



POST-DOCTORAL FELLOWSHIP PROGRAM IN CLINICAL PSYCHOLOGY

Revised: August, 2018

I. GENERAL INFORMATION

Connections Academy East (CAE) is a private therapeutic day school, founded in 1998. We serve children and adolescents, ages 6-21, primarily from Lake County who, because of significant special education needs (ED, BD, LD, OHI, AUT & CD), require an alternative school program that is both educational and therapeutic. By utilizing therapeutic, educational, family and community connections, CAE is able to promote academic achievement, social/emotional well-being and personal growth. The Staff Members at CAE employ a variety of methods to help students make academic progress, and develop and/or improve their coping problem-solving and social skills. By utilizing a combination of respect, humor, empathy, and kindness balanced with firmness (i.e., maintaining high expectations and ensuring that students adhere to rules, boundaries and limitations), Staff Members are able to establish and maintain supportive, nurturing relationships with our students. In turn, these relationships can help the students be more open to learning the life skills required for long-term success.

The students engage in an academically challenging curriculum emphasizing group instruction and hands-on activities. The Clinical/Therapeutic Staff at CAE utilize a cognitive-behavioral/problem-solving approach as well as psychodynamic, family-systems and narrative principles. In addition, the Lakota-Sioux Circle of Courage – which teaches the value of belonging, independence, generosity and mastery – is explored to help students develop these essential life skills. This multi-faceted approach works to assist the students in: overcoming issues at hand; practicing more successful behavioral alternatives; and exploring ways to rewrite their negative life stories. The goal is to work with students to build on their strengths and gifts, and be allies with them in their “fight” against the challenges and obstacles that get in the way of their success. The therapeutic milieu is based on a positive, nurturing model, where natural, logical consequences for behaviors are frequently utilized. CAE avoids using restrictive and/or punitive methods of behavioral management and does not have a

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time-out room. Therapeutic holding (restraint) is only employed as a last resort, when a student is presenting as a danger to him/herself or others.

Ms. Betty Lindquist, Dr. Sol Rappaport, and Ms. Elaina Shannon, the founders of our program, chose to base the mission of CAE on philosophical principles similar to those held at Counseling Connections – their multi-disciplinary group practice which specializes in the therapeutic needs of children, adolescents and families. The professionals at Counseling Connections have worked closely with the schools, courts and social service agencies of Lake and Northern Cook Counties since 1983.

Connections Academy East offers a comprehensive array of support services, including:

- Small Group and Individualized Academic Instruction
- Individual, Group & Family Therapy and Crisis Intervention
- Psychiatric Consultation & Evaluation
- Individual and Group Art Therapy
- Substance Abuse Evaluation and Individual & Group Therapy
- Occupational Therapy and Speech & Language Evaluations and Services
- Social/Emotional, Problem-Solving & Coping Skill Building
- A Comprehensive Behavioral Management Program
- Daily School Nurse Services
- Transition & Post-Graduation Preparation

II. TRAINING PROGRAM, GOALS AND OBJECTIVES

The Clinical Training Program at Connections Academy East is quite extensive - offering Post-Doctoral Fellowship (APPIC), Doctoral Internship (APPIC) and Psychotherapeutic Externship/Practicum positions.

The Post-Doctoral Fellowship Program in Clinical Psychology has been designed to help Fellows refine their clinical skills in key areas of practice, all while functioning as a valued member of a Multidisciplinary Team. There is an emphasis on training in fundamental and advanced clinical skills with a primary focus on Individual, Group and Family Therapy, and Crisis Intervention. The training program is organized in such a way that it provides Fellows with a planned, programmed sequence of training experiences, one that assures breadth and quality of training.

Fellows are provided with opportunities to work with high-risk children, adolescents and their families – individuals struggling with mild to severe: mood, anxiety, behavior, substance-related, psychotic, developmental, and personality disorders. Fellows also get an opportunity to work with people of all ages, and diverse cultural, ethnic and socioeconomic backgrounds. All of this is done under the supervision of the Senior Psychologists, and other members of the Clinical Training Staff.

