student Wellness**

The UAMS Student Wellness Program is a preventative service created to provide short-term, confidential assistance for students who are actively enrolled at the UAMS Little Rock campus. The purpose of this service is to provide the necessary tools for students to achieve their fullest potential. During this rotation interns carry individual therapy cases and work in a multi-disciplinary team setting with psychiatrists and social workers. In addition to clinical care, the interns participate in a weekly multidisciplinary didactic series with the other clinicians who staff the program.

**Research**

A unique feature of the neuropsychology track is the availability of an elective research rotation. This rotation is designed to afford interns the opportunity to participate in neuropsychologically-focused research of their choosing from multiple ongoing research endeavors with the expectation that the work would result in a presentation and/or publication. Please refer to the research section for more information.

**Didactics**

Didactic opportunities unique to the neuropsychology track are offered in addition the general didactics that are scheduled for interns across the three tracks. They include the following:

- DBS Surgical Conference (monthly)
- Epilepsy Surgical Conference (monthly)
- Neuro-Oncology/Gamma Knife Conference (weekly)
- Brain Cutting Conference
- Neurology Grand Rounds (weekly)
- Movement Disorders Video Conference (as scheduled)
• UAMS/Central Arkansas Veteran’s Health System (CAVHS) Neuropsychology Case Conference Seminar (monthly) and additional didactic opportunities with CAVHS Neuropsychology Track as available
• UAMS Neuropsychology/Health Psychology Conference/Journal Club (monthly)
• UAMS Neuropsychology Fact Finding/Journal Club (monthly)
• Other Didactic Opportunities in conjunction with Neurology and Neurosurgery Residents as applicable
• Brain Imaging Research Center (BIRC) Journal Club and other lectures as available

**Sample Schedule**

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<tr>
<td>8:00-9:00</td>
<td>Neuropsych</td>
<td>Student Wellness</td>
<td>Neuropsych</td>
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<td>Neuropsych Didactics</td>
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<td>Neuropsych</td>
<td>Women’s Mental Health Clinic</td>
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<td>Didactics until 5:30pm</td>
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WFC = Walker Family Clinic
Core Training Faculty

Michael Cucciare, Ph.D.
Associate Professor
University of Nevada, Reno – 2006
Clinic: Women’s Mental Health Clinic
Clinical Interests: Substance use disorders
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: Walker Family Therapy, Crisis Stabilization Unit
Rotation: Adult Therapy
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
Rotation: Adult Therapy, Psychiatry C/L
Clinical Interests: Psychological trauma and emotional processing, Dialectical Behavior Therapy
Research Interests: Psychological trauma and efficacy of treatment

Jennifer Gess, Ph.D., ABPP/CN
Associate Professor
Training Director
Georgia State University – 2001
Clinic: Walker Family Clinic
Rotation: 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

Sufna John, Ph.D.
Assistant Professor
Southern Illinois University, Carbondale – 2014
Clinic: Child Study Center
Rotation: Child-Parent Psychotherapy
Clinical Interests: Child and adolescent trauma, early childhood mental health, Child-Parent Psychotherapy
Research Interests: Dissemination and sustainability of evidence-based practice, predictors of treatment outcomes in trauma-exposed populations
Jennifer Kleiner, Ph.D., ABPP/CN  
Associate Professor  
Chief Psychologist  
University of Buffalo – 2004  
Clinic: Walker Family Clinic  
Rotation: Adult Neuropsychology  
Clinical Interests: Movement disorders, multiple sclerosis, dementia, brain tumors, brain injuries  
Research Interests: Pre-surgical evaluation for deep brain stimulation, normal variance in fMRI and neuropsychology

Glenn Mesman, Ph.D.  
Associate Professor  
Assistant Training Director  
Southern Illinois University, Carbondale – 2010  
Clinic: Child Study Center  
Rotation: Child & Adolescent Psychological Evaluations, Parent-Child Interaction Therapy  
Clinical Interests: Psychological evaluations, Parent-Child Interaction Therapy, pediatric health-related conditions  
Research Interests: Behavioral difficulties in early childhood, dissemination of evidence-based practices

Joy Pemberton, Ph.D.  
Associate Professor  
Texas Tech University – 2010  
Clinic: Child Study Center  
Rotation: Parent-Child Interaction Therapy  
Clinical Interests: Disruptive behavior disorders, child and adolescent trauma, Parent-Child Interaction Therapy, psychological evaluations  
Research Interests: Dissemination of evidence-based practices, increasing availability and accessibility of empirically-based practices

Karin Vanderzee, Ph.D.  
Assistant Professor  
Miami University – 2013  
Clinic: Child Study Center  
Rotation: Trauma-Focused CBT, Child-Parent Psychotherapy, Parent-Child Interaction Therapy  
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

Melissa Zielinski, Ph.D.  
Assistant Professor  
University of Arkansas, Fayetteville – 2016  
Clinic: Primary Care  
Rotation: Adult Therapy
Clinical Interests: Trauma recovery, particularly among survivors of interpersonal violence; Dialectical Behavior Therapy; access to care among marginalized/underserved populations
Research Interests: Overlap between trauma and involvement in the criminal justice system; development, implementation, and evaluation of interventions for trauma-related sequelae in criminal justice settings; social determinants of emotional wellness and disorder, with a particular emphasis on emotion invalidation and other forms of interpersonal rejection; behavioral indices of emotion dysregulation (e.g., NSSI, substance use)

Secondary Training Faculty

**Kelly Hamman, L.C.S.W**
Mental Health Professional
Rotation: Child Study Center Trauma-Focused Cognitive Behavioral Therapy

**Andrew James, Ph.D.**
Associate Professor
Rotation: Research

**Puru Thapa, M.D.**
Professor
Rotation: Student Wellness

**Samidha Tripathi, M.D.**
Assistant Professor
Rotation: Psychiatry Consultation and Liaison
The Psychiatric Research Institute/Department of Psychiatry has multiple opportunities for research because UAMS is an academic medical setting. 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 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.

