

Psychology Internship Program

UBC INC
LIFE. WORK. WELLNESS.

APPLICATION PROCEDURE

Please send application materials to:

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United Backcare, Inc.
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Individual interviews will be conducted in person by psychology staff, by invitation only. Candidates will be called to schedule an initial interview. Intern applicants will have the opportunity to meet with 2-3 psychology staff members, in addition to meeting other clinical staff. Interviews are an opportunity for us to learn more about you and for you to become more familiar with United Backcare, Inc. and the Psychology Internship Program.



UBC, INC.
Redmond Everett Puyallup

Behavioral Health Services

INTRODUCTION

The Psychology Internship Program at United Backcare, Inc. (UBC, Inc.) meets the requirements for licensure as a psychologist in Washington State. It is a 12-month, full-time internship program with a stipend of \$15,000. In addition to the pre-doctoral training program, we provide training to all levels of psychology undergraduate, graduate and post-doctoral students.

United Backcare, Inc. (UBC, Inc.)

UBC, Inc. is a 27-year old medical rehabilitation outpatient organization located in Western Washington. It has been providing Commission for Accreditation of Rehabilitation Facilities (CARF) accredited interdisciplinary rehabilitation and occupational rehabilitation for over 22 years and is the largest provider of its type in the Northwest. Physicians, psychologists, registered nurses, physical therapists, occupational therapists and vocational rehabilitation counselors all work in teams to provide a variety of services to injured workers and individuals with chronic pain.

Training Program Philosophy

The primary goal of the UBC, Inc. Psychology Internship Program is to provide clinical psychological training within an interdisciplinary pain management setting, with special emphases on cognitive-behavioral therapy for chronic pain, behavioral health services, health psychology, opioid elimination (non-drug management of chronic pain), psychological testing, and assessment.

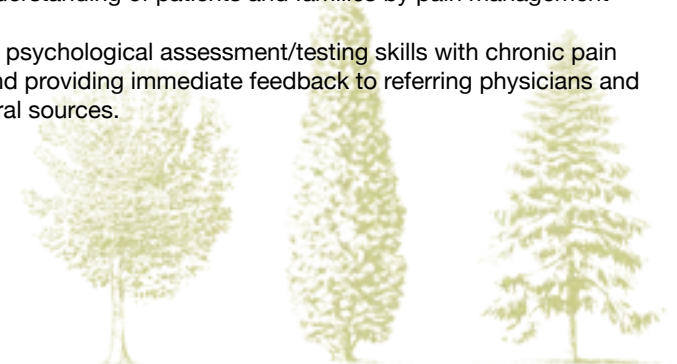
The goal is to prepare the doctoral level candidate for professional service as a clinical psychologist in a behavioral healthcare setting. UBC, Inc. strongly values an interdisciplinary approach to patient and family care from time of initial evaluation, through treatment, follow-up and post-treatment contact. Interdisciplinary teams consist of medicine, nursing, rehabilitation services, psychology, vocational counseling, and patient/family education. Psychology at UBC, Inc. is an integral part of the healthcare team throughout the continuum of care. The Psychology staff also

plays an important part in psychosocial research. Interns may have an opportunity to participate in a variety of research and educational projects.

Interns will gain experience with multiple psychological issues associated with work-related injuries and chronic pain. Additionally, experience in cognitive-behavioral treatment for chronic pain is emphasized. There will be an opportunity to have experience with both short-term and long-term interventions. Issues related to injury and chronic pain include: depression, anxiety, stress management, coping, pain management, adapting to loss of physical level of functioning, noncompliance with treatment, family and social issues, substance abuse, opioid elimination challenges, and communication with an interdisciplinary team. Experience in psychological testing and assessment is also available in the form of cognitive, neuropsychological, pre-surgical, and personality assessment.

