



LAKE FOREST  
COLLEGE

**Health and Wellness Center  
Advanced Therapy Practicum**

**Program Brochure**

**Revised January 11, 2019**

Thank you for your interest in the Advanced Therapy Practicum in the Health and Wellness Center at Lake Forest College.

### **About The Advanced Therapy Practicum**

The advanced therapy practicum at the Lake Forest College Health and Wellness Center is intended for Clinical and/or Counseling Psychology doctoral students who have previously completed a therapy practicum (Master's or Doctoral) or those who have experience in counseling through employment. In addition, preference will be given to applicants with experience and/or interest in conducting outreach programming and university/college counseling.

The advanced practicum begins Monday, August 19, 2019, and ends on Friday, May 22, 2020. Orientation begins on August 19, 2019. Following orientation, each trainee will begin their specific schedule negotiated with the Coordinator of Clinical Training. Trainees are expected to be on-site for 22 work hours each week over 2.5 days. The Health and Wellness Center closes at noon for a one-hour lunch each day, during which time there are no clinical activities.

Each week, practicum therapists will have 11-12 direct service hours with therapy clients: 8-9 hours of individual clients; intake/triage assessment (2 hours), walk-in crisis hour (1 hour) and risk assessment/crisis management (as needed). The required training time is Tuesday 8:30am – 12pm, in order to participate in meetings and seminars. Practicum therapists will have 45 hours of personal leave time during the course of the externship, in addition to College holidays.

Throughout the practicum, trainees must be actively engaged in either a clinical seminar or individual supervision in their clinical or counseling psychology doctoral program. Prior to seeing clients, each trainee must provide written proof of coverage under an occurrence-based, professional liability insurance policy with \$1,000,000/\$3,000,000 minimum limits, that is to be maintained throughout the practicum contract.

### **Health and Wellness Center**

Located in Buchanan Hall on the College's South Campus, the Health and Wellness Center includes counseling services, health services, and wellness promotion. The Health and Wellness Center supports the college's mission to promote an exceptional student experience that celebrates personal growth by providing prevention-focused, accessible, and high quality health care and counseling for a diverse student population. The Health and Wellness Center's mission is to encourage behaviors that eliminate or change barriers to learning and promote optimal physical, intellectual, emotional, spiritual, and community wellness through a collaborative team approach. Trainees will have the opportunity to develop programs and workshops that support this mission.

A core component of the Health and Wellness Center's mission is the promotion and affirmation

of our community diversity in its broadest sense. We recognize that a diverse community enriches our campus and enhances opportunities for human understanding, both of which contribute to the learning environment for all. The Health and Wellness Center has a strong commitment to meeting the needs of diverse people. In all clinical, assessment, training, program, and outreach services we strive to create an environment where all people feel welcome and respected. As a staff, we attempt to facilitate mutual respect and understanding among people of diverse racial, ethnic, and national backgrounds, gender identities, sexual identities, mental and physical abilities, languages, classes, ages, religious/spiritual beliefs, and socioeconomic backgrounds as well as other types of diversity. We strive to nurture environments where similarities and differences among people are recognized, respected, and honored.

### **The Setting**

Lake Forest College is a coeducational undergraduate institution located just 30 miles north of Chicago in the small city of Lake Forest, Illinois. One of the most beautiful suburbs on Chicago's North Shore, Lake Forest provides a secure, supportive environment for the College. The beautiful 107-acre campus sits just a few blocks from Lake Michigan and is within walking distance of the train station and the shops, cafés, and restaurants of downtown Lake Forest. The college campus is easily accessible on Metra's Union Pacific North Line (UPN).

At the heart of the College is the close-knit community of teachers, scholars, students, and staff representing cultures from around the globe who live, learn, and work together in an environment of mutual respect and collaboration. A national liberal arts college, Lake Forest prides itself on diversity, with students representing 44 states and 70 countries. The distinguished faculty, 97 percent of whom hold a PhD or equivalent degree, are committed to teaching undergraduates. Faculty members, rather than graduate assistants, teach all classes and provide academic advising. Faculty members are also active scholars who have won national teaching awards and have spoken and consulted throughout the United States and abroad. More than 30 percent have published books in their discipline.

The College has 32 majors, plus minors and special programs. The curriculum is uniquely enriched with the extensive resources of nearby Chicago, which is essentially a geographically extended classroom, laboratory, and creative space that enhances the classroom experience in powerful ways. Internships, off-campus study programs, research, and career opportunities are plentiful.

