

## **Child/Adolescent Track Training Program**

The Psychology Postdoctoral Fellowship Program at St. Cloud Hospital/CentraCare was developed to help Fellows learn to assess, create treatment plans, and intervene with children and adolescents in a child/adolescent psychology outpatient therapy clinic and in specialty care clinics. The Fellows are involved with face-to-face delivery of professional psychological service under the supervision of licensed psychologists and are required to participate in regular didactic seminars. Fellows will learn to tailor their practice so that it is appropriate for the setting in which they are practicing.

### **Overview of Child/Adolescent Track Training Experiences:**

- Fellows will be part of the team of child/adolescent psychologists in the Behavioral Health Clinic Child/Adolescent Specialty Center located at the CentraCare Plaza; however, they may also work with other clinics if they are interested in working with a more diverse group of patients and/or gaining experiences working with patients across the lifespan.
- Fellows will receive specialized clinical training in assessment and therapy for diverse patient concerns, such as eating disorders, autism spectrum disorders, anxiety, depression, attention-deficit hyperactivity disorder, learning disorders, trauma-related diagnoses, attachment issues, and adjustment to chronic illness.
- There are opportunities to do comprehensive assessments in our outpatient clinic, the Partial Hospitalization Program, Adolescent Addiction Services Program, and the Child/Adolescent Inpatient Mental Health Unit of the St. Cloud Hospital as well as be a part of our Multidisciplinary Assessment Clinics for autism spectrum disorders and fetal alcohol spectrum disorders.

## **Adult Track Training Program**

The Psychology Postdoctoral Fellowship Program at St. Cloud Hospital/CentraCare was developed to help Fellows learn to assess, create treatment plans, and intervene with adults in an adult psychology outpatient therapy clinic and in specialty care clinics. The Fellows are involved with face-to-face delivery of professional psychological service under the primary supervision of licensed psychologists and are required to participate in regular didactic seminars. Fellows will learn to tailor their practice so that it is appropriate for the setting in which they are practicing.

### **Overview of Adult Track Training Experiences:**

- Fellows will be part of the team of adult psychologists in the Behavioral Health Clinic located at either CentraCare Plaza or CentraCare Midsota Clinic; however, they may also work with other clinics if they are interested in working with a more diverse group of patients and/or gaining experiences working with patients across the lifespan.
- As part of our Adult Clinical Fellowship on our Adult Clinical Team there are opportunities to specialize in outpatient therapy for diverse concerns (mood, anxiety,

trauma, life adjustment, sexual and gender medicine, weight management, and geriatric concerns).

- There are opportunities to do comprehensive assessments in our outpatient clinic, the Partial Hospitalization Program, and the Adult Inpatient Mental Health Unit of the St. Cloud Hospital.

## **Integrated Behavioral Health Track Training Program**

The Psychology Postdoctoral Fellowship Program at St. Cloud Hospital/CentraCare was developed to help Fellows learn to provide behavioral health services within a medical clinic. Fellows will work within a Primary Care Behavioral Health (PCBH) or health psychology, working with a multidisciplinary team. Depending on the clinic, Fellows may have the opportunity to work with patients across the lifespan, utilizing screenings and targeted assessments, as well as brief intervention services. The Fellows are involved with face-to-face delivery of professional psychological service under the supervision of licensed psychologists and are required to participate in regular didactic seminars. Fellows will learn to tailor their practice so that it is appropriate for the setting in which they are practicing.

### **Overview of Integrated Behavioral Health Track Training Experiences:**

- Fellows will be part of a team of Integrated Behavioral Health (IBH) providers, located throughout our CentraCare clinic sites and service area. Along with providing IBH services in our medical clinics, they may also have the opportunity to engage in comprehensive psychological assessments in some locations. They will provide services to different patient populations based on their medical clinic patient population.
- Fellows will receive specialized clinical training in a PCBH or health psychology, working with patients with a wide variety of clinical presentations (chemical dependency, severe and persistent mental health, depression, anxiety, smoking cessation, behavior change related to medical conditions) and engage in therapeutic modalities such as Solution Focused, fACT, Acceptance and Commitment Therapy, Motivational Interviewing, Mindful Self-Compassion, and Trauma Care.
- There are opportunities to do screenings and targeted assessments to support the medical team (i.e., risk assessments, depression). If interested, the fellow may have opportunities to do comprehensive psychological assessments.

## **Child/Adolescent, Adult, & IBH Tracks**

### **Overview of Shared Training Experiences:**

- Fellows will have the opportunity to work with several different supervisors to obtain hours necessary for licensure and will participate in individual supervision, group consultation including opportunities for specialty consultation groups such as: Trauma-focused therapy, integrated behavioral health, psychological assessment, multicultural consultation, eating disorders, sexual and gender medicine.

- Fellows will have the opportunity to participate in scheduled didactics and educational opportunities provided through the hospital/clinic.
- There is an expectation for preparation of one professional presentation (written or oral) to the healthcare community during the year.