

# UW Psychology Internship Program Child Track at Seattle Children's

*Track Director: Michelle Kuhn, PhD*

January 6, 2026



Seattle Children's®

# Agenda

9:10 – 10:45

- General overview of Seattle Children's and the Child Track
- Greeting, Elizabeth McCauley, PhD – Associate Director, Child Psychiatry & Behavioral Medicine
- Rotation descriptions
  - Outpatient – James Lolley, PsyD
  - Consultation/Liaison – Eileen Twohy, PhD
  - Inpatient – Sheena Friesen, PhD
- Q&A

## Break

- Meet with residents at 11:00

# UW Psychology Internship

## Tracks 2026-27

**Training Director:** Ty Lostutter, PhD

Track	Track Coordinator	Spots
Adult	Adam Carmel, PhD	3
Autism & Developmental Disabilities	Erin Olson, PhD	1
Behavioral Medicine	Ivan Molton, PhD	4
Child	Michelle Kuhn, PhD	4
Rehab Neuropsychology	Ivan Molton, PhD	1

## Beds

**Total Licensed Beds: 423**

Medical/Surgical Unit: **184**

## Pediatric Intensive Care Unit: **64** (including Cardiac ICU)

Cancer Care Unit: **48**

Psychiatry and Behavioral Medicine Un

Neonatal Intensive Care Unit: **48**

Rehabilitation Unit: 12

## Top 5 Outpatient Services by Volume

## Rehabilitation Medicine: **84,609**

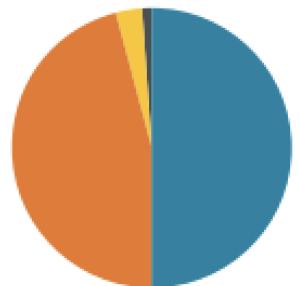
## Psychiatry & Behavioral Medicine: **57,735**

## Orthopedics & Sports Medicine: **46,927**

Cardiology: **24,694**

## Otolaryngology: 24,195

# Seattle Children's Patient Facts & Figures (FY2024)



### Payor Mix (%)

## 50% Medicaid Managed Care Organizations and Medicaid

#### 46% Commercial Insurers

3% Other Government

1% Other

## grants and donat

## Demographics



- 6.2% Two or more races
- .9% American Indian and Alaska Native
- 11.6% Asian
- 6.5% Black and African American
- 19.3% Hispanic/Latinx
- .6% Native Hawaiian and other Pacific Islanders
- 4.1% Other Race/Ethnicity
- 9.6% Unknown/Declined
- 41.2% White

# Equity & Antiracism

## We acknowledge that:

- our institutions are steeped in cultural racism
- our leadership and supervisors are disproportionately white

## We commit to:

- prioritize trainees' experiences
- listen, believe you, and collaboratively address any concerns
- provide opportunities to learn about and promote diversity, equity, and inclusion throughout your training
- continue to work towards antiracism and representation

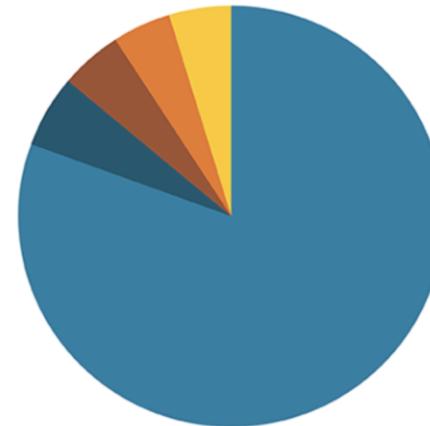
## Is Seattle Children's living up to its antiracist pledge?

Some employees are happy to see the hospital make progress, but still want to see more.

by Maleeha Syed / December 28, 2022



# Health Equity Outcome Tracking



## Top 5 Languages Spoken by Patients/Families Other Than English

- 7.1% Spanish, n=15,376
- 0.5% Ukrainian, n=1082
- 0.4% Mandarin, n=954
- 0.4% Russian, n=947
- 0.4% Somali, n=907

Languages used represents "Languages for Care" and the families' need.

Total of 120 languages used by patients/families

## Social Determinants of Health (SDOH) Screening in FY25

% Patients Screened = **90.8%**, n = 145,202

Of the patients screened, % reported at risk for:



- **21.7%** Financial Resource Strain, n=31,531
- **15%** Food Insecurity, n=21,830
- **11.6%** Housing Insecurity, n=16,897
- **5%** Transportation Needs, n=7,275