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Ultimately, the main training goal/objective is to promote Fellow's professional growth in such a way that, by the end of the training year, s/he feels confident in his/her ability to competently function as a (soon to be) Licensed Clinical Psychologist, with the ability to practice in accordance with the highest standards of care.

III. CLINICAL WORK, SUPERVISION AND TRAINING

- Individual, Group, & Family Therapy, and Crisis Intervention with children, adolescents and their parents/guardians. Co-leading "Specialty Groups" with experienced staff group leaders (art therapy, music therapy, drug & alcohol education and personal management).
- Assisting with the facilitation of Monthly Parents' Support Group meetings.
- Attending Multidisciplinary Staffings for students; and writing and presenting Treatment Summaries, and occasionally Social Developmental Histories, for these Staffings.
- 2 hours of Individual, and at least 2 hours of Group Supervision/Didactic/In-service Training per week with at least two Licensed Clinical Psychologists, and opportunities to consult, as needed, with other members of the Clinical Training Staff. The primary focus of this supervision is to explore and develop the psychological services rendered directly by the Fellow, as well supporting their professional development.
- Monthly consultation meetings with the Medical Director/Consulting Psychiatrist for CAE.
- Daily Staff Meetings – from 3:30 - 4:00pm, to discuss the day's events, problem-solve and develop plans for the future.
- Institute Days – in-school staff training which cover school-related, community, therapeutic and behavioral topics and interventions; and include mandatory Crisis Prevention Intervention (CPI) training (for which you will receive formal certification).
- An opportunity to engage in Animal Assisted Therapy by working with our 3 Staff Therapy Dogs (all certified through ***Therapy Dogs International***), within the milieu and individual & group therapy.

TRAINING NOTE: Although the Post-Doctoral Fellows at CAE do not conduct any psychological testing, when one of the students on their caseload requires testing, they provide consultation for the Psychodiagnostic Externs from Counseling Connection who provide this service for CAE. These Diagnostic Externs (and their Supervisors) are the only individuals who provide formal psychological testing for Connections Academy East students.

IV. FELLOWSHIP FORMAT

- 12 consecutive months – starting mid-August.

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- At least 40 hours per week (8:00am - 4:00pm, Monday – Friday) are required.
 - **Please note:** some evening work may be required in an effort to be available and accommodating for Family Therapy sessions.
- Fellows are required to participate in a minimum of 2,000 hours of Supervised Clinical Experience throughout the year, this time is spent in: Direct Service; Indirect Service; Training and Supervision.
- Fellows are expected to spend at least 800 hours in direct, face-to-face student service.

V. EVALUATION

Evaluation is an active, ongoing process throughout the Fellowship period. Formal, written evaluations will occur every six months throughout the course of the training year. These evaluations will be completed by the Fellow's Primary Supervisor, and will include an active discussion of the evaluation itself, and the Fellow's areas of strength and weakness. Any serious concerns will be discussed with the Fellow, other members of the Clinical Training Staff and CAE Administration. All Fellows will receive a copy of the document: *Due Process Procedures*, for a full explanation of these policies, at the beginning of their training/orientation.

VI. FELLOWSHIP BENEFITS

- \$30,000.00 stipend for the year
- Optional Healthcare, Dental and 401K benefits
- Vacation Time ~ Thanksgiving, Winter, Spring and Summer Breaks, all National Holidays and a modified Summer Schedule (3 days per week, for the last 7 weeks of the school year).
- 16 Sick Days and 2 Personal Days for the year
- No pager or on-call duties
- Free lunch available daily for Organic Life
- Free Parking
- Laptop Computer
- Monthly Allowance for Program/Clinical Supplies

VII. CLINICAL STAFF

As a Connections Academy East Post-Doctoral Fellow, you will be a member of a dynamic Clinical Team:

Ruth Tompkins, Psy.D.
 Illinois School of Professional Psychology
 Licensed Clinical Psychologist / Senior Psychologist

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Charlotte Edwards, Psy.D.
Illinois School of Professional Psychology
Licensed Clinical Psychologist / Auxiliary Supervisor

Sol Rappaport, Ph.D.
DePaul University
Licensed Clinical Psychologist / Founder / Administrator / Auxiliary Supervisor

CJ Garcia, Psy.D.
Adler School of Professional Psychology
Licensed Clinical Psychologist / Assistant Senior Psychologist