### **Clientele**

Lake Forest College has a student enrollment of almost 1,600 undergraduate students. The majority of the students are traditional college-aged. The student body is diverse, with 39% identifying as either racial/ethnic minority students or international students. Students come from 44 states and 73 countries. All counseling and most medical services in the Health and Wellness Center are free to students. Clients present a wide variety of problems with a range of

severity, from mild situational adjustments and crises to pervasive and severe mental health concerns.

### **Training Philosophy**

The Health and Wellness Center staff is committed to training and shares the philosophy that supervision and mentoring are essential in helping trainees develop their professional confidence, competence, and autonomy. The training program at Lake Forest College's Health and Wellness Center utilizes a practitioner-scholar training model intended to facilitate and contribute to the growth of emerging psychologists. The purpose of the advanced practicum is to provide a supervised experience that focuses on developing strong clinical and professional skills. The program combines experiential clinical practice, outreach programming, and supervision, all informed by research and theory, towards the overarching goal of furthering trainee development into multiculturally competent and ethical generalist practitioners.

The training team's goal is that each trainee leaves the advanced practicum with an understanding of how to effectively comprehend and intervene in their clients' lives in a grounded manner that integrates theory, technique, and practical understanding with a basic respect for the individual.

All activities and experiences are conducted under continuous and intensive supervision to foster the development of more skills throughout this process. Training and supervision have a developmental focus and are collaborative in nature, emphasizing each trainee's unique strengths, goals, and areas for growth.

Trainees are assessed individually regarding their clinical skills, stage of professional development, and the unique talents and needs they possess. At the beginning of the year, trainees are asked to indicate their areas of strength and growth as well as establish goals for the year, as part of a self-evaluation. This information then serves as a guide during the extensive supervision and training supports offered in the Health and Wellness Center.

### **Training Activities**

Training activities are focused in three general areas: 1) clinical service, 2) outreach, consultation, and collaboration, and 3) supervision and training support.

#### **Clinical Experience**

Practicum therapists will gain experience working with a diverse traditional-aged college client population across many domains including presenting problems, acuity, socioeconomic, cultural, racial and religious backgrounds and sexual orientations; and educational and career interests.

Clinical experiences during the course of the practicum include:

- Brief individual therapy (6-8 sessions)
- Long-term individual therapy (2 clients)
- Potential for couples and/or psycho-educational group
- Comprehensive intake and triage assessment
- Crisis intervention (with supervision)
- Case management and referral
- Consultation to students, faculty and staff

### **Outreach, Consultation, and Collaboration**

Trainees will have the opportunity to collaborate with other members of the Lake Forest community by providing outreach and consultation. The Health and Wellness Center staff offers programs and services through a variety of formats, including workshops, seminars, tabling events, and social media interventions. The content of the wellness programs and services varies depending upon the needs of the College community and trainee skills and interests. Some of these programs may take place during evening or weekend hours.

Trainees will participate in a regularly scheduled Resilience seminar. As trainees select their outreach projects, they receive consultation, support and guidance on these projects. Practicum therapists are encouraged to use time outside of seminar to work individually with the Community Wellness Coordinator, Doctoral Interns, undergraduate Wellness Peer Educators, or fellow practicum therapists as needed.

Advanced practicum outreach expectations include:

- Creation of original outreach projects on the topic of resiliency
- Development of at least six outreach programs in the training year (3 in the Fall and 3 in the Spring)
- Assistance with other programming as requested

Additional outreach, consultation, and collaboration opportunities include:

- Developing and presenting seminars or workshops
- Orientation activities for new students and international students
- Collaboration with other departments in the Office of Student Affairs
- Sexual responsibility, healthy eating behaviors, and alcohol and drug harm reduction programming

Trainees will also have the opportunity to provide formal and informal consultation to staff, faculty, and students. Consultation can focus on assessment of the needs of a student and/or support for the consultee in best supporting the student. Consultation with family members and outside providers is also often an important element of psychotherapy or case management with clients.

Due to the integrated nature of the Health and Wellness Center as both the primary health and counseling clinic on campus, interdisciplinary collaboration is a daily occurrence for interns. This collaboration will happen both formally and informally. Opportunities may also exist to build

relationships with other professionals across campus, as well as additional opportunities for collaboration on outreach, campus events, and meeting student needs.