## Adaptive Social Response

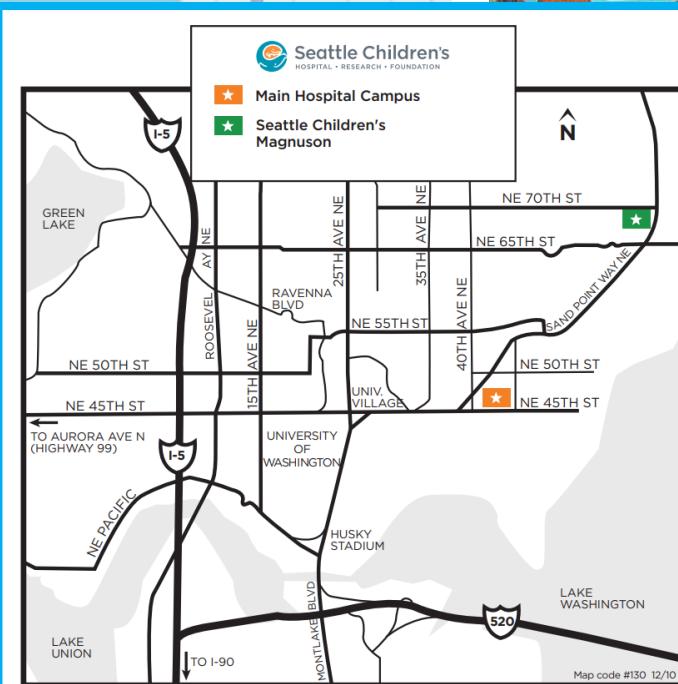
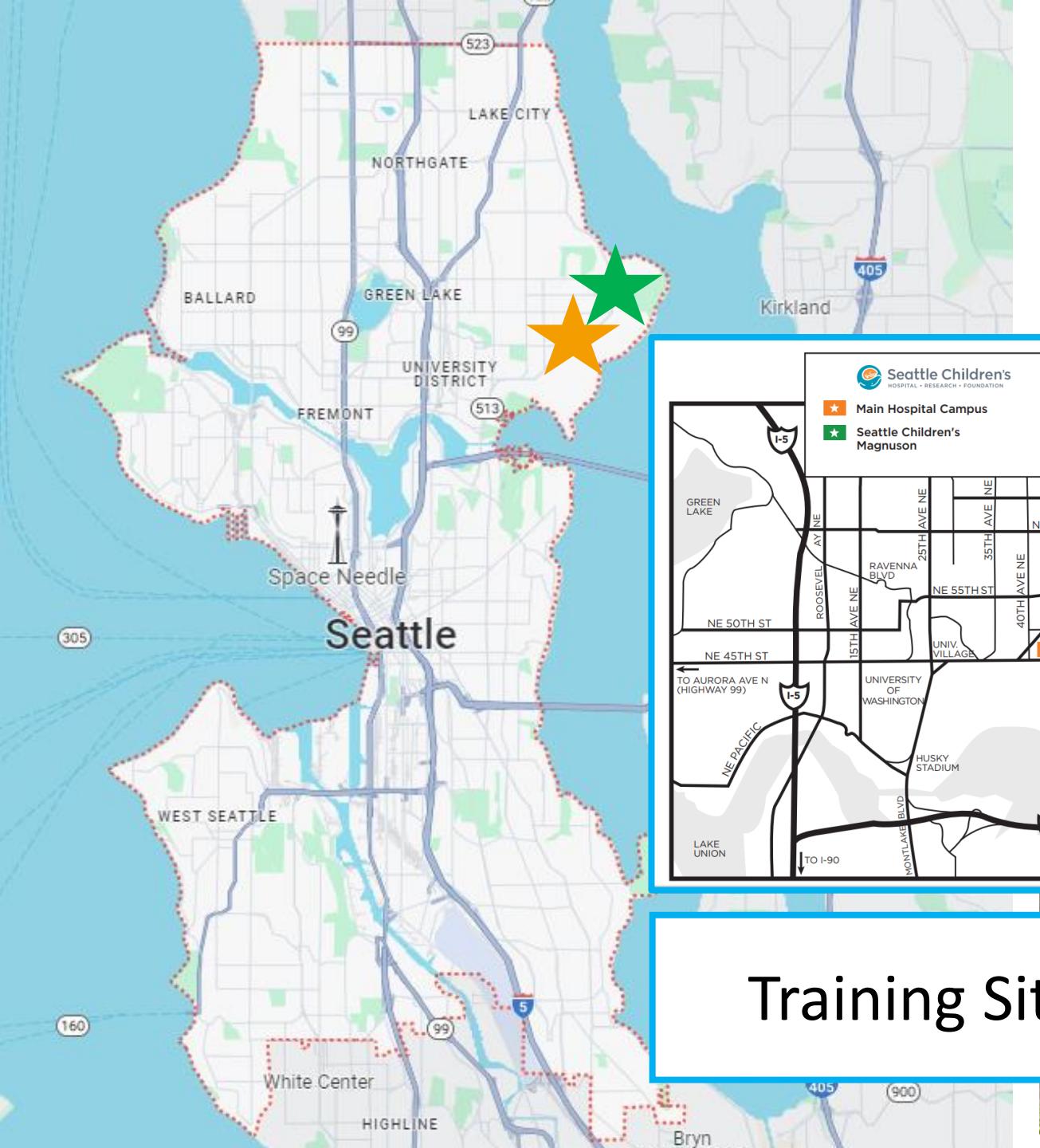
Reduce the use of the most restrictive interventions from 27.1% to less than or equal to 26.2% by increasing the use of Adaptive Social Response.

