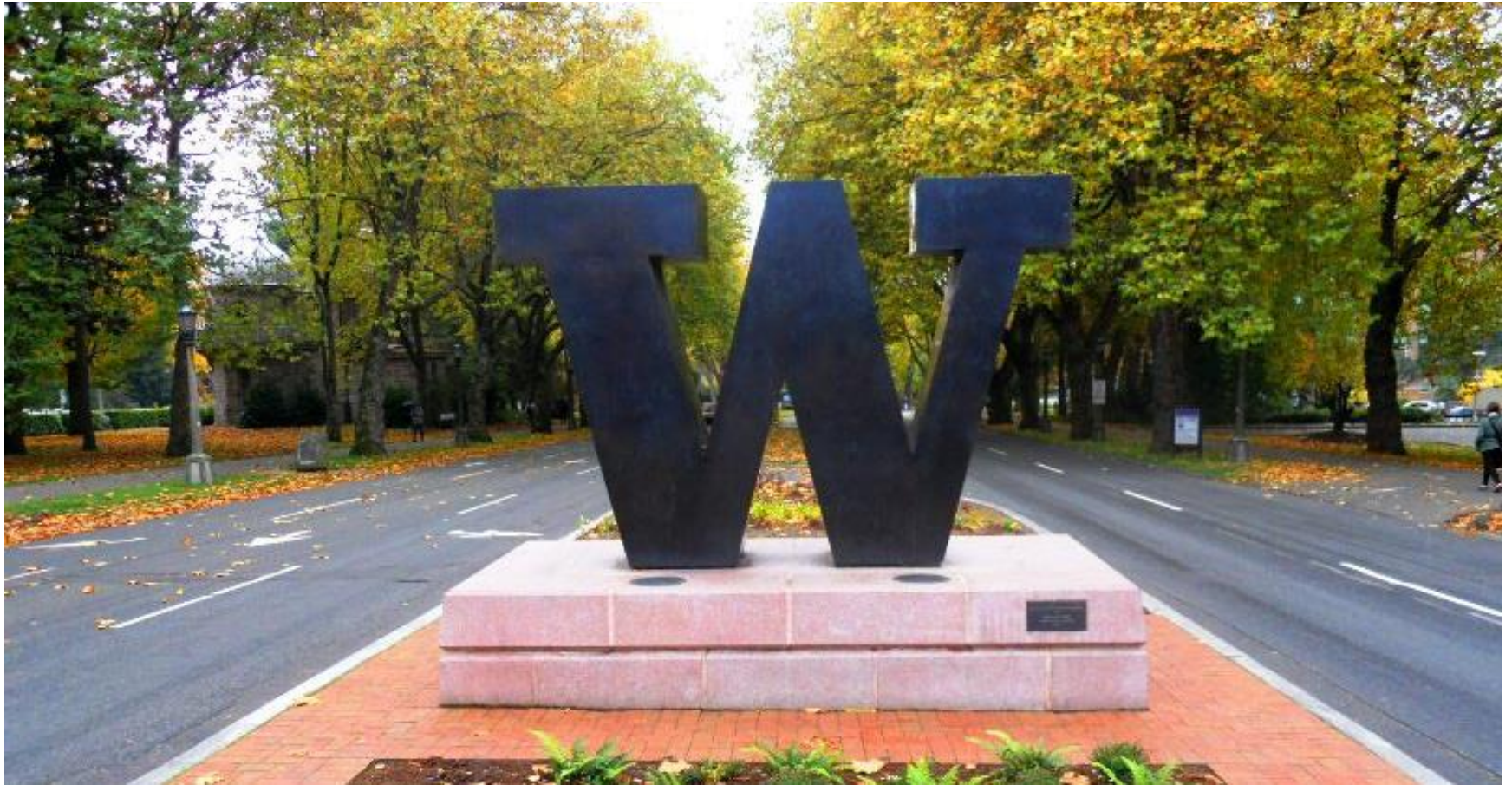


University of Washington
School of Medicine
2025-2026 Psychology Internship
Open House

Virtual Meeting

January 7, 2025

Welcome to Seattle and UW!



