

Clinical Health Psychology Emphasis at IUPUI

Introduction

Clinical health psychology is the study of the interrelationships among behavioral, emotional, cognitive, social, and biological processes and physical illness and health. Clinical health psychologists collaborate with other healthcare professionals, including physicians, nurses, social workers, and other allied health professionals. The goals of clinical health psychology include the development and empirical investigation of theories and interventions that promote health and prevent, ameliorate, or manage disease and disability. Students with training in clinical health psychology will be prepared to enter the field as researchers, practitioners, and administrators in a variety of settings, including universities, medical schools, hospitals and medical centers, clinics, private practice, and government agencies.

The clinical health psychology emphasis at IUPUI is completed in conjunction with the requirements of IUPUI's APA-accredited clinical psychology program. The Department of Psychology is housed in the School of Science, and our training is based on the Clinical Science Model (i.e., emphasis on training students to conduct scientific research). We are a member of the Council of Clinical Health Psychology Training Programs. Faculty members within psychology department and in other units across campus provide mentoring, instruction, and supervision. We guarantee doctoral student funding for four years through research and teaching assistantships. We provide core course work in our department, and additional related coursework is available through the Departments of Public Health, Sociology, and Anthropology, and the Schools of Medicine, Nursing, Social Work, and Law.

Clinical Health Psychology Setting at IUPUI

IUPUI is the designated health and life sciences campus for the state of Indiana, and it houses the state's graduate training in the health professions (e.g., School of Medicine, School of Nursing, School of Dentistry). Several hospitals are located on campus and provide copious research and training opportunities for our students.

On-campus facilities include:

Indiana University Hospital: IU Hospital is a major teaching hospital and recognized leader in technology. It offers treatments, therapies, and procedures that are found only in the most advanced academic medical centers. Several of IU Hospital's clinical programs are consistently ranked among the best in the nation by U.S. News and World Report.

Indiana University Melvin and Bren Simon Cancer Center: The IU Simon Cancer Center is a patient care, research, and educational organization within the Indiana University School of Medicine. Established in 1992 as the IU Cancer Center, it has been an NCI-designated Cancer Center since 1999 and is the only center with such distinction in Indiana that provides patient care.

Richard L. Roudebush VA Medical Center: Roudebush VAMC offers primary and specialty healthcare services to almost 200,000 military veterans from a 45-county area in Indiana and Illinois. The medical center promotes medical affiliate training, education and research.

Wishard Hospital: Wishard is a leading provider of primary and specialty healthcare to Marion County and the city of Indianapolis, with special emphasis on vulnerable populations. It has a Level I Trauma Center and nationally recognized services, including: Midtown Community Mental Health Center, IU National Center of Excellence in Women's Health, and the Richard M. Fairbanks Burn Center.

Riley Hospital for Children: Riley provides comprehensive, state-of-the-art clinical services for children and is routinely ranked as one of the nation's top children's hospitals by U.S. News and World Report. Riley trains clinicians who provide healthcare for children and conducts cutting-edge research to improve the diagnosis and treatment of serious medical disorders of children.

In addition, there are several off-campus medical settings within the Indianapolis metropolitan area that provide training opportunities in clinical health psychology for our students.

Curriculum

Students in the clinical health psychology emphasis complete the requirements for IUPUI's general clinical program. In addition, they are required to complete the two core courses in clinical health psychology, elective courses, and two clinical health psychology practica.

Core Courses

PSY-I 614 Behavioral Medicine in Rehabilitation

The theory and practice of behavioral medicine will be explored. Emphasis is on the application of behavioral principles to individuals suffering from various chronic diseases or disabilities including spinal cord injury, chronic pain, cancer, diabetes, strokes, cardiovascular diseases, and epilepsy.

PSY-I 618 Interventions in Health Psychology

The primary aim of this course is to familiarize students with the practice of clinical health psychology, although history, theory, research, and ethical issues will also be covered. In addition to being taught core clinical skills, students will learn specific assessment and intervention techniques for various health-relevant behaviors (e.g., smoking) and patient populations (e.g., chronic pain patients).

Elective Courses

PSY-I 545 Psychopharmacology

A survey of the effects of drugs on behavior, cognitive functioning, and emotions. Emphasis will be placed on the practical advantages of understanding how psychotropic drugs work, and on how the brain functions in health and disease. Students will be exposed to the most current theories and research in the field.

