

**UW Psychology Residency
Outpatient Psychotherapy Rotation
Seattle Children's Hospital**

Molly Adrian, Ph.D.



Overview of the Child and Adolescent Psychiatry Outpatient Program

- **Resident Schedule:**

- *The outpatient rotation is a 6-month, half-time rotation* – Tuesdays & Wednesdays, 8:00/9:00 – 5:00/6:00 pm.
- Psychology Residents are expected to be at the clinic between 12-16 hours per week, depending on the nature of their rotation. At times, it may be necessary to attend to case management issues on days of the week not assigned to this rotation.
- Team consultation meetings for Residents, Fellows and Attending Psychologists and Psychiatrists are held weekly in specialty clinics including Mood and Anxiety Program (MAP), Program to Enhance Attention Regulation and Learning (PEARL), DBT, ECC
- Individual Supervision with a Psychologist, 1 hour weekly in addition to as needed

Rotation Goals & Expectations:

- Engage in direct patient care services for at least 50% of time at the clinic (5-8 direct patient care hours per week).
- Average 4-6 hours of weekly therapy cases (usually seen for 45-50 minute sessions each week), and leading group treatment
- Telehealth and in person services
- Mix of diagnostic assessment and intervention, including consultation and coordination with medication providers, primary care providers and school teams
- Diverse range of diagnoses, ages, disorder.
- Conduct 3-6 diagnostic evaluations per rotation with increasing independence.
- Engage in accurate and timely documentation and billing procedures.



People

Clinical Providers: Include Attending Psychologists, Mental Health Therapists, Psychiatrists, Psychiatry Fellows, Psychology Practicum Students, Medical Residents

- **Molly Adrian, PhD (Primary Supervisor)**
- **Erin Schoenfelder Gonzalez, PhD (Primary Supervisor)**

Outpatient Psychiatry & Behavioral Medicine Manager:

Dave Hall

Training Clinic Coordinator:

- Danely Landeros

Case Managers:

- Chris Bogosian & Cindy Vredenburg



UNIVERSITY OF
WASHINGTON



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

Clinical Services

- Psychological and psychiatric services for youth ages 0-18, including diagnostic evaluations, individual therapy, parent training, family therapy, specialized group therapies, and medication evaluation/management.
- Specialty Clinics
 - Mood and Anxiety Program (MAP)
 - PEARL Clinic (ADHD and related disorders)
 - Early Childhood Clinic (ECC)
 - Training Clinic

Training Activities

- Outpatient training site for UW Child Psychology Residents, Child and Adolescent Psychiatry Fellows, General Psychiatry Residents, Psychology Post-Doctoral Fellows, practicum students and medical students.
- Weekly individual supervision provided by the primary Attending Psychologists, in addition to case review, supervision includes direct participation (co-therapy), live supervision and observation, and review of video-recorded sessions.
- Participate in the interdisciplinary team to facilitate collaboration between psychologists, psychiatrists, and mental health therapists/case managers.
- Receive broad exposure to outpatient populations, including patients with a variety of diagnoses/presenting concerns, age groups, and demographic populations. Resident caseloads are managed to balance assessment, short-term treatment, and longer-term treatment cases.



Outpatient Specialty Opportunities:

Early Childhood Clinic Assessment & Intervention Program (5 weeks, 2-3 hrs)

- Comprehensive assessments for infants and young children ages 0-5; Parent-child interventions to address identified issues.

Mood and Anxiety Disorders:

- Comprehensive evaluation and protocol-driven treatments for children and adolescents (i.e. CBT, BA, CAMS, ERP), including individual therapy, group therapy, parent education, and medication evaluation and management.

PEARL Clinic (optional; 1 day a week for three months)

- a full-day interdisciplinary evaluation clinic for children ages 4 to 18 years with academic and/or behavioral challenges; Serves patients of pediatric primary care providers in the community and internally-referred SCH patients with an emphasis on complex ADHD. Assist with supervision of psychology externs conducting testing, and also training of pediatric residents in reviewing evaluation and diagnostic procedures.

Eating Disorders Clinic (optional)

- Evaluation and outpatient family-based treatment of anorexia, bulimia and disordered eating.



Outpatient Specialty Opportunities (Optional):

Dialectical Behavioral Therapy (DBT):

- Training: 2 Day Workshop only or along with training seminar & clinical component
- Applied clinical work in co-lead skills group, provide parent-coaching, attend consult team

Youth with Chronic Medical Conditions:

- Comprehensive evaluation and treatment services for children with chronic medical conditions and emotional/behavioral disturbance. Target populations include: Craniofacial, Neurological, Hematology/Oncology, Neurodevelopmental, Transplant, and Endocrine Disorders.

Exposure Experiences:

- Crisis Care Clinic
- Psychosis Evaluation
- Gender Evaluation
- Eating Disorders Evaluation
- Psychiatry Emergency Room Evaluation

