

## **PSYCHOLOGY INTERNSHIP BROCHURE**

AIDS Resource Center of Wisconsin  
Behavioral Health and Wellness Clinic  
820 North Plankinton Avenue  
Milwaukee, Wisconsin 53203

### **Internship Site Description:**

The AIDS Resource Center of Wisconsin (ARCW) is a state-wide, non-profit Medical Center and AIDS Service Organization (ASO) combined. The Medical Center includes the following clinics: medical, dental, and behavioral health and wellness. ASO programming includes such services as: legal, social work case-management, housing, prevention, testing, and food pantry. As a multiservice organization with nine locations throughout Wisconsin, those living with HIV disease are able to benefit from a variety of services, often in one location that work in unison, creating a circle of effective and efficient care.

The ARCW Behavioral Health and Wellness Clinic (BHWC), which is infused into the Medical Center, is comprised of three certified outpatient mental health clinics (operating in the Green Bay, Kenosha, and Milwaukee locations). The psychology intern will work in the Milwaukee location. Recognizing the deep interconnection between the mental health and wellness areas of one's life, primary mental health services are complimented by health promotion and wellness programming that focus on the body, mind, and spirit.

### **Services Provided:**

- Behavioral Health and Wellness Seminars  
(Depression Screenings, Smoking Cessation, Stress Management)
- E.M.D.R. Therapy (Eye Movement Desensitization and Reprocessing)
- Medical Clinic Consultation-Liaison Program
- Mental Health Assessment and Evaluation
- Mindful Yoga  
(Psycho-educational Group)
- Neuropsychological Assessment and Evaluation
- Positive Living Program
- Psychiatric Assessment and Evaluation
- Psychiatric Medication Management
- Psychotherapy (Individual, Couple, Family)
- R.I.S.E. for Women (Realizing I'm Someone Exceptional)  
(Psychotherapy Group for Trauma and Risk Reduction)
- R.I.S.E. for African-American Males (Realizing I'm Someone Exceptional)  
(Psychotherapy Group for Trauma and Risk Reduction)
- Survive and Thrive: For Those Recently Diagnosed as HIV Positive

- (Psycho-educational Group)
- Tai Chi Fundamentals
- (Psycho-educational/Recreational Group)

**Disciplines Represented:**

The BHWC professional staff consists of:

- Psychiatrist(s)
- Clinical Psychologist(s)
- Licensed Clinical Social Worker(s)
- Professional Counselor(s)
- Mental Health Case Manager
- Patient Services Representative
- Intern(s) (Clinical Psychology, Social Work, and/or Professional Counseling)

A Ph.D. who is a licensed psychotherapist serves as the state-wide clinic director and a licensed Psy.D. serves as the state-wide clinical supervisor and associate director.

In addition, the psychology intern will interact with the following professionals from a wide range of disciplines from other departments and in the context of interdisciplinary treatment team meetings, the consultation-liaison role, and collaboration in provision of a variety of patient/client services:

- Physicians
- Advanced Practice Nurse Practitioners
- Registered Nurses
- Dentists, Dental Assistants, and Hygienists
- Phlebotomists
- Medical/Nursing Case Managers
- Social Work Case Managers
- Risk Reduction Counselors
- Attorneys and Legal Interns
- Administrative Support Staff
- Professional Interpreters

**Patient/Client Population:**

- broadly represents the current and diverse racial/ethnic demographics of the HIV epidemic
- experience a variety of chronic illnesses and health concerns
- display high rates of co-morbidities (especially trauma, substance use, and depression)

- experiences the challenges of stigma, marginalization, and oppression
- age generally male (approximately three-fourths)
- are generally from a lower socioeconomic class
- are generally uninsured (about half)

### **Treatment Approach:**

At the foundation of BHWC services are cross-cultural, evidenced-based practices validated for use with those living with HIV disease. Thus, cognitive behavioral theoretical approaches permeate services and the harm reduction approach to treatment is the preferred consideration in the delivery of care whenever appropriate. In addition, interns will provide an informed approach to the delivery of BHWC services that integrates elements from the fields of humanistic and health psychology. The uses of psychodynamic and narrative/solution-focused therapeutic models are also highly valued and successful with this patient/client population. The delivery of services that embrace a strength-based perspective, empowerment approach, and social justice value base are essential with this population. Furthermore, interns will gain skills in motivational interviewing and risk-reduction counseling as these skills assist in the effective delivery of services.

### **Internship Duties:**

Duties of the internship may include providing: individual psychotherapy, couple/family psychotherapy, group education/psycho-education/psychotherapy, diagnostic evaluations, neuropsychological testing, and consultation-liaison services for the Medical Clinic. Intern time may be devoted to program development and research provided 10-20 face-to-face service hours are being achieved.

### **Intern's Schedule:**

- Consultation to patients/clients and medical providers in the Medical Clinic every morning from 9:00 a.m. - 12:00 p.m.
- Individual, couple, and family psychotherapy during afternoon hours
- Neuropsychological testing: Tuesdays from 2:00 p.m. - 4:00 p.m.
- Mindful Yoga (or other group therapies) on Mondays 1:00 p.m. - 2:15 p.m. and group planning immediately following from 2:15 p.m. - 3:00 p.m.
- Behavioral Health and Wellness Seminars (scheduling varies)
- Individual clinical supervision on Fridays from 2:00 p.m. - 4:00 p.m.
- Group supervision/didactic presentation: one Wednesday per month 2:00 p.m.- 3:30 p.m.
- Medical staff meetings: Wednesdays from 12:15 p.m. – 1:00 p.m.
- BHWC staff meetings: every other Wednesday 1:00 p.m. – 2:00 p.m.

- Collaboration Team Meetings with Milwaukee Health Services the third Friday of every month 9:00 a.m. – Noon
- Interdisciplinary Treatment Team Meetings (schedule varies)

**Internship Stipend and Benefits:**

The internship has a start date of September 8, 2009 (the day after Labor Day). Interns provide 50 weeks of service at 40 hours per week. Release time is provided for the intern to attend weekly consortium didactic and training activities every Thursday. Two weeks of vacation time is provided when scheduled in advance with approval of Primary Supervisor and Director. Interns are provided with a stipend of \$18,000. An additional \$2,000 is provided to cover the cost of parking.

**Contact Information:**

For more information regarding the psychology internship program at the AIDS Resource Center of Wisconsin, please contact:

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