

## UNIVERSITY OF MICHIGAN PSYCHOLOGICAL CLINIC

The University of Michigan Psychological Clinic was founded in 1938 as a dedicated training and service unit of the Institute for Human Adjustment. The Clinic was a pioneer in training professional psychologists for practice and research, and continues that tradition to this day. The Clinic is housed in modern facilities in East Hall, near the Psychology Department.

The Clinic began its modern existence in 1954 as a psychoanalytic training center. Over the years the Clinic has expanded its perspectives to include a widening scope of evidence-based practice, including psychodynamic, cognitive-behavioral, interpersonal, couples/systems, and biological/psychiatric approaches; an overall multicultural perspective infuses all of our work. We bring these perspectives to bear in our initial assessment and treatment planning for our clients and our work in treatment, and these fundamental approaches inform and structure our supervision, seminars and staff meetings.

## POSTDOCTORAL FELLOWSHIP PROGRAM

### OVERVIEW

#### Training Program Goals and Objectives

The University of Michigan Institute for Human Adjustment Postdoctoral Fellowship Training Program is designed to provide advanced training in professional psychology to qualified postdoctoral psychologists. Training is based in the Psychological Clinic, a multidisciplinary training-focused adult outpatient center with a welcoming and supportive atmosphere. The training prepares fellows for licensure in the State of Michigan (or any other state with similar requirements) through a one year full time program that provides robust, advanced training in many key professional competencies (two year option is available if desired). These competencies include assessment and diagnosis, intervention including individual and couples therapy, consultation and interdisciplinary collaboration, multicultural competencies, clinical teaching and supervision, research, professional development, ethics, and leadership/administrative skills. These competencies are enhanced through direct clinical service with supervision from expert clinicians, participation in seminars and clinical meetings and conferences,

participation in research and other scholarly activity, consultation with other professionals outside the Clinic, teaching of seminars to psychology interns and social work students, supervision of clinical work conducted by social work students, and participation in the Clinic's senior staff meetings and workgroups.

#### Basic Model and Service Activities

The postdoctoral program is a one year commitment, which may be extended to two years by mutual consent. Direct service activities are expected to be a substantial portion of the fellow's training experience, with an expected caseload of 18 45-minute sessions weekly. These hours are comprised of individual and couples psychotherapy and testing. After a period of advanced clinical experience and participation in the senior staff at the Clinic, fellows may take on supervised supervision of social work students. All of this direct service is conducted at the Psychological Clinic. During the postdoctoral experience, fellows take on outreach projects related to mental health issues, such as working with senior staff to provide workshops to graduate students at the University.

#### Description of Training Curriculum

- Supervision Received: Fellows receive 2 hours of individual supervision weekly, as well as additional 1 ½ hour-long group supervisions for cognitive-behavioral therapy, couples therapy, and initial (diagnostic/assessment) consultations. They receive supervision on testing when testing occurs.
- Didactic Meetings: Postdoctoral fellows attend a bi-monthly Fellows meeting that covers advanced topics including supervision, ongoing supervision of supervision given by fellows, administrative/leadership issues. Fellows participate in the weekly 1 ½ hour Clinic Staff Meeting, attended by all senior staff and trainees, at which clinical presentations, multicultural presentations and discussions, research presentations, and presentations on professional issues (such as legal issues in practice) occur.
- Administrative/Teaching Experience: Postdoctoral fellows participate in the weekly hour-long Senior Staff meeting, where senior supervisors review the training program, develop new programs and policies, review administrative issues, and discuss training problems

and issues (e.g., difficulties in supervision). Fellows assist senior staff in designing and teaching clinical seminars to psychology interns and social work students.

- **Supervision Experience:** Postdoctoral fellows generally supervise beginning-level students from our social work program on their clinical work; instruction and supervision on supervision is part of the Fellows' Meeting with the Institute Director. Our post-docs have especially valued this experience at the Clinic.
- **Research/Scholarly Activities:** Postdoctoral fellows are encouraged to collaborate with core faculty at the Institute and larger university to conduct research, publish theoretical and scholarly work, (including their dissertation) and prepare presentations for regional and national conferences.
- **Outreach/Consultation:** Fellows work together with Clinic staff and staff from the Graduate School to design and implement clinical outreach programs that benefit graduate students and their families, counselors to graduate students, and faculty in diverse programs. They help develop and deliver informative presentations regarding the Clinic's programs to other mental health professionals in the community.