✓ Goal: **26.2%**

**15.2%**

of most restrictive interventions used

<https://www.seattlechildrens.org/about/healthcare-experience-outcomes/>



## Training Sites



# What to expect on the Child Track

- **Generalist** training:
  - Assessment, intervention, consultation
  - Short & long-term treatment
  - Group & individual treatment
  - Inpatient & outpatient
  - Psychiatric & medical
  - Early childhood to young adult
- Emphasis on the integration of science and practice



The primary objective of the UW Psychology Internship Child Track is to train residents to become well-rounded Child Psychologists within the Scientist-Practitioner Model

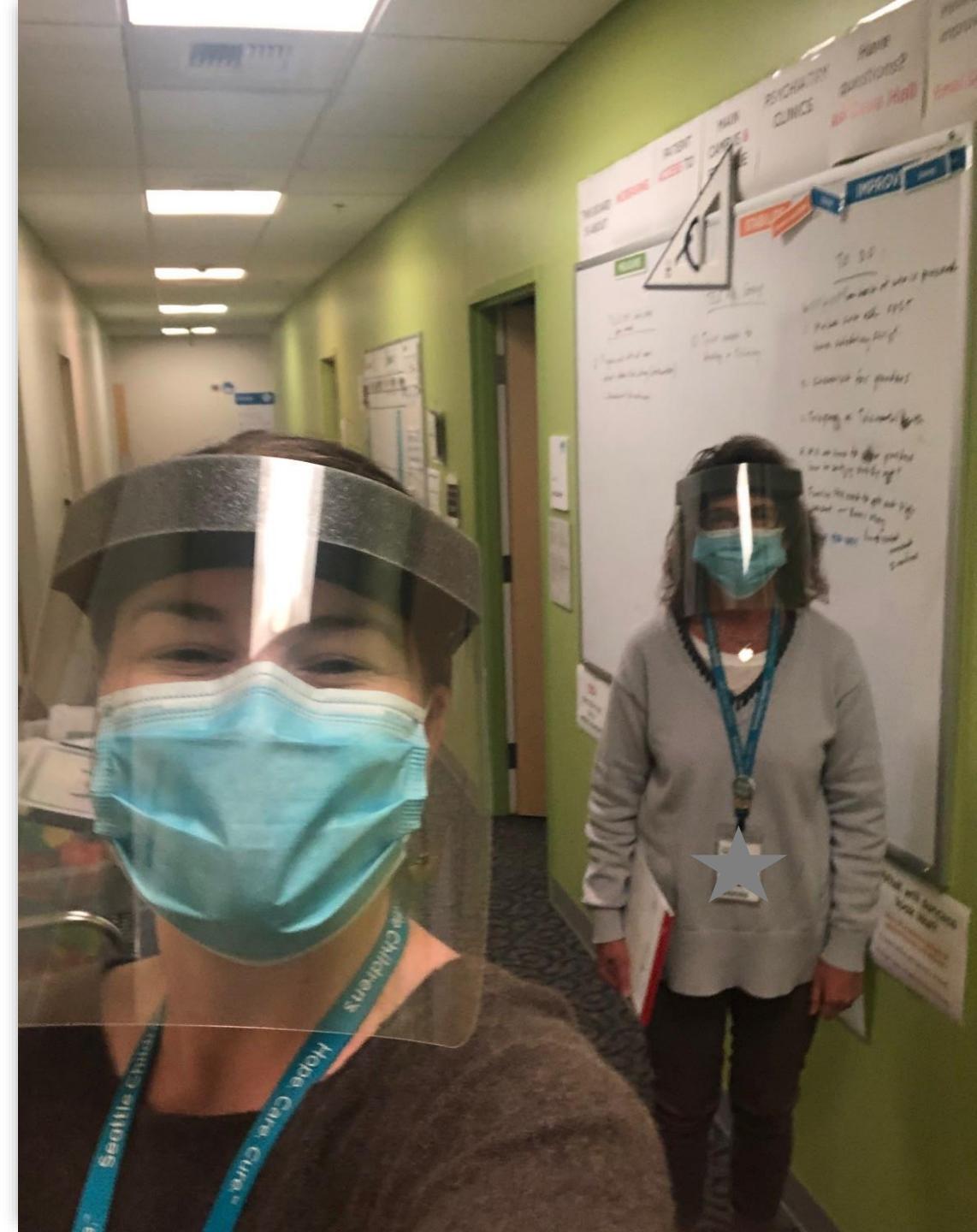
# Rotation Structure

- **Consultation-Liaison (C/L):**  
3 months
- **Inpatient (Psychiatry & Behavioral Medicine Unit; PBMU):**  
3 months
- **Outpatient Psychotherapy & Assessment:**  
6 months
- **½ day/week research & grant writing**

