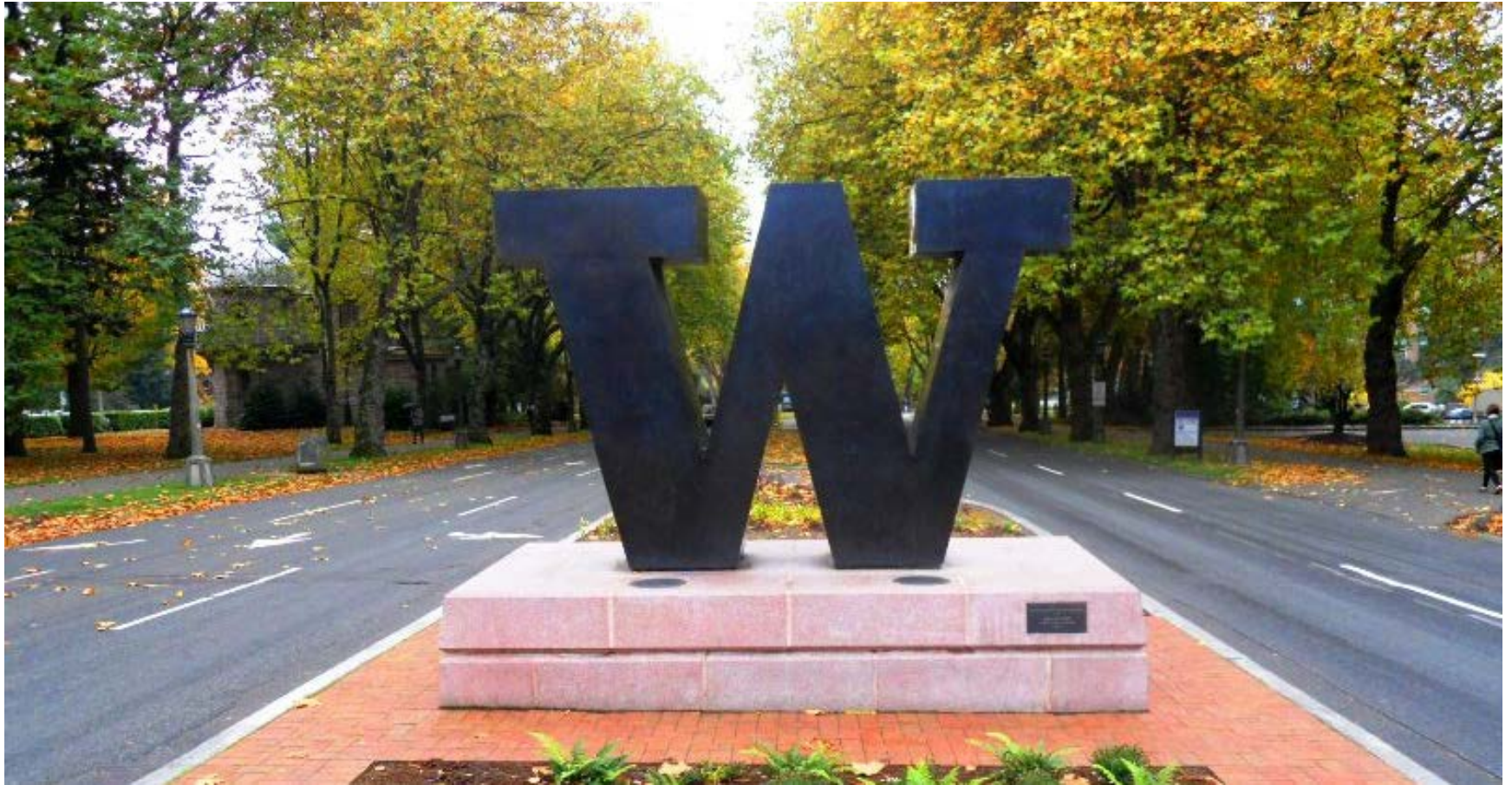


University of Washington
School of Medicine
2024-2025 Psychology Internship
Open House

Virtual Meeting

January 3, 2024

Welcome to Seattle and UW!