Introductions

- Training Director: Ty Lostutter, Ph.D.
- Assistant Director: Katherine Wright, Ph.D.
- “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

Schedule

Morning Session (8:00 – 11:00)

8:00 Program Overview

9:00 Break

9:10 Move to Track Specific Track Links

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

(12:30 – 4:30 pm or 5pm)

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 from the Track Coordinator(s).

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.

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 , Ph.D.



Introductions: Track Coordinators

General Child:

Michelle Kuhn, PhD



Introductions: Track Coordinators

Autism & Developmental
Disabilities:

Erin Olson, Ph.D.



Introductions: Track Co-Coordinator

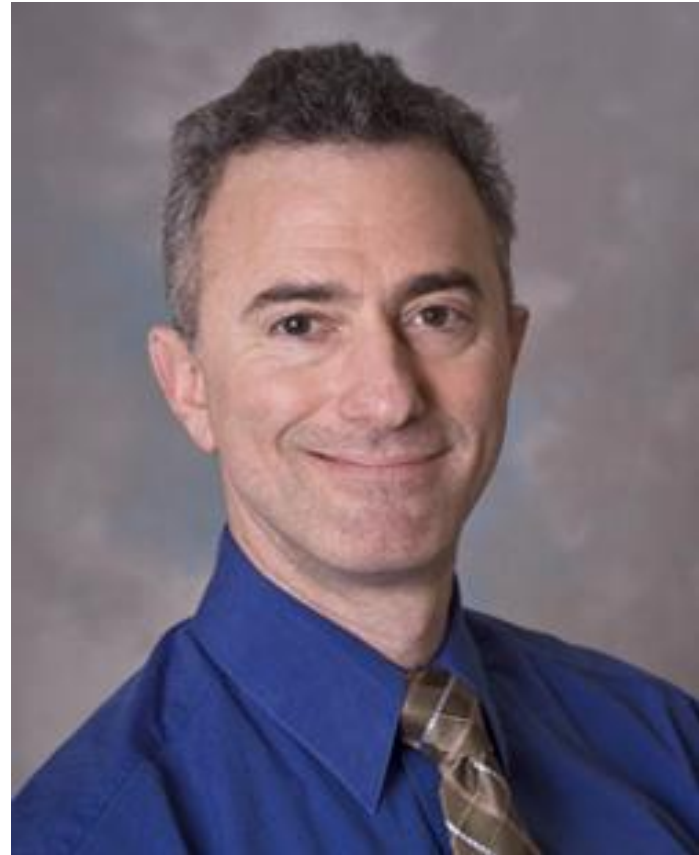
Behavioral Medicine &
Neuropsychology Tracks:

Ivan Molton, Ph.D.



Introductions: Track Co-Coordinator

Behavioral Medicine &
Neuropsychology Tracks:
Jeffrey Sherman, Ph.D.



University Washington Medical Center (UWMC)



1959 NE Pacific St, Seattle, WA 98195

Harborview Medical Center (HMC)



325 9th Ave, Seattle, WA 98104

Seattle Children's Hospital (SCH)



4800 Sand Point Way NE Seattle, WA 98105

Magnuson Clinic



6901 Sand Point Way NE Seattle, WA 98115

Institute on Human Development and Disabilities



1701 NE Columbia Rd Seattle, WA 98195

UW Roosevelt Clinic (Outpatient Psychiatry Clinic)



4225 Roosevelt Way NE, Fl 3, Seattle, WA 98105

Fred Hutchinson Cancer Center

Formerly known as Seattle Cancer Care Alliance



825 Eastlake Ave E, Seattle, WA 98109

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

Internship Year

July 1, 2025 – June 30, 2026

- 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

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

Profession Wide Competencies [PWCs]

- a) Science research and evaluation
- b) Ethical and legal standards
- c) Individual and cultural diversity
- d) Professional values, attitudes, and behaviors
- e) Communication and interpersonal skills
- f) Psychological assessment and diagnosis
- g) Psychotherapeutic intervention
- h) Supervision
- i) Consultation and inter-professional collaboration

Educational Experiences

- Experiential clinical contact in various medical settings
- Weekly clinical supervision
- Weekly didactics series
- Monthly journal clubs (attend at least 8 out of 10)
- Optional Intensive Training Seminars
 - e.g., Cognitive Processing Therapy, Dialectical Behavioral Therapy, Hypnosis, etc.)