	July – Sep	Oct – Dec	Jan – Mar	Apr – Jun
Resident 1	Inpatient PBMU	C/L	Outpatient	
Resident 2	Outpatient		Inpatient PBMU	C/L
Resident 3	Outpatient		C/L	Inpatient PBMU
Resident 4	C/L	Inpatient PBMU	Outpatient	

# COVID Modifications

- Outpatient rotation is a hybrid of in-person and telehealth work; inpatient (PBMU, C/L) rotations are in-person
- PPE (face mask, eye protection) are periodically required during viral surge periods



# Training Program Administration



Michelle Kuhn, PhD – Child Track Director

James Lolley, PsyD – Practicum & Postdoc Training Director

Dave Hall – Psychiatry Clinic Manager

Dell Harris – Psychiatry Department Operations Manager

Kari Williams – Psychiatry Program Coordinator



## Current Residents

Kara Fox [kara.fox@seattlechildrens.org](mailto:kara.fox@seattlechildrens.org)

Clara Johnson [clara.johnson@seattlechildrens.org](mailto:clara.johnson@seattlechildrens.org)

Grace Woodard [grace.woodard@seattlechildrens.org](mailto:grace.woodard@seattlechildrens.org)

Lucy Lurie [lucy.lurie@seattlechildrens.org](mailto:lucy.lurie@seattlechildrens.org)



## General Child Track Primary Supervisors

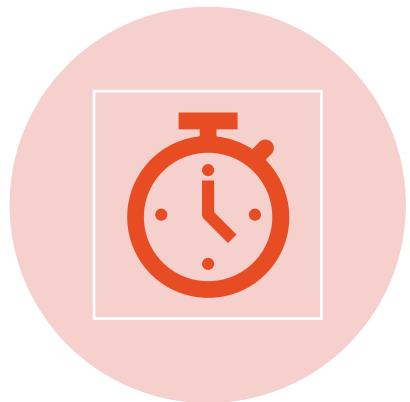
**Inpatient Psychiatry (PBMU):** Sheena Friesen, PhD

**Outpatient:** James Lolley, PsyD (therapy, primary)

Michelle Kuhn, PhD (assessment)

**Consultation/Liaison:** Eileen Twohy, PhD

# Research



4 HOURS  
OF DEDICATED RESEARCH TIME PER WEEK



\$2,000  
TO SPEND ON TRAVEL, CONFERENCE  
REGISTRATION, AND TRAINING MATERIALS



RESEARCH MENTORSHIP  
ASSIGNED RESEARCH MENTOR FOR THE  
ENTIRETY OF THE TRAINING YEAR



Greetings from  
Elizabeth  
McCauley, PhD

Associate Director,  
Child Psychiatry &  
Behavioral Medicine



# Outpatient Rotation

Jamie Lolley, PsyD

# Outpatient Psychology Rotation



- 6-months, full time
- General work hours 8/9:00 to 5/6:00
- About 14 direct clinical hours per week
- Telehealth and in-person visits
- Seattle Children's Magnuson Clinic



# What do trainees do?

- Training clinic therapy cases
- Outpatient clinic electives
- Psychological evaluation
- Supervision

# Therapy experiences

- Training Clinic Cases
  - From waitlist and referrals
  - Generalist training
- Outpatient clinic electives
  - ‘Major’ - full clinic day, taking part in all clinic activities
  - ‘Minor’ - 2-3 hours of groups, individual therapy, or evaluation patients

Mood + Anxiety  
(MAP)

Eating Disorder +  
Recovery Program

Behavior + Attention  
Management  
(BAM)

Child and Adolescent  
Latino Mental Health  
Assessment +  
Treatment  
(CALMA)

Early Childhood  
Clinic  
(ECC)

Gender Clinic

Dialectical Behavior  
Therapy  
(DBT)