Specific Goals of the Internship Include:

- 1) Recognizing and treating common psychiatric and psychological disorders in adults with chronic pain.
- 2) Learning about the timing and appropriateness of interventions for the chronic pain patient (e.g. individual, group, family, couples, cognitive-behavioral, solution-focused, supportive interventions)
- 3) Interacting meaningfully with the physicians, nurses, vocational counselors, physical therapy and occupational therapy staff as well as outside referral sources and management and administrative staff.
- 4) Increasing knowledge of chronic pain, chronic pain treatment, and the clinical course of chronic pain.
- 5) Being able to provide support to pain management staff and facilitate a greater understanding of patients and families by pain management staff.
- 6) Expanding psychological assessment/testing skills with chronic pain patients and providing immediate feedback to referring physicians and other referral sources.



- 7) Increasing knowledge and skills in selecting and implementing appropriate psychological tests for pre-surgical, cognitive, neuropsychological, and personality assessments.
- 8) Obtaining experience in providing psycho-education and therapy for chronic pain in a group format.
- 9) Obtaining experience in providing psycho-education and support to family and friends of individuals in treatment for chronic pain.

CLINICAL TRAINING OPPORTUNITIES, SEMINARS & MEETINGS

The program is designed as a traditional one-to-one apprenticeship model in which the intern works alongside his/her supervisor. UBC implements a practitioner-scholar model in which the intern engages in clinical work while also being offered opportunities for research and study. Experience will consist of providing supervised treatment to individuals in the Return-to-Work - Pain Management Program, the Opioid Elimination Program, Behavioral Health Services (consisting of psychotherapy and psychological testing and assessment to a broad variety of clinical presentations), and the Chronic Pain Family Support Group.

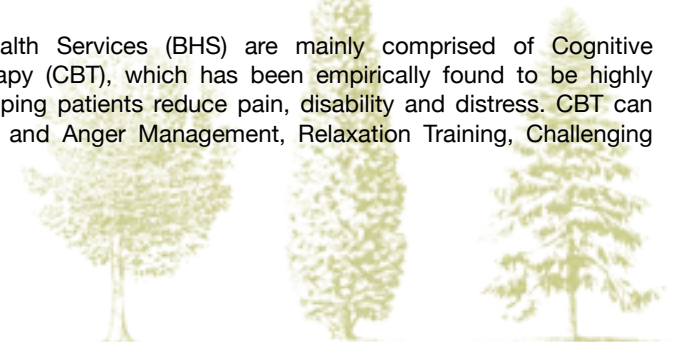
Supervision in each program is provided by the staff psychologists in each particular clinic. The degree of responsibility given the intern and the amount of structure provided depends on his or her level of prior experience. The intern will participate in weekly regularly scheduled supervisory sessions. In addition the intern will participate in group and unscheduled supervision, for a total of four hours supervision per week. Interns will also be required to attend treatment panels, psychology meetings, and the weekly intern seminar. Weekly intern seminar meetings are designed for education of both staff and interns. Interns will be expected to give presentations during the year, consisting of topics of interest, clinical cases, and review/critiques of journal articles.

Psychology and UBC, Inc. staff will give presentations on various psychological, medical, and rehabilitation topics. Example of seminar topics include: treatment of

anxiety and depression, psychological approaches to pain management, psychological assessment approaches in chronic pain, impact of illness on family, ethics, relaxation, biofeedback, diversity issues, psychopharmacology, and pain management/pain medication issues. In addition to weekly seminars, interns will have the opportunity to attend in-services, medical education classes, nursing classes, and other educational classes offered by UBC, Inc. staff members.