**Breakdown of Activities**

Client Contact (Adults)	18
Individual Supervision	2
Group Supervision	3
Testing & Supervision	1.5
Co-Teaching Interns	1.5
Postdoctoral Seminar	1
Evaluation, Treatment Conference	1.5
Staff & Senior Staff Conferences	2
Clinical Documentation / Preparation	8-10
Research/Academic Activity	5-10
<b>Total</b>	<b>45-50</b>

**Seminars & Conferences**

**Clinic Staff Conference** This weekly conference is attended by all Clinic staff. Each staff member, Postdoctoral fellow, and intern offers a formal presentation of an ongoing case at least once during the year. Research presentations, discussions of important topics such as managed care, and training in evidence-based psychotherapy techniques occur at this meeting. Group work on multicultural and individual differences is an important focus in this meeting. Outside speakers discuss professional issues, research projects, and other topics.

**Interns Seminar:** This seminar meets weekly much of the year, and begins with an introduction to initial consultations with patients, followed by 4-6 week seminar series on key topics, including short-term psychodynamic therapy, couples therapy, other empirically supported therapies (e.g. Cognitive Behavioral Analysis System of Psychotherapy - CBASP), termination issues, and ethical issues. Seminars are led by faculty with expertise specific to the topics and Postdoctoral Fellows participate in teaching some of the seminars.

**Cognitive Behavioral Therapy Seminar and Group Supervision.** This is a didactic seminar series offered throughout the fall. It focuses on the diagnosis, case conceptualization and treatment of a range of adult problems from a CBT perspective, with a focus on anxiety disorders. This becomes a group supervision for the remainder of the year.

**Couples Therapy Seminar and Group Supervision** This small group meets weekly throughout the year. The seminar introduces family systems and psychodynamic approaches to evaluation and treatment of couples, with discussion and supervision of clinical work.

**Evaluation, Treatment Planning and Follow-Up Groups** These weekly small groups consist of faculty members, Postdoctoral Fellows, and interns. New cases are reviewed and diagnosed using objective measures and interview data. Treatment plans are developed and follow-up of cases is planned using relevant measures (e.g., anxiety scales). Follow up of cases is conducted on a regular basis and treatment plans revised accordingly.

**Assessment of Adult ADHD/LD.** This brief seminar brings interns up to speed in research, theory and assessment of adult ADHD/LD. Individual supervision of testings follows.

**Fellows' Meeting** Postdoctoral Fellows meet bimonthly with a core faculty member to discuss pertinent training issues. The topics addressed have included didactic instruction and discussion about how to supervise. Postdoctoral Fellows receive supervision on their own supervision of social work and psychology practicum trainees. This meeting is also used to discuss and develop the teaching curriculum for interns, to discuss ongoing research projects, to develop new academic or administrative projects, and to review significant new developments in psychotherapy research and related topics.

**Postdoctoral Program Director**

The Director of the postdoctoral program is Michelle Van Etten Lee, Ph.D. She has authority over all aspects of the postdoctoral fellowship, and reports to Dr. Cheryl King, the Director of the Clinic's home unit, the Institute for Human Adjustment. Dr. Van Etten Lee chairs the faculty committee that selects postdoctoral fellows, monitors and evaluates the

training program's goals and activities, and documents and maintains Fellow's training records. She is a licensed psychologist in the State of Michigan.

## **SUPERVISING FACULTY/AREAS OF SPECIAL INTEREST**

**Cheryl King, Ph.D.** (Director, IHA; Faculty, Clinic and UCCF). Clinical Psychologist with expertise in evidence-based psychotherapy for children, adolescents, young adults and families, suicide risk assessment, and management of suicidal individuals.