Introductions

- Training Director: Ty Lostutter, PhD
- Asst. Director: Chuck Bombardier, PhD, ABPP
- Incoming Asst. Director: Katie Wright, PhD
- “Open House/Interview Hybrid”
 - We are checking each other out, but...
 - You can be successful here
 - Looking at fit not competency
 - Relax, ask questions, help us know what you want and need for this next step in your development

Behind the Scenes



Jürgen Unützer, MD, MPH, M. Chair,
Psychiatry & Behavioral Sciences



Janna Friedly, MD, MPH, Chair,
Rehabilitation Medicine

Making it all happen



Ms. Cynthia Long
Program Coordinator

Introductions: Track Coordinators

General Adult:

Adam Carmel, PhD



Introductions: Track Coordinators

General Child:

Eileen Twohy, PhD



Introductions: Track Coordinators

Autism & Developmental
Disabilities:

Jennifer Gerdts, PhD



Introductions: Track Co-Coordinator

Behavioral Medicine &
Neuropsychology Tracks:

Ivan Molton, PhD



Introductions: Track Co-Coordinator

Behavioral Medicine &
Neuropsychology Tracks:

Jeffrey Sherman, PhD



Schedule

Morning Session (8:00 – 11:00)

8:00 Program Overview

9:00 Break

9:10 Move to Track Specific Breakout Rooms

Adult Track

Bmed & Neuro Psych Track

Child Track

Autism & Developmental Disability

10:45 Break

11:00 Resident Question & Answers Session

(separate zoom links – check schedule)

Afternoon Session (12:00 – 5:00 pm)

The afternoon Interviews are organized by our Track Coordinators.

You should have received individually scheduled meetings with zoom links to each of your faculty meetings.

Should you have some difficulties with afternoon zoom meetings, please contact the track coordinator via email and/or Cynthia Long at psychsom@uw.edu to help you.

A (very) brief history of UW Internship

- First internship class – 1961
- Accredited continuously by APA since 1965
- Last accreditation site visit - 2022
- Next site visit – 2032
- Member of the Academy of Psychological Clinical Science, a coalition of empirically-oriented training programs and APPIC

University Washington Medical Center (UWMC)



Harborview Medical Center (HMC)



Seattle Children's Hospital (SCH)



Seattle Children's Autism Center



Fred Hutchinson Cancer Center



Formerly known as Seattle Cancer Care Alliance

UW Roosevelt Clinic (Outpatient Psychiatry Clinic)



Goals of UW Internship



Excellence in clinical training and supervision



Advance development of clinical science via ongoing research opportunities and training



Infuse importance of life-long learning and integration of evidence into clinical work



Support for professional development and preparation for transition into professional career



Infuse importance of ethical science/practice which supports diversity

UW Culture

- Integrated Medical Settings
- “Psychology Residents” are well integrated with other medical professionals
- Science-Practitioner/Clinical Scientist Model
- Diversity/Cultural Factors
- Hard Work and Have Fun

Internship Year

July 1, 2024 – June 30, 2025

- Outpatient Experience*, Inpatient Experience, & Consult/Liaison Service
- Continued supervision (group and individual)
- Mini-intensive clinical training opportunities throughout the year

Larger Group Cohort Experiences

- Year-long didactic experiences
- Year-long research experiences
- Year-long professional development programming

*Adult Track has only outpatient experiences

Psychology Resident's Life

- Typical Week
 - Monday – Friday (weekends off/no on-call)
 - 40-hour work week
 - Typically, hours are from 8am – 5pm (1 hour unpaid lunch)
 - Varies by Track/Rotation
 - Thursdays Didactics from 3pm – 5pm
 - Grant Writing Seminar on Thurs 1 – 2pm (August-June)
 - If not participating in seminar, 4 hours of release time for independent research

Components of the UW Internship

Benefits

- \$41,544 salary* (increase \$2,856)
- Health Insurance (10 healthcare plans)
- Dental/Vision Insurance
- Variety of other benefits (retirement, etc.)
- 120 hours of personal leave time (accrue 10 hours per month)
 - 2 Personal Holidays (additional 16 hours)
 - 11 paid state holidays
- Total of 147 hours of paid leave/holidays
- 88 hours of sick leave (accrue 8 hrs per month)

* Recently increased from advertised salary of \$38,688 via website

Education

- Weekly didactics series
- Journal clubs (need to attend at least 10)
- Optional Grant Writing and Professional Development Seminar (1 hour/week)
- Optional Intensive Clinical Training Seminars
 - e.g. Cognitive Processing Therapy
 - Dialectical Behavioral Therapy
 - Hypnosis



Resident Safety (COVID-19)

- Our priority is and will continue to be **Resident Safety** during the training year.
- To this end was continue to use a science-based approach to balance our resident's personal safety, their training needs, and patient care to ensure that all everyone remains safe during the training year.