Shazia Tayyab, M.D.
King Edward Medical College
Child & Adolescent Psychiatrist / Medical Consultant

Amelia Justice, Psy.D.
Chicago School of Professional Psychology
Program Therapist

Danielle Boggeman, Psy.D.
The Chicago School of Professional Psychology
Licensed Clinical Psychologist

Danika Prister, ATR
Adler University
Art Therapist

Leah Hanhart, MT-BC
Maryville University
Music Therapist

Crystal Hall, B.S., OTR/L
Concordia University
Occupational Therapist

Kacy Nelson, OTD, MS, OTR/L
Rocky Mountain University
Occupational Therapist

June Klein-Koonin, M.A., CCC/SLP
Northwestern University
Speech & Language Pathologist

Sima Kamenetzky, MS-CCC/SLP

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Nova Southeastern University
Speech & Language Pathologist

Margaret Slavich (Psy.D. Candidate)
Argosy University
Post-Doctoral Fellow

Rebecca Dougherty (Psy.D. Candidate)
Adler University
Post-Doctoral Fellow

Lindsey Cooley, M.A. (Psy.D. Candidate)
Adler University
Doctoral Intern

Suzanne Snyder, M.A. (Psy.D. Candidate)
Chicago School of Professional Psychology – Washington, DC Campus
Doctoral Intern

Sarah Tuberman, M.A. (Psy.D. Candidate)
California School of Professional Psychology at Alliant International University
Doctoral Intern

Sarah Goldberg (Psy.D. Candidate)
Roosevelt University
Therapy Extern

Yarone Grabiner, M.A. (Psy.D. Candidate)
ISPP – Argosy University
Therapy Extern

Kara Londergan (Psy.D. Candidate)
Adler University
Therapy Extern

Nicole Miller (Psy.D. Candidate)
ISPP- Argosy University
Therapy Extern

Hayley Roberts (Psy.D. Candidate)
Adler University
Therapy Extern

Please note, at each level of training, CAE trainees have clearly and consistently designated titles: Post-Doctoral Fellowship = “Fellow” or “Post-Doc”; Doctoral Internship

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= “Intern”; and Psychotherapeutic Externship = “Extern”. Additionally, all school staff members are referred to by their formal title (Ms., Mr. and Dr.) to support a climate of respect and more clearly establish boundaries between students and staff.

VIII. APPLICATION PROCESS

Individuals who have met the following requirements for graduation from Doctoral-Level Clinical Psychology training programs:

- Completion of all Doctoral Degree Requirements from an APA and Regionally Accredited institution of higher education.
- Completion of an APA Accredited and/or APPIC-Member Doctoral Internship program.

Must submit the following materials by **April 1st** prior to their Fellowship year:

- Cover Letter outlining professional goals and interests, and how this Fellowship site meets those criteria
- Curriculum Vitae
- Three Letters of Recommendation
- Writing Sample (*Note: a Case Formulation, Treatment Summary, etc. is preferred. However, if you do not have a sample that would fit in this category, please send a Psychodiagnostic Report.*)
- All Graduate School Transcripts

This information must be forwarded via E-Mail to:

Ruth Tompkins, Psy.D.
Clinical Director & Director of Clinical Training

E-Mail: rtompkins@connectionsacademyeast.net

APPLICATION NOTES:

- **Ideally, we would like to receive all application documents in one attachment.** Given this, please SCAN all documents together, in the order identified below, to create ONE attachment and e-mail this to Dr. Tompkins.
- If you are unable to do this, please attach your individual documents, in the order identified below, and e-mail this to Dr. Tompkins.
- **Applications must be organized in the following manner:**
 1. Cover Letter
 2. Vitae
 3. 3 Letters of Recommendation

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4. Transcript(s)

If you have any further questions, please contact Dr. Tompkins at:

E-Mail: rtompkins@connectionsacademyeast.net

Phone: (224) 544-5920~ Ext. 101

The Post-Doctoral Fellowship at Connections Academy East fulfills the licensure requirements for “Post-Doctoral Supervised Practice” as established by the State of Illinois Department of Financial and Professional Regulation.

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