**Michelle Van Etten-Lee, Ph.D.** (Faculty, Clinic). Clinical Psychologist with expertise in adult psychotherapy and assessment, with a focus on CBT and anxiety disorders.

**Barbara Cain, MSW, ACSW** (Faculty, Clinic) Social worker with expertise in adult psychotherapy. Special interests in divorce and supervision.

**Julia Davies, Ph.D.** (Faculty, Clinic). Clinical Psychologist with expertise in adult assessment and psychotherapy.

**David Freiband, Ph.D.** (Faculty, Clinic). Clinical Psychologist with expertise in adult assessment and psychotherapy, and psychotherapy with couples.

**Jody Hoffman, Ph.D.** (Faculty, Clinic). Clinical Psychologist with expertise in adult psychotherapy and assessment, with a focus on CBT and Interpersonal Psychotherapy (IPT).

**Jeffrey Urist, Ph.D.** (Faculty, Clinic) Clinical Psychologist with expertise in adult psychotherapy and assessment, short term psychotherapy, and therapy with adolescents.

**Susan Watts, MSW** (Faculty, Clinic) Social worker with expertise in individual, couples and group therapy, and treatment of substance abuse.

**Teri Wolf, M.D.** (Faculty, Clinic) Adult psychiatrist with interest in the influence of medical conditions on psychological states.

**Mark Ziegler, Ph.D.** (Faculty, Clinic). Clinical Psychologist with expertise in adult assessment and psychotherapy.

## **INTEGRATION OF THE POST-DOC WITH THE CLINIC AND ITS MISSION**

As can be seen from the description of the training plan and the curriculum for postdoctoral fellows, their work and education is integrated with the Clinic's mission and activities at every level, from clinical practice to clinical and didactic meetings to administration and potential research involvement. The Clinic is a dedicated educational organization, participating in the Institute for Human Adjustment's APA accredited internship (with its sister organization, the University Center for the Child and the Family). As such, training is a co-equal goal along with providing lower-fee mental health services to members of the local community, including graduate and undergraduate students at the University of Michigan, staff and faculty, as well as townspeople from Ann Arbor and surrounding

communities. Postdoctoral fellows provide important role models for our practicum and internship students, and this role in turn helps the fellows consolidate and solidify their own identity as competent psychologists. Fellows' contributions are honored and respected by trainees and senior staff at the Clinic.

## **FELLOWSHIP STIPEND AND BENEFITS**

The full-time Postdoctoral Fellowship stipend is \$28,000. Full health and vacation benefits, and parking options available.

## **POSTDOCTORAL APPLICANT QUALIFICATIONS**

1. Admission requirements include completion of all professional doctoral degree requirements from a regionally accredited institution of higher education or an APA/CPA-accredited program and predoctoral internship meeting APPIC standards. On the first day of the fellowship new fellows must have either the diploma in hand or a letter from the Director of graduate studies verifying the completion of all degree requirements pending institution graduation ceremony.
2. APA guidelines on specialty change are followed. Applicants who have completed doctoral studies in fields other than clinical, counseling, or school psychology must have received a certificate of equivalency from an APA/CPA accredited university program attesting to their having met APA/CPA standards, including internship.

## **FELLOWSHIP APPLICATIONS**

**The deadline for application is February 15<sup>th</sup>. ALL MATERIALS SHOULD BE SENT TOGETHER IN ONE PACKET.** The following items are required:

1. Letter of interest that describes educational history and career goals and discusses relevance of training at the Clinic to these goals;
2. Curriculum vitae;
3. Two letters of recommendation, addressed to the Director and enclosed in separate, sealed envelopes;
4. Letter from your graduate program's Training Director attesting to your readiness for an postdoctoral fellowship;
5. Graduate school transcript (photocopy acceptable).

Applicants will be notified of their interview status by March 15th. Two or three individual interviews will be scheduled with staff members. You will also be invited to attend team meetings, case conferences and seminars.

Check our website for additional information at [www.psychclinic.org](http://www.psychclinic.org).

**ADDRESS ALL APPLICATION MATERIALS TO:**

Michelle Van Etten Lee, Ph.D.  
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University of Michigan  
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530 Church Street  
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