Residents' Immunizations

- All residents are required to submit for review and update their immunizations required by UW School of Medicine via UW Employee Health Office prior to starting internship
- Internship Program policy is that Psychology Residents will not see patients deemed infectious with COVID-19 during their isolation precautions or suspected COVID-19+ patients, but may see patients using Universal Precautions (PPE provided during patient contact)

COVID-19/Serious Illness

- Should any resident contract COVID-19 or other serious medical conditions, we have been successful in working with our residents prioritizing their health and modifying their workload to accommodate completion of their internship year.

Stewardship Program

- Built on principles of trauma stewardship: *to notice the work you do in the service of others or the planet is taking a toll on you, your coworkers, cohort, or community (paraphrased, van Dernoot Lipsky, 2010).*
- Led by Drs. Lindsey Knowles and Andrea Newman, both are former residents from our program. The group will focus on processing the impact and emotional difficulty of the work that we do as psychologists in a confidential, non-evaluatory safe space.



Lindsey Knowles, PhD
Acting Assistant Professor,
Rehabilitation Medicine, UW



Andrea Newman, PhD
Postdoctoral Fellow,
Rehabilitation Medicine, UW



Research & Grant Writing & Professional Development Seminar

Independent Research (Non-Grant Writing Seminar)



4 hours release time per week



Mentoring by faculty doing
research in your area of interest

Research and Grant Writing Training



5 hours release time per week, includes one-hour seminar



Seminar: topics in the grant writing process, from concept development to writing an actual grant proposal and having it reviewed in a mock study section



Mentoring by faculty doing research in your area of interest

Grant Writing & Professional Development Seminar



Grants Writing Co-Leaders

Mary E. Larimer, PhD, Professor

Joan Romano, PhD, Professor

Ty W. Lostutter, PhD, Associate Professor

Research & Grant Writing Seminar

Prior to Internship
Year

- Query the cohort for interested participants
- Survey their past grant experience and “meet each participant where they are at”

Goal of program is
everyone to have a
“grant product” by
the end of the year
(mock review)

- F32, K99/R00, R21, R01s, Fellowship Awards, NIH Loan Repayment, Diversity Supplements, Banting Award

Grant Seminar Funded Awards

▶ 2022 – 2023

- Dani Kang/Bmed Track (F32 NIAA)
- Paulina Lim/Child Track (F32 NIMH)

▶ 2020 – 2021

- Katherine Walukevich-Dienst/Adult Track (F32 NIDA)
- Kiera James/Child Track (F32 NIMH)

▶ 2019 - 2020

- Brittany Blanchard/Adult Track (F32 NIAAA)
- Nicole Schultz/Adult Track (F32 NIAAA)
- Noreen Watson/ Bmed Track (K23 NIDA)

▶ 2018 - 2019

- Caitlin Turpyn/Child Track (F32 NIDA)

▶ 2017 - 2018

- Adam Miller/Former Child Track (K01 NIMH)
- Anne Arnett/Former Child Track (K01 NIMH)
- Stephanie Brewer/Child Track (F32 NIMH)
- Skye Fitzpatrick (CIHR Postdoc Fellowships)
- Jenn Belus (CIHR Postdoc Fellowships)

▶ 2016 - 2017

- Natalie Miller/Child Track (Banting Postdoc Fellowships)
- Mark Wade/Child Track (Banting Postdoc Fellowships)

▶ 2015 - 2016

- Jennifer Cadigan/Adult Track (F32 NIDA)

▶ 2014 - 2015

- Brianna Turner/Adult Track (Banting Postdoc Fellowships)
- Adam Miller/Child Track (F32 NIMH)
- Noreen Watson/Bmed Track (F32 NIDA)
- Brian Feinstein/Adult Track (F32)



Components of the UW Internship

Committees:

- Steering
- Didactics Planning
- Professional Development
- Diversity Advancement

Steering Committee

- The Internship Steering Committee (ISC) is an advisory body to the Director on general matters pertaining to the administration of the internship. There is one non-voting resident representative on the committee. Residents choose their representatives to attend the committee, which meets once every other month.