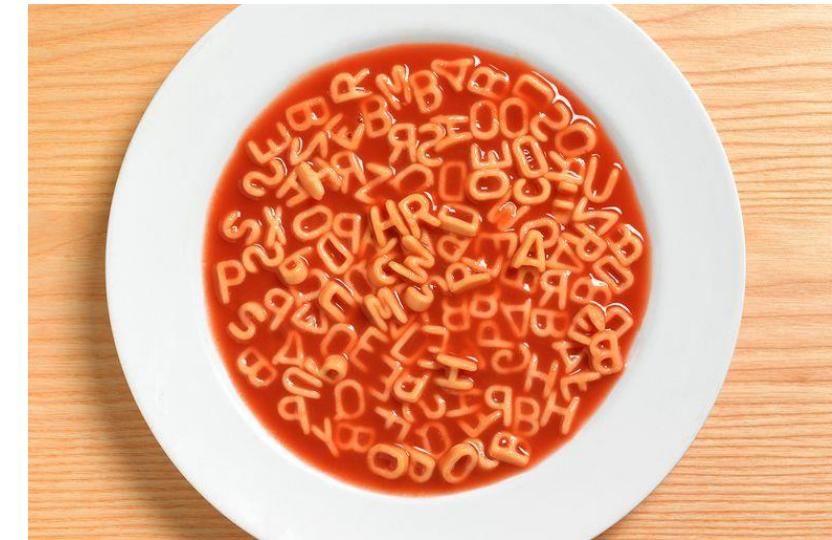
# How we see patients and families

- Telehealth
  - Evaluation intakes and feedbacks
  - Almost all group therapies
  - Supervisor present for part of session - role planned together ahead of session
- In-Person
  - At Magnuson Clinic
  - Most individual therapy patients
    - Supervisor generally not present except for intake session
  - Direct psychological testing



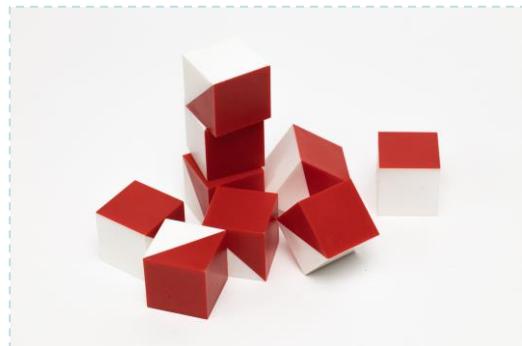
# Common modalities

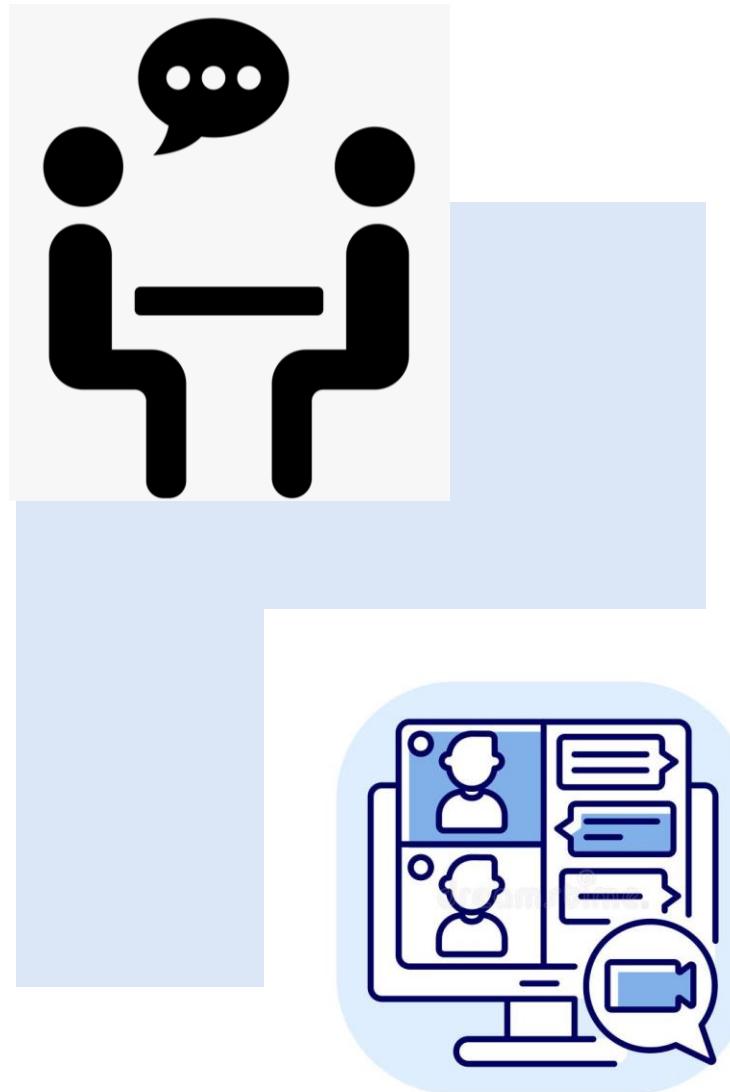
- Exposure/with response prevention (ERP)
- Behavioral parent training (BPT; PCIT, IY)
- Positive behavior support (PBS)
- Organizational skills training
- Cognitive behavioral (CBT, CBT-I)
- Behavioral activation (BA)
- Acceptance and commitment therapy (ACT)
- Dialectical behavior therapy (DBT)
- Family based treatment (FBT)
- Motivational interviewing (MI)
- Trauma Therapy (TF-CBT, CPT)
- And others...