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.

In addition to the three research divisions, faculty members throughout the department develop independent research projects pertaining to their clinical and/or research interests. Several research opportunities may be available through the Arkansas Building Effective Services for Trauma (ARBEST) program, an initiative that involves dissemination of evidence-based practices for youth who have experienced trauma.

The Neuropsychology Service has several active areas of ongoing research. Drs. Gess and Kleiner 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. Current projects include the following:

**Cognitive Connectome** – The Cognitive Connectome project was established in 2012 as an initiative to enhance fMRI’s translation into clinical care by mapping normative variance in the neural encoding of cognition. To date, 54 healthy participants have completed functional neuroimaging tasks and clinical neuropsychological assessment spanning eight cognitive domains: motor, visuospatial, language, learning, memory, attention, working memory, and executive function. The fMRI tasks include direct replications of neuropsychological instruments (such as the Judgment of Line Orientation task) as well as conceptual replications (such as the Tower of London and Tower of Hanoi tasks). To date,
the Cognitive Connectome project has generated a whole brain atlas derived from task-based fMRI activity.

**Clinical Databases** – Interns will have access to two databases of neuropsychological test results for individual project development. One database includes individuals who are being evaluated for and who have undergone DBS for treatment of a movement disorder, and the other database includes neuropsychological test results for individuals who are being evaluated for and who have undergone surgical intervention for treatment of intractable seizures.
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. Didactics are scheduled from 4:00pm to 5:30pm weekly on Wednesday afternoon.

Specific topics related to domains of competency pertaining to the practice of clinical psychology (e.g., leadership, advocacy, clinical supervision, interdisciplinary systems, research) are presented to interns on a yearly basis. In addition, interns receive training in and experience with reflective supervision on a monthly basis by faculty who are experts in this style of supervision. Monthly group supervision involves case presentations from faculty and interns.

A significant portion of the didactic series is dedicated to multicultural competency. A variety of teaching modalities to enhance knowledge, attitudes, and skills in multicultural competence will be utilized, including in-person lectures, process-oriented group discussions, journaling activities, assigned readings, and experiential activities. Topic-oriented lectures cover various aspects of multiculturalism, such as immigration, religion and spirituality, able-bodiedness, racial and ethnic health disparities, gender identity, and SES. Interns also will engage in group process-oriented discussions led by faculty members. Such discussions may be related to power and privilege, structural competency, institutional and systematic oppression, prejudice and stereotypes, and interpersonal communication about multicultural issues.

Other required didactic opportunities include bimonthly Department of 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.

Additionally, all interns have access to the many grand rounds, symposia, and seminars that are offered within other UAMS departments (Pediatrics, Neurology) and colleges (College of Public Health).
Postdoctoral fellowships mentored by Department of Psychiatry faculty are available for those individuals interested in following their doctoral internship with additional clinical and/or research training. The Department of Psychiatry has fellowships in clinical neuropsychology and in child and adolescent clinical psychology specializing in traumatic stress. Both research and clinical opportunities are available through these fellowships.

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 sampling includes

- Albany Medical Center
- Brown University
- Central Arkansas Veterans Healthcare System
- Harvard University/Judge Baker Children’s Center
- Kennedy Krieger Institute
- Ohio State University
- San Diego Center for Children
- Stanford University
- St. Louis VA Health Care System
- Texas A&M/Baylor Scott & White Health
- University of California, Davis
- University of California, San Diego
- University of Miami
- University of Minnesota
- University of Pittsburgh/Western Psychiatric Institute and Clinic
- University of South Florida
- Yale University

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

Eligibility Requirements

- Application from APA accredited doctoral program in clinical psychology (preferred) or counseling psychology
- Permanent U.S. resident
- 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 hours of total practicum experiences (intervention, assessment, and supervision)
- Minimum of 3 years of pre-internship graduate training

Post-application requirements

- Personal interview
  Child Track: December 6 and 11, 2019; January 7 and 16, 2020
  Adult Track: December 13, 2019; January 13, 2020
  Neuropsychology Track: December 18, 2019; January 10, 2020
- Successful completion of the intern matching program

Post-match 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 1, 2019 at 11:59 pm 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 are scheduled in December and January and last 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 doctoral interns, and a tour of the training facilities. Lunch is provided. Applicants will be notified about interviews via email by December 1, 2019.

Stipend and Fringe Benefits

Current stipend is approximately $35,505 plus the fringe benefit package. Stipends are determined each year in the University of Arkansas Medical College annual budget.

Doctoral 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 Arkansas Psychological Association conference
- Free parking
- Fifteen (15) 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. 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.

Questions related to the program’s accreditation status should be directed to the commission on accreditation at the following address:

American Psychological Association
750 First Street N.E.
Washington, D.C. 20002-4242
Telephone: (202) 336-5979
Fax: (202) 336-5978

E-mail: apaaccred@apa.org
http://www.apa.org/ed/accreditation
Contact Information

Training Director

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Fax: (501) 526-5296

Assistant Training Director

Glenn Mesman, Ph.D.  
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grmesman@uams.edu  
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Internship Assistant

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Phone (501) 320-7302