Didactics Committee

- The purpose of this committee is to review the previous year's didactics program and to create and operate the following year's program.
- At least one residents from each track serves on the committee. They provide a crucial link to the resident class and help shape the focus of didactics for the coming year.



Tracy Herring, PhD
Co-chair



David Sheppard, PhD
Co-chair

Professional Development Committee

- The Professional Development Committee functions to provide guidance, information, and support to the residents during the internship year.

We organize three main events:

- a panel of postdoctoral fellows
- a panel of local psychologists to showcase a range of professional experiences.
- CV, Interviewing, and Preparing for Licensure

At least two residents serve on the committee each year, and ideally, at least one resident per track. They provide a crucial link to the resident class and help shape the focus of the committee's work for the year.



Nick Dasher, PhD
Chair

Post-Internship Placements of Graduates

	<u>2015</u>	<u>2016</u>	<u>2017</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>
Postdoctoral Fellowship	13	13	10	14	12	13	15	13	16
Academic Position	1	0	2	0	0	0	0	1	0
Private Practice	0	1	0	0	1	0	0	0	0
Public Agency	0	0	1	0	1	0	0	0	0

Post Doc Placements: local vs out of area

	<u>2015</u>	<u>2016</u>	<u>2017</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>
Local Area Post Doc	7	10	8	5	7	7	9	4*	10
Out of Area Post Doc	6	3	3	9	5	6	6	10	6

* 1 resident took a telehealth post-doc located in California, but lives in Seattle

Diversity Defined

The University of Washington's Internship Program uses the American Psychological Association's definition of diversity defined as individual and role differences, including those based on age, gender, sexual orientation, gender identity, race, ethnicity, culture, national origin, religion, disability, language, and socioeconomic status.

Diversity Advancement Committee Mission Statement

The DAC is dedicated to addressing the training needs of residents and faculty on issues of diversity as these relate to:

- consultation
- supervision
- evaluation/assessment
- research methods/design
- diagnosis
- intervention



Katherine Walukevich-Dienst, PhD
Chair

DAC Committee Structure



Between 11 meetings per academic year



Group identifies yearly actives and provides input on several aspects of the internship program



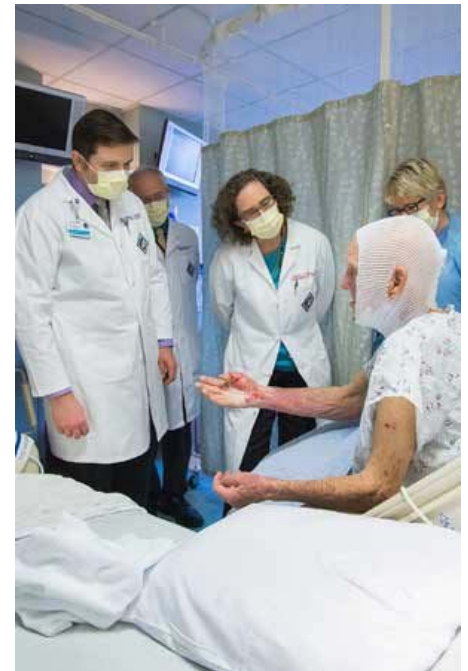
The DAC reports their activities to the Steering Committee and works in collaboration with the goals of the Internship Program

DAC/DEI Sub-Committees

- 1: Develop an interviewing process and internship environment that increases access to the UW internship for applicants from diverse backgrounds
- 2: Supporting outreach efforts to increase access to UW research experiences
- 3: Compiling and highlighting diversity research interests among faculty, staff, fellows, and trainees in our programs
- 4: Improve research and clinical DEI Competencies through identification of training opportunities, speakers, readings, videos, discussion groups, etc.
- 5: Policy & Advocacy- Review policies with strong scientific support for improving DEI in our communities and our institutions, and ethically use our power as scientists to advocate for these policies.
- 6: Creating a more inclusive work environment - Review aspects of our current work environment within CSHRB and Psychology Internship Program (and our related departments), suggest improvements to create a more welcoming and inclusive environment.