### **Supervision and Training Support**

*Individual Supervision:* Each practicum therapist will receive up to two hours weekly of individual supervision. One hour of supervision will be provided by a licensed clinical psychologist who will serve as the trainee's primary supervisor. An additional hour of supervision will be provided by a doctoral intern, who will serve as a secondary supervisor. Therapy sessions will be video/audio recorded, and recordings will be reviewed in supervision. At various points throughout the year, it is expected that trainees will have significant interaction, mentoring, and supervision from all licensed clinical psychologists and doctoral interns. Content of supervision will vary according to trainee needs and may include emphasis on assessment, therapy and session recording review, theory, ethics, and other relevant topics.

*Orientation:* Externs will begin the externship year by participating in a training orientation. Orientation is focused on the key theoretical, technical, ethical, multicultural and diagnostic issues that relate to the delivery of mental health services in a college setting. The orientation is also designed to help trainees adjust to the training year and provide information about the practicum experience and the operations of the Health and Wellness Center.

*Case Consultation:* Trainees and supervisors (including interns and staff supervisors) rotate case presentations during this weekly, two-hour group supervision. It is designed to complement each trainee's individual supervision. Practicum therapists will have the opportunity to provide constructive feedback to fellow staff and interns and develop their oral, written, and case conceptualization skills during the course of the group supervision. Case consultation occurs weekly for 2 hours each week.

*Resilience Seminar:* This 1-hour seminar meets regularly and focuses on how to develop effective wellness programs, with an emphasis on programming that encourages resiliency, self-care, and fostering student engagement in the college experience. Trainees are required to develop and implement at least six outreach programs in the training year (3 in the Fall and 3 in the Spring) and assist with other programs as requested. They receive consultation, support and guidance on these projects in this seminar.

### **Sample Schedule**

Trainees are expected to be on-site for 22 work hours each week over a period of 3 days. A typical practicum therapist work week can be expected to appear similar to the breakdown below. Please note that specific activities and allocation of hours may vary by times of the year. Occasional evening and weekend time may also be required for outreach programming. As previously noted, Tuesday 8:30am-12pm is the required training time. The remainder each trainee's schedule will be negotiated with the Coordinator of Clinical Training.

<b><i>Activity</i></b>	<b><i>Hours Per Week</i></b>
<i>Intake/Triage Assessment</i>	<i>2</i>
<i>Individual Therapy</i>	<i>8</i>
<i>Crisis Hour Coverage</i>	<i>1</i>
<i>Outreach Programming</i>	<i>1</i>
<i>Supervision with Licensed Clinical Psychologist</i>	<i>1</i>
<i>Supervision with Doctoral Intern</i>	<i>1</i>
<i>Case Consultation (Group Supervision)</i>	<i>2</i>
<i>Resilience Seminar/Outreach Preparation</i>	<i>1</i>
<i>Administrative Time</i>	<i>2</i>
<i>Lunch</i>	<i>3</i>

### **Professional Staff**

The Health and Wellness Center is staffed by three full time clinical psychologists, two doctoral psychology interns, two nurse practitioners, a patient care technician, and a department assistant. Counseling staff have expertise in a range of theoretical orientations including psychodynamic, client-centered, interpersonal, cognitive-behavioral, developmental, family systems, and multicultural/feminist. Our training staff is collaborative, collegial, professional, and committed to the training of students. Additional information on the training staff can be found below.

Mary E. Grigar, Ph.D.

Assistant Dean of Students, Director of Health and Wellness

Licensed Clinical Psychologist

Mary earned her Ph.D. (2001) in Counseling Psychology from Indiana State University and her M.S. (1995) in Counseling Psychology from the University of Kentucky. She completed her doctoral internship at the Illinois State University Student Counseling Services and her postdoctoral fellowship at the University of Michigan Counseling and Psychological Services. Prior to her graduate work, Mary received a B.S. from the University of Illinois at Urbana-Champaign, where she majored in Psychology and Anthropology. Her clinical experiences include primarily university and college counseling center work where she has had the opportunity to fulfill a variety of roles such as counselor, supervisor/trainer, mentor, advocate, consultant, and administrator. Mary approaches her clinical work with a focus on understanding a client's social, cultural, and biological factors to allow for a supportive, validating, and empowering space for clients to examine who they are and who they want to become. In her supervisory relationships, Mary places a high value on the supervisory relationship in order to provide an authentic space for growth and development through establishing trust and safety in the journey of becoming a positive change agent in our ever changing world.

