BEHAVIORAL MEDICINE ADVANCED PRACTICUM

The Behavioral Medicine Advanced Practicum is housed within Northwestern Memorial Hospital, Northwestern Medical Faculty Foundation, and Northwestern University and provides third and fourth year students with broad exposure to clinical health psychology in both inpatient and outpatient medical settings. Supervised by licensed clinical health psychologists with active, integrated practices of their own, students will be exposed to the wide range of roles a health psychologist occupies in a medical setting. They will also acquire core behavioral medicine competencies, including charting psychosocial information within a medical record, awareness of complex ethical issues encountered in medical settings, (e.g. maintenance of patient confidentiality, privacy), working within multidisciplinary teams and communicating with family members, awareness of the limitations of rapid assessment and appropriate communication of test results. Students will have the opportunity to collaborate with medical professionals including nurses, dieticians, pharmacists, social workers, physicians and chaplains. Most importantly, students will learn how to deliver a variety of evidence-based behavioral interventions to individuals with medical conditions/lifestyles that pose serious health risks.

Structure
Students can rotate in 6- or 12-month periods, typically with 2 specialties at a time, acquiring approximately 10h/week per specialty. This structure will allow ample opportunity for students to obtain depth of training within one or more rotations.

Major Rotations include

Psychosocial Oncology (Supervisors Stacy Sanford, PhD and Tim Pearman, PhD)
Includes exposure to a wide array of cancer at various stages of disease, experience with patient support groups, interaction within a multidisciplinary support team, palliative care including end-of-life. This is an advanced behavioral medicine rotation and typically completed in the 4th year of training.

Gastrointestinal Behavioral Medicine (Supervisor Sarah Quinton, PsyD, Tiffany Taft PsyD, Anjali Pandit, PhD)
Includes bariatric surgery evaluations, outpatient CBT and hypnotherapy for chronic gastrointestinal diseases such as Irritable Bowel Syndrome, Crohn’s Disease/Ulcerative Colitis, Esophageal Disorders and Pancreatitis. This is rotation is typically reserved for students conducting research in this area.

Liver Transplant (Supervisor Zeeshan Butt, PhD)
Includes psychological evaluation and treatment in the Comprehensive Transplant Center, focused on liver disease and transplantation.

Behavioral Sleep Medicine Clinic (Supervisor Kelly Baron, PhD at Rush University Medical Center)
Evaluation and multidisciplinary treatment of sleep disorders including insomnia, circadian rhythm sleep disorders, parasomnias, and narcolepsy. This rotation is currently conducted at Rush University.

Consultation Liaison Service (Supervisors Lisa Rosenthal, MD, Lyssa Menard, PhD, and Shirley Baron, PhD)
Evaluation and consultation on medically complex patients hospitalized at Northwestern Memorial Hospital for which there are psychiatric concerns.

Primary Care Psychology (Supervisor Mary Talen, PhD)
Provision of psychological and behavioral medicine interventions and support within a primary care context (Erie Health Center). This is an advanced behavioral medicine rotation and typically completed in the 4th year of training and prefers Spanish speaking students.

Cardiac Behavioral Medicine (Supervisor Kim Feingold, PhD)
Includes psychological evaluation and treatment to prepare for surgery, adjust to a new diagnosis, and cope with common emotional consequences of cardiac disease or cardiac surgery, including stress, depression, and anxiety. This is an advanced behavioral medicine rotation and typically completed in the 4th year of training.

Requirements
• Students will complete the course, Health Psychology, before or during the practicum year.
• Students will participate in the Health Psychology Seminar Series coordinated by Sarah Catanese, PhD
• Students will participate in at least 1h/week of individual supervision with rotation supervisor(s)