PSY-I 555 Medical and Psychosocial Aspects of Chronic Illness

Provides medical information for counselors and introduces students to medical terminology. Includes knowledge of the etiology, prognosis, methods of treatment, and effects of disabling conditions, and implications for the rehabilitation counselor. Counselor relationships with other health-related personnel are emphasized.

Clinical Health Psychology Practica

Primary Care

Roudebush VAMC – Primary Care Clinic
St. Vincent Hospital – Primary Care Clinic
Riley Hospital for Children – Outpatient Clinic
Methodist Hospital – Family Practice Center

Bariatric Medicine

Clarian Bariatric Center
St. Vincent's Bariatric Center

Specialty Clinics

Indiana University Medical Center – Diabetes Clinic, MDC Unit
Indiana University Medical Center – Fibromyalgia Clinical Research

Rehabilitation Medicine

Indiana University Medical Center – Neuropsychology Clinic
Hook Rehabilitation Center, Community Hospital East
Indiana University Medical Center – Department of Neurology

Supervision

Students receive extensive supervision by licensed clinical psychologists at our practicum sites.

Training in Specific Research Methodology

Students receive training in state-of-the-art research methods in clinical health psychology. Examples of in-house research equipment on which students can receive training and research experience include: eye-tracking equipment, olfactometer, ecological momentary assessment (EMA) devices, actigraphy, and cardiovascular

assessment methods (e.g., blood pressure measurement, electrocardiography [ECG or EKG], and impedance cardiography [ICG]).

Current Externally-Funded Research Projects in Clinical Health Psychology

Support Needs and Preferences of Family Caregivers of Lung Cancer Patients

Dr. Catherine Mosher is conducting a longitudinal mixed methods study of distressed family caregivers of lung cancer patients that is funded by the National Cancer Institute. This study examines the psychosocial and practical needs, barriers to psychosocial support service use, and service preferences of this population.

Life and Treatment Goals of Patients with Advanced Cancer

This two-year prospective study funded by the American Cancer Society is examining the life and treatment goals of patients with advanced lung and gastrointestinal cancers and how these goals may change over time. In addition, patients' goal-related thoughts are assessed to investigate how these might predict subsequent treatment decisions.

Core Clinical Health Psychology Faculty

Melissa Cyders, Ph.D., Assistant Professor, IUPUI Clinical Psychology Program (maladaptive health behaviors, including drug & alcohol use, gambling, and eating disorders)

John Guare, Ph.D., Senior Lecturer, Practicum Coordinator, IUPUI Clinical Psychology Program (management of obesity and diabetes, psychological aspects of bariatric surgery)

Adam Hirsh, Ph.D., Assistant Professor, IUPUI Clinical Psychology Program (biopsychosocial aspects of pain and functioning)

Catherine Mosher, Ph.D., Assistant Professor, IUPUI Clinical Psychology Program (behavioral oncology and cancer survivorship, family caregiving in cancer care)

Kevin L. Rand, Ph.D., Associate Professor, IUPUI Clinical Psychology Program (goal-related thinking and its influence on physical health, stress & coping in cancer, healthcare decision making at the end of life)

Jesse Stewart, Ph.D., Associate Professor, IUPUI Clinical Psychology Program (cardiovascular behavioral medicine and psychophysiology)

Core Clinical Psychology Faculty

John McGrew, Ph.D., Professor and Program Head, IUPUI Clinical Psychology Program (severe mental illness, autism)

Michelle Salyers, Ph.D., Associate Professor, IUPUI Clinical Psychology Program
(psychiatric rehabilitation for adults with severe mental illness)

Associated Faculty

Kathy Johnson, Ph.D., Professor and Dean of University College, IUPUI Department of Psychology

Other Contributors

Melissa Carpentier, Ph.D., Assistant Professor of Pediatrics, Adolescent Medicine

Mary de Groot, Ph.D., Associate Professor of Medicine, Division of Endocrinology

David Kareken, Ph.D., Associate Professor & Director of Neuropsychology, Department of Neurology

Kurt Kroenke, M.D., Professor of Medicine, Division of General Internal Medicine

Fred W. Unverzagt, Ph.D., Professor of Clinical Psychology, Department of Psychiatry

Gregory D. Zimet, Ph.D., Professor of Pediatrics and Clinical Psychology, School of Medicine

Alan B. McGuire, Ph.D., Scientist Scholar, ACT Center of Indiana

Angela Rollins, Ph.D., Assistant Research Professor, ACT Center of Indiana