Ed Neumann, Psy.D.

Acting Director of Counseling Services, Community Wellness Coordinator

Licensed Clinical Psychologist

Ed earned his Psy.D. in Clinical Psychology (2012) from The Chicago School of Professional Psychology. He completed his pre-doctoral internship at Butler University and his postdoctoral fellowship at Northeastern Illinois University. Prior to his graduate studies, Ed received a BA from Illinois Wesleyan University. Ed has trained and worked in a variety of different clinical settings in his career, including a private practice, a community mental health center, and several college counseling centers. He also spent several years working on a psychiatric hospital unit for children, adolescents, and young adults. In these settings, he worked with a diverse range of people with an equally diverse range of reasons for seeking counseling. Ed approaches counseling primarily from a humanistic, person-centered perspective, but also integrates components of existential and psychodynamic theories into his work with clients. As a part of this approach, Ed is sensitive to each person's unique blend of multiple social identities, including race, ethnic background, gender, sexual identity, ability, SES, and religious background, and how these various identities contribute to an individual's overall sense of self. Ed's areas of interest and specialty are depression, loss and mourning, identity development, trauma, crisis, and interpersonal relationships. In addition to his clinical work, Ed is also highly committed to supervision and training of future members of the helping fields. His approach to training is developmental and informed by his humanistic perspective. Accordingly, Ed believes that the training

relationship is paramount and must be characterized by trust and collaboration, which allows trainees to feel both supported and challenged to pursue the goals they set for themselves.

Kasey Schultz-Saindon, Ph.D.

Assistant Director of Counseling Services, Coordinator of Clinical Training  
Licensed Clinical Psychologist

Kasey earned her M.S. (2011) and Ph.D. (2013) in Counseling Psychology from Colorado State University. She completed her doctoral internship at the Colorado State University Health Network and her postdoctoral fellowship at Roosevelt University's Counseling Center. Prior to her graduate work, Kasey received a B.A. from Saint Mary's University of Minnesota, where she majored in Psychology and received minors in Spanish and Mathematics. Beyond her work in multiple college counseling centers, Kasey also has previous clinical experience in private practice and outpatient mental health clinic settings. She enjoys engaging in the wide variety of responsibilities and relationships that come with working in the university setting, including providing counseling services, supervision/training, outreach, and consultation to the campus community. In addition to enjoying working with individuals, Kasey has a passion for both group and couples counseling. Some of her other clinical interests include life transition and adjustment, relational struggles, identity development, self-esteem, gender concerns, autism spectrum disorders, stress management, and alcohol and other drug use concerns. Her approach to counseling stems from client-centered and interpersonal process theories. She believes that clients can begin to make the changes they want in their lives through building a supportive relationship with a therapist who is genuine, authentic, and empathic. When a therapist creates a space in which clients feel safe enough to sit with uncomfortable emotions, clients are able to begin to be more authentic and congruent themselves. Kasey takes a developmental approach to supervision and training, which is influenced by her client-centered and interpersonal style. She believes that the foundation of the supervisory relationship creates the opportunity for growth and further development as a psychologist in training. Most importantly, she strives to be her authentic self and create a space in which trainees can be their authentic selves, developing their own voices and identifying who they are and want to be as a psychologist.

### **How to Apply**

In accordance with ACEPT guidelines, applications will be accepted beginning February 1, 2019. **Applications are due by 5pm on Friday, February 15, 2019.**

To apply, please send the following materials by e-mail to [healthandwellness@mx.lakeforest.edu](mailto:healthandwellness@mx.lakeforest.edu). All materials should be included in one e-mail:

- Cover letter including the reasons you seek an externship at HWC
- Curriculum vitae
- Copy of transcript

- Three letters of recommendation, at least one of which is from a clinical supervisor

Applications may be directed to:

Kasey Schultz-Saindon, Ph.D.  
Lake Forest College  
Health & Wellness Center  
Buchanan Hall, Room 137  
555 N Sheridan Road  
Lake Forest, IL 60045

Application procedures will be in adherence with ACEPT guidelines. For additional information about ACEPT guidelines and important dates for the current application year, please see the ACEPT website. Important deadlines to make note of:

Friday, February 15, 2019: Application deadline

Friday, March 1, 2019: Date by which applicants will be notified of interview offers

Friday, March 22, 2019: Pre-Notification Date

Monday, March 25, 2019: Notification Day ((Applicants will be emailed offers on this date beginning at 9am. Applicants will be able to hold an offer for up to one hour).