PROGRAM OVERVIEW

- 1) The Return-to-Work - Pain Management Program (RTW-PMP) is a full-time, outpatient, interdisciplinary, physical rehabilitation based program. It is an evidenced-based program for individuals who suffer from chronic pain as a result of work-related injury. The treatment team consists of a physician, psychologist, vocational rehabilitation counselor, physical therapist and occupational therapist, with nursing for applied relaxation/biofeedback. Clinicians work together with the patient to reduce and control pain, increase function, decrease disability, address psychological and vocational barriers to return the patient to life, work and wellness. The intern will obtain experience providing cognitive-behavioral therapy on an individual basis, while also provided educational classes to provide new skills for coping with chronic pain.
- 2) The Pain Rehabilitation Program (PRP) includes a pain management medical consultation, graded physical exercises, behavioral health services, cognitive behavioral therapy and medical education. PRP is an expansion of a traditional chronic pain management program that is available to injured workers and involves interdisciplinary, evidence-based services to all patients affected by chronic pain who aim to overcome the limitations pain has placed upon their lives at work and home.
- 3) Behavioral Health Services (BHS) are mainly comprised of Cognitive Behavior Therapy (CBT), which has been empirically found to be highly effective in helping patients reduce pain, disability and distress. CBT can include Stress and Anger Management, Relaxation Training, Challenging



Negative Thoughts, Assertive Communication Skills, Positive Coping Statements and Behavioral Goal Setting. BHS services also entail psychological evaluation, treatment, and testing services. Comprehensive evaluation and treatment is provided for depression, anxiety, post-traumatic stress disorder (PTSD) and other psychological conditions. Cognitive assessments are available for learning disabilities, attention, memory, and other complex cognitive difficulties. Customized assessment batteries are also available depending upon referral question and context, as well as specific needs. These batteries can include personality, achievement, or cognitive testing. They can be used for work-related psychological testing or when considering a vocational rehabilitation training program. Behavioral Health Services at UBC, Inc. also serve a vital role in assessing the ability of pre-surgical patients to deal with the multiple stressors involved in surgical procedures, such as compliance with pre and post-surgery regimens, cognitive and emotional concerns, risk and benefits of surgery as well as realistic expectations. BHS also provides telehealth services for persons who are unable to travel to the office. The sessions are conducted in the same way as if the individual were being evaluated or treated in person via secure internet connection.

- 4) The Opioid Elimination Program (OEP) at UBC offers the opportunity to stop using opioids for long-term pain management without undergoing severe withdrawal and discomfort. Individual meetings with physicians focused on education, counseling and intervention over the course of the outpatient treatment will explore additional ways of coping better with pain. Patients may taper off opioids rapidly with the use of Suboxone, or a prolonged taper may be utilized, as appropriate. The intern will have the opportunity to work as part of a multidisciplinary team in the behavioral management of the opioid taper process, addressing barriers to taper as well as providing positive coping skills and enhanced stress management skills.
- 5) The Chronic Pain Family Support Group is conducted once per month in each clinic by staff psychologists. Family members often struggle with managing a loved one's chronic pain condition. Frequently, the effects of the loved one's injury and/or pain can produce unwanted stress and problems that can

become overwhelming if not addressed. The monthly meetings provide knowledge about chronic pain, supporting loved ones and self-care. Interns will have an opportunity to co-lead and eventually lead these support groups.

- 6) Other opportunities: Interns will also have the opportunities to take part in psychosocial research, outside conferences, and continuing education.

EVALUATION PROCESS

Interns will be evaluated three times, once per clinic rotation. The evaluation will be provided by the on-site supervisor and individually discussed with each intern. Interns are also expected to write self-evaluations, based upon their goals. The intern will receive a complete evaluation at the end of the training year.

APPLICATION PROCEDURE

Applicants must meet all standards and prerequisites of their graduate program, and be certified by their graduate school as candidates for internship verified on the APPIC "Academic Program's Verification of Internship Eligibility and Readiness" form.

To complete an application for the United Backcare, Inc. Psychology Internship Program, please send the following information:

- 1) The APPIC Uniform Application Form
- 2) A copy of your curriculum vitae
- 3) A transcript of your graduate courses
- 4) Three letters of recommendation from individuals who are familiar with your academic and/or clinical experience. These letters may be sent separately or included with your application materials.