Supervision

- Psychology residents receive two hours of individual supervision from their rotation supervisors, with additional group and/or individual supervision for a total of 4 hours of supervision per week. Psychology residents receive a minimum of four hours of supervision per week.

Mentorship

- Each intern is assigned a mentor who meets with them frequently during the year and collaborates with the Training Director in providing support for professional development.

By the End of Internship

- We certify 2,000 Internship hours
- Of those 2,000 hours, you will have a minimum of:
 - 200+ hours of total supervision (100+ individual and an additional 100+ of either individual/group)
 - 500+ hours of clinical contact (patient hours)/varies by resident/rotation
 - The remaining hours are educational and clinical support hours

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

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 3 – 5pm
 - Grant Writing Seminar Thursdays 1 – 2pm (August-June)
 - If no grantsmanship, 4 hours of release time for independent research

Components of the UW Internship

Benefits

- \$43,188 salary*
- 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)

**Salary was originally advertised as \$41,544, this is an \$1,644 increase*



Resident Safety (post-COVID-19)

- Our priority is and will continue to be Resident Safety during the training year.
- To this end we 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.

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, [your] cohort, or [your] community” (van Dernoot Lipsky, 2010).
- Led by Drs. Lindsey Knowles and Andrea Newman, both of whom are former residents and current post-doctoral fellows. The group focuses on processing and addressing the impact of emotional difficulty of the work that we do as psychologists.



Lindsey Knowles, Ph.D.

Assistant Professor, Rehabilitation Medicine,
University of Washington



Andrea Newman, Ph.D.

Postdoctoral Fellow, Department of Rehabilitation
Medicine, University of Washington



Research & Grant Writing & Professional Development Seminar

Research/Grantsmanship



- Mentor Model
 - Matched with faculty research mentor
 - Adjust mentor if your needs change
- Research Projects
 - Writing a grant
 - Writing a paper (from your own or secondary data analyses)
 - Independent projects

Independent Research (Non-Grant Writing Seminar)



4 hours release time per week



Mentoring by faculty doing
research in your area of interest

Research and Grantsmanship 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

Grantsmanship Seminar



Grantsmanship Co-Leaders

Mary E. Larimer, Ph.D., Professor

Joan Romano, Ph.D. Professor

Ty W. Lostutter, Ph.D. Associate Professor

Connor McCabe, Ph.D. Assistant Professor

Grantsmanship 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

Grantsmanship Funded Awards

▶ **2023 – 2024**

- Joey Cheung,/Adult Track (CSTP)

▶ **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)

▶ **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 NIMH)



Components of the UW Internship

Committees:

- Steering
- Diversity Advancement
- Didactics Planning
- Professional Development

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.



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, Ph.D.
Chair

DAC Committee Structure



Between 11 meetings per academic year



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



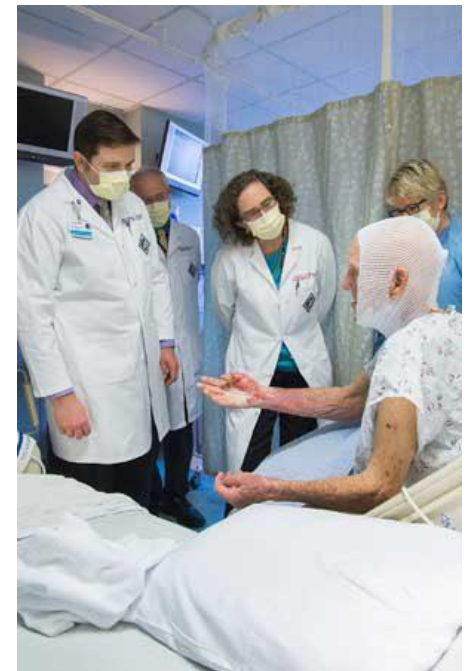
The DAC reports their activities to the Steering Committee and works in collaboration with the goals of the Internship Program

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 research experiences at UW
- 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 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.”