For additional information, please visit our website at

<http://www.lakeforest.edu/studentlife/health/> or contact the Health & Wellness Center at 847-735-5240, [schultzsaindon@mx.lakeforest.edu](mailto:schultzsaindon@mx.lakeforest.edu), or [healthandwellness@mx.lakeforest.edu](mailto:healthandwellness@mx.lakeforest.edu).

### **Diversity and Non-Discrimination Policy**

The Lake Forest College Health and Wellness Center strongly values diversity and is committed to providing an equitable, inclusive, and safe environment for each trainee to learn and grow. Consistent with the American Psychological Association's charge that "professional psychology training programs strive to ensure that psychology trainees demonstrate acceptable levels of knowledge, skills, and awareness to work effectively with diverse individuals", one of the core goals of the training program is the development of respect and understanding of all types of human diversity. This competency requires not only knowledge and skills but also strong awareness of oneself as a cultural being.

Development of such self-awareness and integration into each intern's professional identity and practice requires a safe and supportive environment in which to examine one's own identities and related values, beliefs, and biases that potentially impact encounters with others. The training program makes every effort to create and sustain such a safe and supportive environment, and Health and Wellness Center staff actively advocate for policies and procedures that advance an inclusive and equitable environment for all the diverse members of the campus community. The College similarly is committed to supporting and promoting respect for diversity and preventing any discrimination towards students, faculty or staff, as demonstrated in the official non-discrimination policy:

Lake Forest College does not discriminate on the basis of race, color, religion, national origin, sex, pregnancy, sexual orientation, gender identity, gender expression, parental status, marital status, age, disability, citizenship status, veteran status, genetic information, or any other classification protected by law in matters of admissions, employment, housing, or services or in the educational programs or activities it operates.

Lake Forest College complies with federal and state laws that prohibit discrimination based on the protected categories listed above, including Title IX of the Education Amendments of 1972, which prohibits discrimination based on sex (including sexual misconduct) in the College's educational programs and activities.

Lake Forest College provides reasonable accommodations to qualified applicants, students, and employees with disabilities and to individuals who are pregnant.

Any inquires or concerns with respect to sex discrimination, sexual misconduct, or Title IX may be directed to Joan Slavin, Title IX Coordinator; 555 North Sheridan Road, Lake Forest, IL 60045; 847-735-6009; TitleIX@lakeforest.edu. A person may also file a complaint with the Department of Education's Office for Civil Rights regarding an alleged violation of Title IX by visiting

[www2.ed.gov/about/offices/list/ocr/complaintintro.html](http://www2.ed.gov/about/offices/list/ocr/complaintintro.html) or calling 800-421-3481. The campus coordinator for Section 504 of the Federal Rehabilitation Act of 1973

(prohibiting discrimination based on disability) is Stephen D. Schutt, President; 555 North Sheridan Road; Lake Forest, IL 60045; 847-735-5100; president@lakeforest.edu.

Inquires or concerns with respect to any other type of discrimination may be directed to Agnes Stepek, Director of Human Resources, 847-735-5036, [stepek@lakeforest.edu](mailto:stepek@lakeforest.edu).

Consistent with this policy and the values stated above, the training program welcomes diverse applicants and actively seeks to create a diverse training environment. Diversity amongst trainees and faculty enrich the training experience for all involved and promote multiculturally competent services for our diverse student clientele. The program does not discriminate against any applicants because of race, color, sex, religion, national or ethnic origin, ability status, sexual identity or orientation, or gender identity or expression and evaluates applicants solely on the basis of prior education, training experiences, and fit with the goals and activities of the program.

If you have any other questions related to any aspect of the Lake Forest College Advanced Therapy Practicum, please feel free to contact Kasey Schultz-Saindon, Ph.D. at [schultzsaindon@lakeforest.edu](mailto:schultzsaindon@lakeforest.edu) or 847-735-5241. Additional information about Lake Forest College may be obtained at <https://www.lakeforest.edu> or by visiting the Health and Wellness Center website at <https://www.lakeforest.edu/studentlife/health>.