# Psychological evaluation

- **Specialized Neurodevelopmental Assessment & Consultation Service (SNACS)**
  - 4 sessions
  - Children with developmental and behavior concerns and prenatal exposures/early adversity
  - School and outside provider consultation
  - Documentation: Integrated report
- **Psychological evaluations**
  - 2 sessions (intake and feedback)
  - Diagnostic clarification or support obtaining school services
  - May or may not include direct testing
  - Documentation: Integrated report or evaluation summary
- **Diagnostic/Intake interviews**
  - One session
  - For your new therapy cases
  - Documentation: Evaluation summary, treatment plan





# Supervision

- 1 hour assessment supervision
- 1 hour therapy supervision
- 1 hour from elective supervisors
- Group supervision in electives
- Monthly (or as discussed/determined with mentor) professional and research mentorship

# Patients & Setting

## Patients

- Mostly ages 2-18
- Presenting for treatment in specialty clinics
- Many families are served under state insurance
- Specialty care not available in community or need multidisciplinary team
- Care is generally targeted and involves parents to at least some extent
- All care uses evidence-based approaches

## Trainees

- Child Psychology Residents, Post-Doctoral Fellows, practicum students
- Child and Adolescent Psychiatry Fellows, General Psychiatry Residents, and medical students

## Multidisciplinary Outpatient Teams

- Mental Health Therapists
- Psychiatrists
- Nursing
- Behavior analysts
- Substance use disorder treatment specialists



# Questions?

# Seattle Children's Psychiatry Consultation/Liaison (CL) Service

Eileen Twohy, PhD, Psychology Attending, Primary  
Rotation Supervisor

Elizabeth McCauley, PhD, Psychology Attending

Andrew Bontemps, PhD, Psychology Attending

Ian Kodish, MD, PhD, Psychiatry Attending & CL Director



# Overview of CL

The CL Service provides psychological evaluation, behavioral management strategies, pharmacologic recommendations, brief therapeutic intervention, and coordination of care to patients referred by inpatient pediatric general medical & surgical units

## Common consultation questions

- Suicidality
- Eating disorders
- Delirium, catatonia
- Nonadherence w/care
- Adjustment to illness
- Functional Neurological Symptom Disorder
- Psychopharmacological initiation & optimization
- Agitation



# Our CL Team

- **Attending Psychologists:** Eileen Twohy, Elizabeth McCauley, Andrew Bontemps
- **Attending Psychiatrists:** Ian Kodish, Brenda Cartujano-Barrera, Bridget McNulty
- **Mental Health Therapist:** Trista Trumbo
- **APPs:** Andrew Given, Danielle Hyatt, others
- **Case Managers:** Lilly Louden-Mosio, Maddie Freeman, Kevin Barr, Tanya Cuellar
- **Trainees:** psychology residents, psychiatry fellows, addiction fellows, occasional adolescent medicine or pediatrics residents
- **Behavior Support Program Director:**  
Lauren (Hux) Huxtable