Behavioral Medicine/Neuropsychology Pediatrics/Burn Rotation at Harborview

“On a daily basis, we serve patients and families who experience challenging medical prognoses, disability, substance use issues, and homelessness. We serve refugees, immigrants, sexual minorities, people from rural communities, and those who are uninsured or underinsured.”

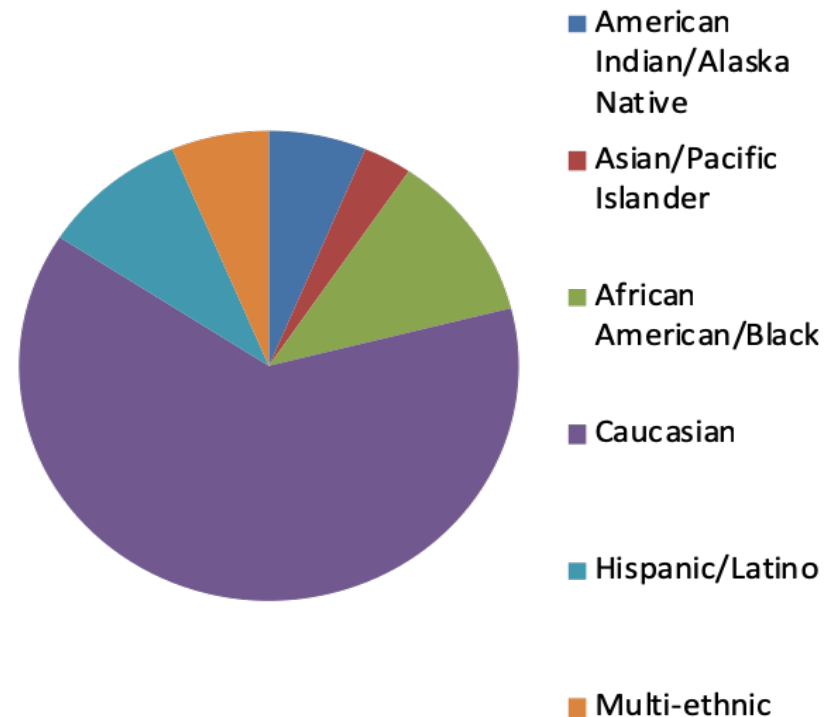


Child Track

Inpatient Psych at Seattle Children's

“I have been fortunate on internship to work with children from a much wider range of backgrounds than I had before. Seattle Children's Hospital treats regardless of family's ability to pay for services, which opens up care to so many kids who would not otherwise have access.”

Racial/Ethnic Diversity



Diversity — Equity — Inclusion

- UW president, Dr. Ana Mari Cauce, a clinical psychologist and Cuban immigrant, launched the Race and Diversity Initiative in 2015 to acknowledge and dismantle systemic racism within our institutions
- Nevertheless, we acknowledge that racism persists at our institutions structurally and in the actions of individuals
- The UW is a predominantly white institution (74.9%) and Asian (16.7%) with under-representation of Black (4.3%), Hispanic (5%), Multi-Ethnic (3.6%), and Native American (0.3%) faculty members
- We have much work to do to achieve our goal of becoming an anti-racist institution

Diversity — Equity — Inclusion

Our efforts to become an antiracist institution is an ongoing commitment. In recent years:

- We provided residents with a dedicated safe space to process issues related to the racism, ableism, and other discrimination they face in the workplace
- We provided access to BIPOC affinity groups and other e.g., disability support opportunities
- Faculty strive to initiate conversations about racism and multicultural factors in clinical practice and supervision
- Faculty are expected to engage in their own anti-racist work through UW sponsored options (e.g., White anti-racist groups), or through university-wide DEI training programs

Accomplishments



- Conducted program evaluation on financial issues facing psychology residents.
- Input on Open House Slides
- Developed a tips pamphlet on how to include diversity in your professional presentations
- Developed diversity questions for the Didactic Speaker Series evaluations
- Developed a Diversity Advancement Committee flyer
- Completed a faculty survey on Diversity Research



