



Agency: Cooper University Hospital

Address: One Cooper Plaza Dorrance 2nd Floor Camden NJ 08103

Supervisor and Contact: Kelly L Gilrain, PhD
Director of Behavioral Medicine Licensed Clinical Psychologist Assistant
Professor of Medicine, Cooper Medical School of Rowan University

Phone: 856-342-3129

Email: gilrain-kelly@cooperhealth.edu

Website: <http://www.cooperhealth.org> <https://www.cooperhealth.edu/allied-health/behavioral-medicine>

Available Slots: 5-6 Consultation/Liaison Service; 1-2 EIP; 1-2 UHI; 1-2 OBGYN/NICU/Pediatrics 1-2 IP Psychiatry

CV and Cover Letter indicating which rotations are of interest and any previous Health Psychology experience

Hours per week/ 16 hours per week; More hours are available if desired; Mondays are almost always required

Average number of weekly direct service hours: 11-14

Start Date- End Date: July 1 – June 30
Hospital orientation first week in July - **Mandatory**

Who is eligible: Preferred: MA/MS with at least 1-2 previous practicum experiences; previous outpatient psychotherapy experience; interest in health psychology

Other information If applicants would like to speak to current/past externs, we are happy to arrange this. Parking is available at hospital garage and hospital is easily accessible by

for potential applicants: public transportation via PATCO and RiverLine. Please apply as early as possible as we need time to review all applications.

Description of Agency: This practicum placement is located at the Camden Campus of Cooper University Hospital. The (4) rotations are comprised of addressing psychological distress of patients being treated for a variety of medical problems. Behavioral Medicine at Cooper prides itself in patient-centered care, and you will spend your time working within a multidisciplinary team of physicians, nurses, social workers, and psychiatrists both inpatient (IP) and outpatient (OP) depending upon the rotation.

Description of Placement: **Training Experience:** As a Behavioral Medicine extern, you will spend your time in the main hospital in Camden or across the street in our outpatient clinics performing screening, therapy, therapeutic groups and clinical interventions with a variety of medical patients. CL is inpatient in the hospital 2 days per week UHI is 2 days Outpatient setting, with some consults Inpatient to ensure consistency in care for medically compromised individuals. EIP is 2 days Outpatient setting, but occasionally IP when consulted for patients admitted with Infectious Disease concerns OB/GYN, NICU, and Peds rotation will involve a variety of opportunities. Your time will be split between OP and IP work. There will be the opportunity to work with children with acute and chronic health concerns, with NICU parents, and with mothers experience peripartum issues. Psychiatry - There is a 2 day Inpatient Psychiatry rotation to provide groups and individual therapy with a serious mentally ill population. Servicing Psychiatry patients in the Emergency Department. There is also always opportunity to provide group and/or individual therapy as an adjunct to any of the above rotations. Across all rotations, students will have the chance to conduct assessments of cognitive functioning (MOCA, MMSE as well as additional assessment if desired). Clinical Interventions range from brief diagnostic screenings to one-hour interventions. Our orientation is cognitive-behavioral and we use a combination of CBT, mindfulness and Acceptance-based interventions such as guided imagery, breathing, and progressive-muscle relaxation regularly. For all rotations, you will have the opportunity to facilitate support groups as needed with patients and families for Peds, OB/GYN, Oncology, Trauma, and ICU on topics such as stress management, coping with hospitalization, medical management and medication compliance. There are weekly didactics and group supervision as well as supervision from Licensed Clinical Psychologists and a Post-Doctoral Fellow.

Behavioral Medicine Rotations

1) **Behavioral Medicine Consultation Liaison Service:** This rotation consists of inpatient hospital work across all medical departments. You will provide bedside assessment, consultation, brief CBT, ACT, and mindfulness skills. Patients are referred from across all medical departments and include Trauma, Oncology, Cardiology, Surgery, Critical Care, Pediatrics/PICU, General Medical/Surgical, and Emergency Medicine presenting with a variety of issues

(e.g., adjustment to illness/injury, pain management, cognitive dysfunction, end-of-life issues, coping with treatment, marshaling social supports). There is extensive collaboration with medical teams, providing feedback and recommendations for care with goal to address psychological challenges related to medical illness. *Research* – Students will provide screeners and interventions for Trauma patients with elevated blood alcohol levels upon admission. Students will also provide screeners for septic patients to assess depression, anxiety, trauma, and cognitive issues. Ongoing studies include examining adjustment to ostomies, satisfaction with Behavioral Medicine services and identifying personality attributes that are predictive of trauma symptoms. If students want to initiate health psychology research, we are very supportive of this! *Groups* – Development of support groups for patients and families across many areas including Oncology, Trauma, Peds, ICU groups, cardiology, and others.

2) Comprehensive Early intervention Care Center (CECC)/Infectious Disease: Integrated primary care focused on HIV population (also including high-risk pregnancy, HepC clinic, women’s health); community-based clinic; consultation with a multidisciplinary medical team (ID physicians, Addictions Medicine, medical case management, pharmacy, psychiatry, advanced practice nurses). There will be some opportunities to see HIV and Infectious Disease patients inpatient as well. *Research* - involvement includes completion of structured clinical interviews (CDQ) for new patients, brief annual assessments of cog function, dep/anx, and substance use; involvement with Behavioral Health Integration Program (BHIP) of NJ and County Jail care coordination project. *Groups* – Development of support groups for HIV patients – med compliance, managing chronic medical issues

3) Urban Health Institute (UHI): OP/IP clinical experience for medically compromised Camden population with co-morbid psychological challenges (depression, anxiety, compliance, poor lifestyle choices, etc). Background in MI is helpful. You will be able to see the same patients inpatient and outpatient, with the goal of reducing their inpatient admissions due to psychiatric issues and medical non-adherence. You will work collaboratively with physicians, social workers, and health coaches. There will be the opportunity to run groups to address diabetes, compliance with medical care and other topics. *Groups* – Development of variety of support groups for medically compromised patients – med compliance, managing chronic medical issues, DM mgmt, mindfulness, etc.

4) OB/GYN, NICU, and Peds: IP Clinical experience evaluating NICU families and pediatric patients upon admission to the hospital and managing distress related to pre-mature births as well as general medical issues for the infant or child. OP Clinical experience maintaining caseload of Women/Families who have had challenging pregnancies, NICU infants, and acute or chronic health concerns in the child. *Groups* - Opportunity to develop support groups for

PPD, NICU families, coping with loss, etc. **ALL:** Opportunities for assessment of cognitive functioning/neuropsych (MOCA, MMSE, RBANS) brief assessment of mood functioning (HADS, PTSS, PHQ9), opportunity for broader assessments as well **ALL:** Opportunities for Groups/individual therapy on our Inpatient Psychiatry unit working with individuals with Serious Mental Illness.
** This may become a formal rotation for 2 full days, additional information to follow as Match Process continues.