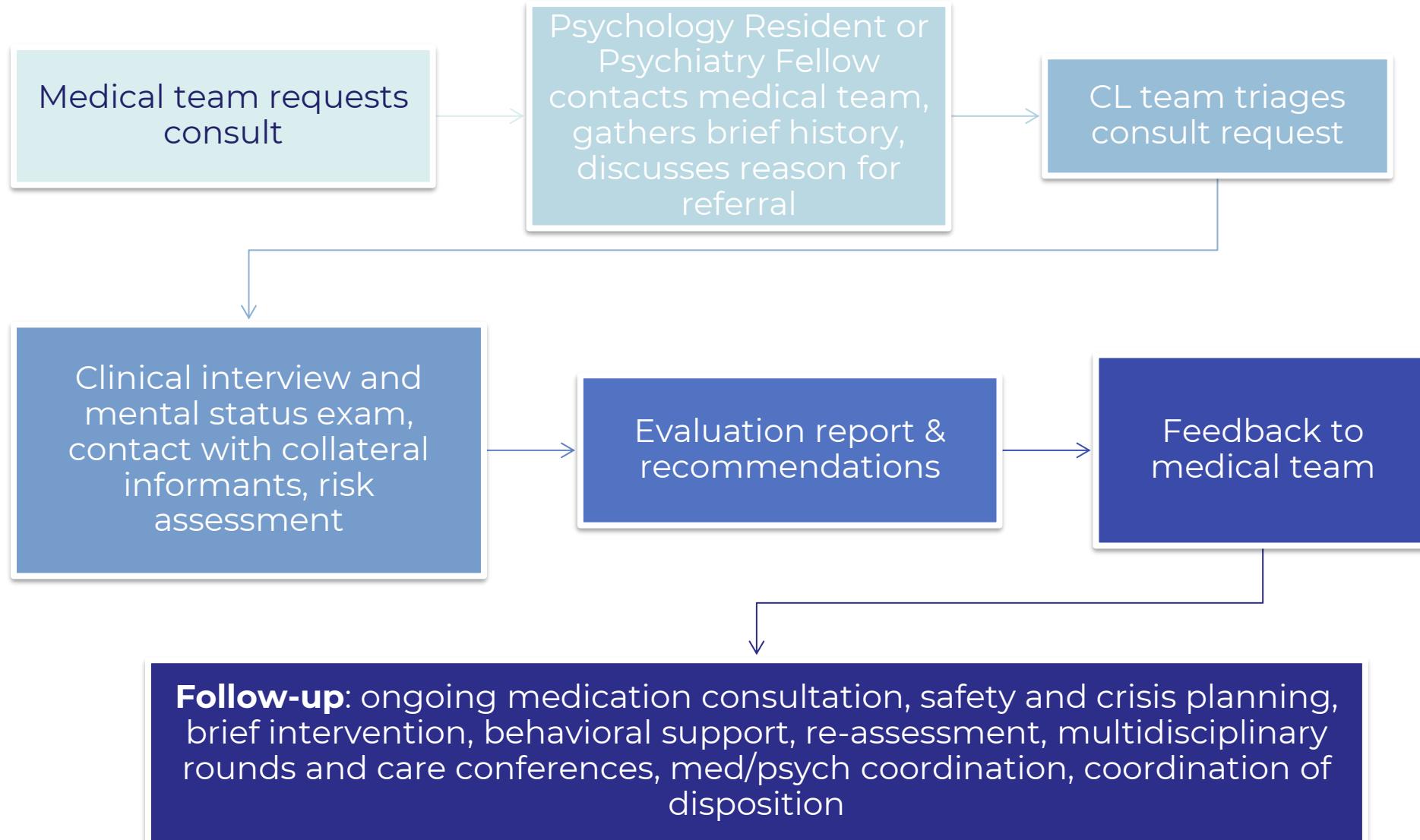
# Training on the CL service

**We balance the complex, fast-paced nature of the work by providing a high level of support, within a team that emphasizes collaboration and fun.**

- Interdisciplinary: psychology and psychiatry trainees work closely together, jointly managing the service
- In-person: the CL team is at the main hospital every day, seeing patients across the inpatient medical floors
- Daily team rounds to discuss cases and coordinate care
- Weekly individual supervision with Dr. Twohy, as well as (lots of) daily live supervision with CL attendings
- Monthly team didactics
- Opportunities to learn from multidisciplinary colleagues within and beyond the CL team (Pediatrics, Nursing, Specialty Medical Services, Physical/Occupational/Speech Therapy, Nutrition, Behavior Support, Spiritual Care, Child Life, Ethics...)



# CL process



# Embedded Behavioral Health Experience

New this year!

- Fundamental pediatric psychology experiences during C/L rotation
- Groups (e.g., coping with needles and pokes for early childhood)
- Toileting clinic
- Embedded work in neurodevelopmental and biochemical genetics clinics



# Questions?





# The Psychiatry and Behavioral Medicine Unit

Sheena Friesen, PhD  
Attending Psychologist  
Assistant Professor

# The Psychiatry and Behavioral Medicine Unit

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- 41 Beds, patients ages 4-17
- Approximately 1200 patients seen per year
- Common presenting problems include suicidality, psychosis and related symptoms, acute disruptive behaviors and aggression
- Average length of stay is 7-10 days
- The only inpatient psychiatric unit in WA that sees patients under 12 or with ASD
- The multidisciplinary team includes psychologists, psychiatrists, advanced practice nurses, nurses, floor staff, case managers, social workers, board-certified behavior analysts, and therapists in mental health, occupational, speech, and recreational fields, as well as ancillary teams, consult providers, and trainees



# The Psychiatry and Behavioral Medicine Unit Psychology Faculty

- Sheena Friesen, PhD, Attending Psychologist, Assistant Professor, Primary Child Track Rotation Supervisor, Autism Track Rotation Co-Supervisor
- China Bolden-Jarvis, PhD, Attending Psychologist, Acting Assistant Professor, Child Track Rotation Supervisor
- Eric Boelter, PhD, BCBA-D, Attending Psychologist, Assistant Professor, Autism Track Elective Supervisor
- Alysha Thompson, PhD, Attending Psychologist and Clinical Director, Associate Professor



# PBMU Psychology Resident Duties

## Patient Care

- Primary therapist for 2 patients
- Common interventions may include:
  - **Individual therapy** targeting treatment distress tolerance skill enhancement, engagement and willingness, and safety planning
  - **Caregiver interventions** focused on means restriction/home safety strategies and targeted parent training interventions
  - **Family therapy**
- Run CBT and DBT informed **patient skills groups**
- Participate in **multidisciplinary collaboration** and provide **consultation** to nurse and coaching staff
- Engage in **milieu therapy**
- Complete **cognitive and diagnostic assessments**
- Collaborate with supervising psychologist on **behavior intervention plans (BIP)**