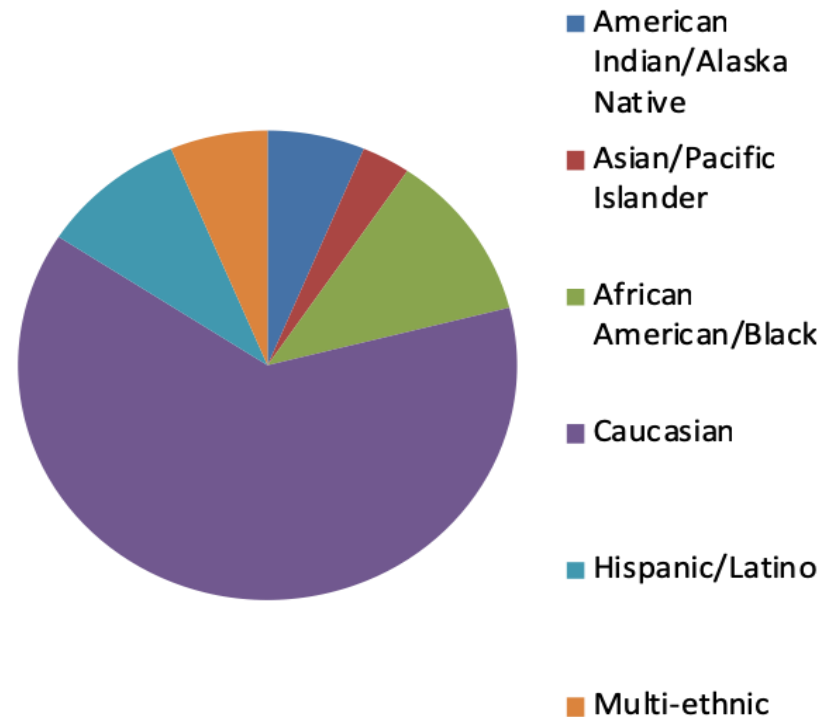


Child Track

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 (campus overall)
- Across numerous individual difference diversity variables, our internship faculty is somewhat more diverse, with 30% identifying with at least one underrepresented groups (e.g., race/ethnicity, language, national origin, sexual orientation, disability).
- We have much work to do to achieve our goal of becoming an anti-racist institution