Open House Website

Open House

A+ A- | Reset

Main Menu

APPLICATIONS

- Applications >
- Open House >**
- Open House Schedule 2024 >
- Digital Documents and Recordings >
- Financial >
- Leisure >
- Healthy Family >
- Disability Resources >
- Transportation >
- Housing >
- Relocating >
- Neighborhoods >
- Around Seattle >
- Alumni Thoughts >
- 2022 Open House Archives >



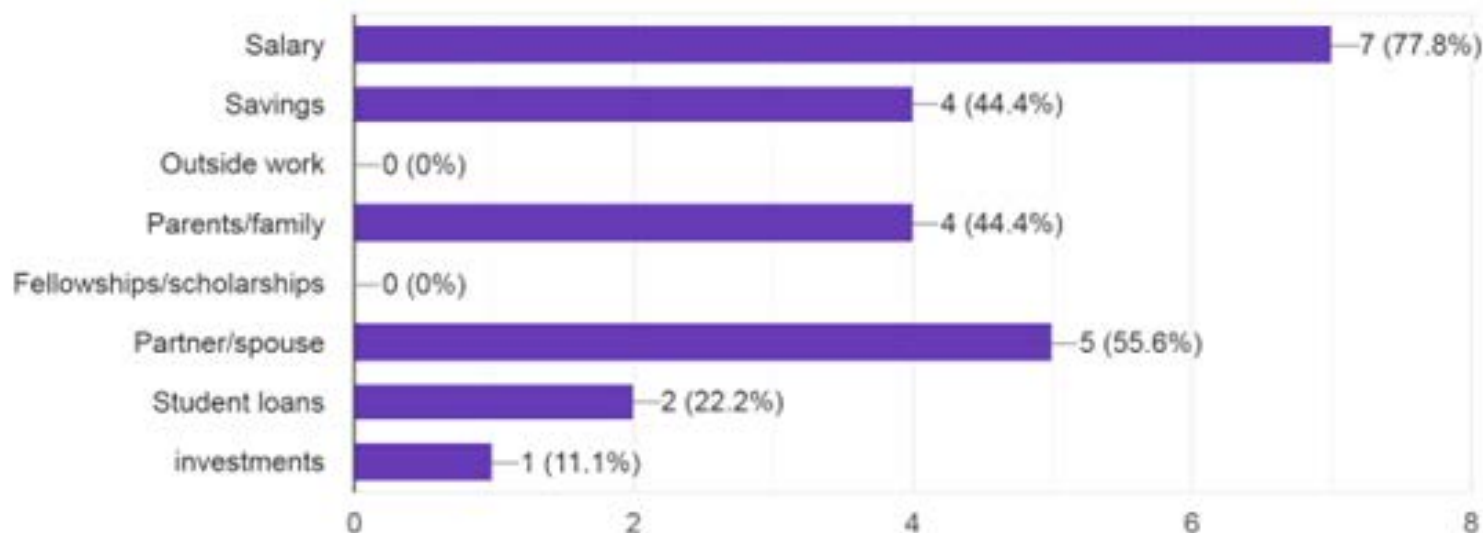
Applicants still under consideration after December 3rd will be invited to our Open House / Interviews to be held on **Wednesday, January 3, 2024**. You will receive an e-mail with your invitation and Open House information. We coordinate our Open House date with other APA approved internships in this vicinity (e.g., Seattle VA and Western State Hospital).

<https://pip.psychiatry.uw.edu/applications/open-house/>

Data from 2022-2023 Financial Support Survey

Sources of financial support

9 responses



Program data collected by **Erin Mistretta, PhD. (2022-2023/Bmed)**

Open House Website



Slide Presentations from today



Additional Information



Videos from Open House by 01/09/24

Internship Search

- Good luck in your internship search!
- Finding the right fit for your training needs is key.
- Enjoy your internship year!
- Feel free to contact us or any of the track faculty if you have questions.
- Make the most of your time with faculty & residents.



Program Data Request



Post-Open House/Rank Survey

Web-survey sent via email on February 3 to inquiry about your experience during Open House and inquiry about what influenced your ranking decision this year. The survey period will be complete by February 15th.

No Need to Send A Thank You Note



Questions?