# PBMU Psychology Resident Duties

## Supervision & Program Development

- Attend daily multidisciplinary **rounds**
- Daily **individual supervision** with licensed clinical psychologist
- Weekly **group supervision**
- Attend **multidisciplinary didactics**
- **Presentation opportunities** specific to resident's areas of interest and expertise
- Support **program development** projects based on unit need and resident capacity



# PBMU Training Objectives

- Engage in **multidisciplinary collaboration** to advance patient care
- Develop **familiarity with the child welfare, school, and community behavioral health systems**
- Conduct **assessment and differential diagnosis** to inform case formulation and intervention planning
- Acquire knowledge of pediatric **psychopharmacology**
- Demonstrate **skillful clinical documentation** that is timely, concise, and actionable
- Develop competence in **crisis intervention and safety planning** for behavioral and emotional dysregulation
- Engage and support youth with **severe mental illness** in **emotion regulation, distress tolerance, and interpersonal problem-solving skills** using evidence-based approaches
- Understand the **continuum of care** and the strengths and limitations of acute psychiatric settings
- Practice **cultural humility and equity** in assessment, intervention, and decision-making with diverse and often under-resourced families
- Demonstrate **reflective practice**, including awareness of personal stress responses and self-regulation
- Apply **ethical and legal considerations** in short-term crisis stabilization setting



# Questions?

# What's next?

## Seattle Children's Post Docs

- 7 total this year
  - UW Leadership in Adolescent Health Education Psychology (LEAH) Fellowship
  - Autism Center (2)
  - Pediatric Oncology Psychology

## UW Post Docs

- T32 Integrated Mental Health Fellowship
- Child Health Equity Research Program
- UW Child Study & Treatment Center (residential clinical post doc)
- UW research post docs with specific focus areas through the department of psychiatry and behavioral sciences

Funding changes year to year, leading to unpredictability in post doc availability. We are unable to guarantee post doc availability for all residents.

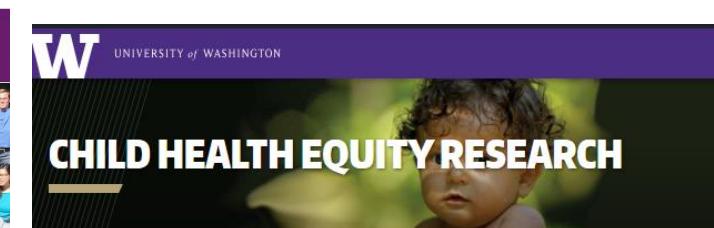


The screenshot shows the UW Medicine Department of Psychiatry and Behavioral Sciences website. The header includes the UW Medicine logo and the department name. Below the header is a blue banner with the text 'Education & Professional Development' and a photo of a group of people. The page content includes a breadcrumb navigation and a section titled 'Fellowships'.

## Fellowships

### Center of Neuroscience, Neuroendocrinology, and Clinical Translation Postdoctoral Fellowship

This is a one-year position (with potential for renewal) for individuals seeking postdoctoral training in clinical translational neuroscience focused on examining predictors and mechanisms of treatment non-response during cognitive behavioral therapy for anxiety related disorders. There are opportunities for publication, conference presentations, and grant writing, as well as direct clinical training with clinical populations.



The screenshot shows the University of Washington Child Health Equity Research Program website. The header features the UW logo and the text 'UNIVERSITY of WASHINGTON'. Below the header is a dark banner with the text 'CHILD HEALTH EQUITY RESEARCH' and a photo of a child.

[Home](#) > Child Health Equity Research

## Child Health Equity Research Program for Post-doctoral Trainees



## NIMH T32 Integrated Mental Health Fellowship

The goal of the National Research Service Award (NRSA) Primary Care Psychiatry/Behavioral Health Integration Fellowship is to train physicians and clinical psychologists working at the interface of mental health and primary care who will become academic leaders in primary care/mental health integration research. The program combines mentored research experience, professional development and coursework at the nationally renowned UW School of Public Health, including the option of completing a Master of Public Health.

Pediatric Fellowships

Child and Adolescent Clinical Psychology  
Postdoctoral Fellowships

Program Coordinators

James Lolley, PsyD and [Erin Olson, PhD](#)

Program Overview

Seattle Children's has an international reputation for excellence in clinical care, research and teaching and serves as the primary tertiary facility for pediatric care in the Pacific Northwest.



Questions?



## Schedule (Pacific Time):

11:00 – 12:00      Q&A Panel with current General Child Track residents  
Zoom ID: 927 5796 0563



12:30 – 4:20

- 30min Individual meetings with faculty/staff psychologists
- Virtual tour with current residents

*Go to Zoom (zoom.us/join), type in Zoom Meeting ID# provided*

2:30 – 4:00      *Optional* drop-in room with current residents  
Zoom ID: 912 4673 5689

4:30 – 5:00      *Optional* wrap-up Q&A session with Drs. McCauley & Kuhn  
Zoom ID: 627 760 9286

If you get lost today, call Kari Williams at 206-987-1017