Accomplishments

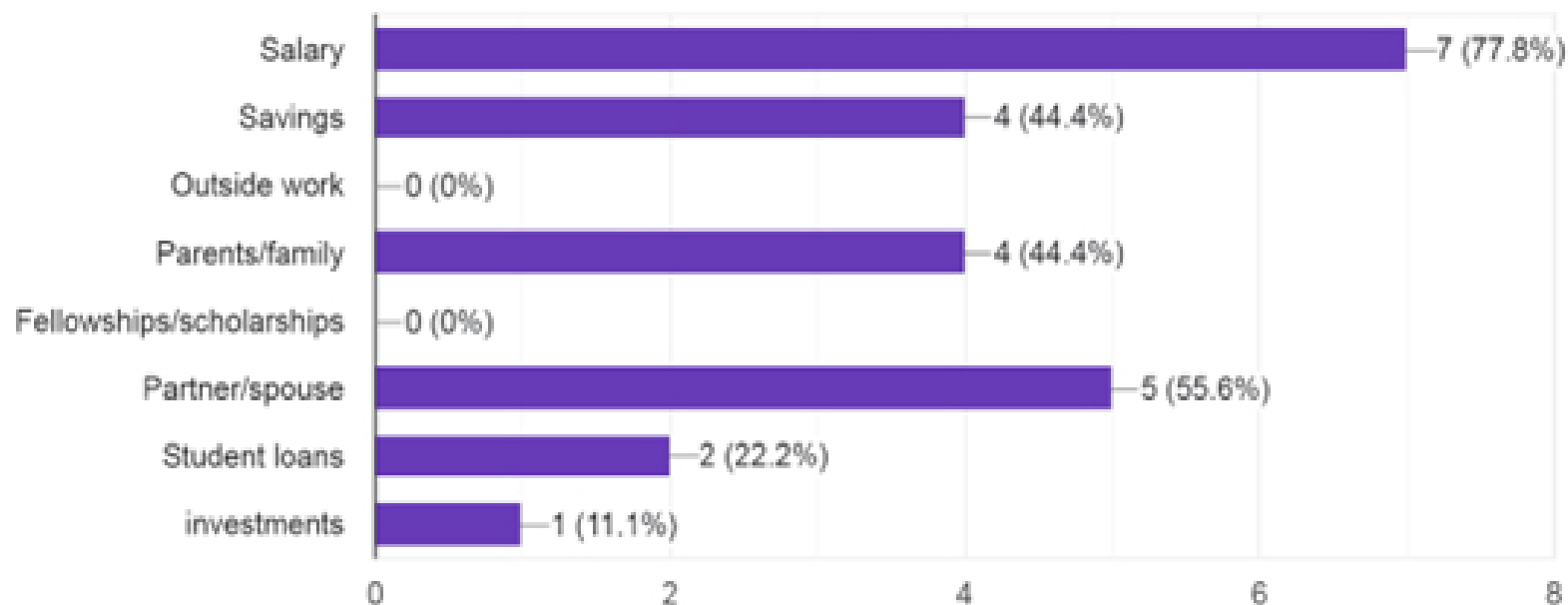


- Conducted program evaluation on financial issues facing psychology residents.
- Input on Open House Slides
- Developed a tips pamphlet on how to include diversity in your professional presentations
- Developed diversity questions for the Didactic Speaker Series evaluations
- Developed a Diversity Advancement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

Data from 2022-2023 Financial Support Survey

Sources of financial support

9 responses



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

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 show case a range of professional experiences.
 - CV, Interviewing, and Preparing for Licensure

At least two residents serve on the committee each year, 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, Ph.D.
Chair

Life After Internship

Post Doctoral Information
Program Outcomes

Post-Internship Placements of Graduates

	<u>2017</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>
Postdoctoral Fellowship	10	14	12	13	15	13	16	13
Academic Position	2	0	0	0	0	1	0	1
Private Practice	0	0	1	0	0	0	0	0
Public Agency	1	0	1	0	0	0	0	1

Post Doc Placements: local vs out of area

	<u>2017</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>
Local Area Post Doc	8	5	7	7	9	4*	10	9
Out of Area Post Doc	3	9	5	6	6	10	6	4

* 1 resident took a tele-health post-doc located in California but lives in Seattle

Where Are They Now?

A+ A- | Reset

[2023-2024](#) | [2022-2023](#) | [2021-2022](#) | [2020-2021](#) | [2019-2020](#) | [2018-2019](#) | [2017-2018](#) | [2016-2017](#) | [2015-2016](#) | [2014-2015](#)



Tally for the preceding 4 Cohorts

Post-Internship Position	2020-2021	2021-2022	2022-2023	2023-2024
Post-Doctoral Fellowship Affiliated with UW System	6	2	10	6
Post-Doctoral Fellowship Outside UW System	9	8	6	7
Faculty / Research Scientist	0	2	0	1
Other (Private Practice, Consulting Business)	0	2	0	1
Public Agency Mental Health Services	0	0	0	0
Returned to Complete Dissertation	0	0	0	0

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Main Menu

RESIDENT LIFE

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- [Psychology Internship Calendar](#) >
- [Lectures and Seminars](#) >
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<https://pip.psychiatry.uw.edu/resident-life/where-are-they/>

Psychology Internship Program > Resident Life > Post-Internship Opportunities

Post-Internship Opportunities

A+ A- | Reset



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<https://pip.psychiatry.uw.edu/resident-life/post-internship-opportunities/>

Internship Outcomes

- Distal data are obtained from intern alumni after completion of the program. Graduates report on postdoctoral fellowships, licensure, board certification, APA fellow status, describe the nature of their positions, and evaluate the internship in terms of their acquisition of PWCs.
- 97% of our graduates' next positions after internship are employed in academic settings.
- Based on our 10-year distal data 79.3% of our graduates continue to be employed in academic settings.



Open House Website

Open House

A+ A- | Reset



Applicants still under consideration after December 3rd will be invited to our Open House / Interviews to be held on **Tuesday, January 7, 2025**. 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).

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 >

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

Open House Website



Slide Presentations from today



Additional Information



Videos from Open House up by 01/10/25

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

- All Rank Orders are due on February 7, 2025.
- We plan to send you on **February 10, 2025**, our Open House & Rank Order Decision-Making Survey for your honest feedback about your experience.
- This will not influence your rankings and factors in our rank order decision-making.

No Need to Send A Thank You Note



Questions?

