Gateway Foundation: Lake Villa Center
Psychology Practicum Program Descriptions
Pre-Doctoral Therapy and Advanced Therapy Practicums, 2011-2012

About Gateway
For more than 40 years, Gateway Foundation Alcohol and Drug Treatment and our teams of experts have helped adults and teens struggling with substance abuse. We are the largest provider of adult and teen substance abuse treatment in Illinois.

Gateway provides effective and efficient drug and alcohol treatment to reduce the abuse of alcohol and other drugs, as well as the frequently co-occurring mental health problems in those we serve. We are a non-profit organization that devotes all of our capabilities to successful drug and alcohol treatment outcomes benefiting individuals, their families and their communities.

TRAINING FACILITY LOCATION
Gateway – Lake Villa Center
25480 Cedar Crest Lane
Lake Villa, IL 60046-9744

LAKE VILLA CENTER PROGRAMS
- Residential Adult Care for Men and for Women
- Residential Youth Care
- Residential Bridge Program (ages 18-24)

PRACTICUM SCHEDULES
The practicum training year is usually a calendar year (12 months), and the practicum experience normally takes place over a 16 hour per week schedule. The training program allows for some scheduling flexibility. The weekly 16 hours may be scheduled over two, eight hour days, or over three or more part days. While schedules usually consist of weekday hours, the extern may elect for his/her schedule to include some evening time.

The practicum starting date is negotiable, but must occur before the beginning of the fall semester. Completion date will be 12 months after start date. A nine-month, 20-hour-per-week schedule may also be negotiated.

ORIENTATION
There is a mandatory orientation date at the Lake Villa Treatment Center to be scheduled in the month before your start date when you will learn about the agency’s electronic charting system, and schedule a drug screen, tb tests, and agree to a background check. There is an additional mandatory orientation session in July for all psychology students, from 9am to 5pm at Gateway Foundation’s Central Office located at 55 East Jackson Blvd., Suite 1500. Details to be announced.

SUPERVISION
You will receive one hour of face-to-face individual supervision per week and a second hour of face-to-face individual supervision or one hour of small group supervision per week with a licensed psychologist. The expectation during individual supervision is that the student will come prepared to discuss their client caseload. Additionally and because we are a training site, the practicum student must be willing and able to explore the therapeutic process as it relates to psychotherapy models and specific client treatment issues. Group supervision includes
discussions of short journal articles that address questions such as “Implementing Evidence Based Practice (for example Motivational Interviewing, Seeking Safety) “How Does Therapy Work?” “The Therapeutic Alliance,” “Maintaining Professional Boundaries.” Students are expected to conduct case presentations within the group supervision format. Group supervision will include listening to and discussing students’ audio tapes of therapy sessions. Primary supervision of externs will be provided by the facility psychologist, Michael A. Nagelbach, Ph.D. Psy.D.

**Primary Supervisor**

Michael A. Nagelbach, Ph.D. Psy.D., directed Community Mental Health Center Child, Adolescent and Family clinics, and directed Training Programs in Clinical Psychology for fifteen years before joining Gateway. He received a Ph.D. in medical ethics and the philosophy of psychology at the University of Illinois in 1978, and a Psy.D. from the Chicago School of Professional Psychology in 1991. He has many years of undergraduate and graduate teaching experience. He is especially interested in evidence based practice, clinical theory construction, and self psychology. Dr. Nagelbach is a licensed clinical psychologist.

**Adjunct Supervisors**

Additional supervision will be available as needed from:

Phil Welches, PhD, RDDP is the Clinical Director for Gateway Foundation’s Community Services Division. He is a past Director of Psychology and Psychology Training Director at Chicago-Read Mental Health Center, a State psychiatric hospital. Dr. Welches is also a past Director of Interventions Northside and Crossroads substance abuse treatment centers. His orientation is fundamentally humanistic-existential. Dr. Welches is an active member of the Dartmouth-based Dual Diagnosis Capability in Addictions Treatment (DDCAT) Learning Collaborative. He is a Licensed Clinical Psychologist and Registered Dual Disorders Professional.

**TRAINING EXPERIENCE**

*Therapy externs’ primary training experiences* consists of individual psychotherapy and initial psycho-diagnostic consultations in all three of the Lake Villa treatment programs. Primary substance abuse treatment is provided by the substance abuse counselling team. The Psychology Department offers thorough Mental Health assessments, some psychological testing, individual and group psychotherapy, and consultation to: the substance abuse counselors, psychiatrists and Medical Department, the Intake Department, and teachers in the public school that operates on campus. Typically, students provide between 8-10 therapy hours per week. Externs may also have the opportunity, and may be required, to participate in interpersonal-process or psychoeducational group psychotherapy. Psycho-diagnostic consultations are interview-based, and may include brief follow-up psychological testing.

*Advanced therapy externs’ training experiences* -- in addition to the therapy externs’ experience described in the preceding paragraph -- will also include more extensive psychological testing and intake assessment work as needed, additional group psychotherapy experience including anger management groups as needed, and additional consultation to counseling staff and attendance at weekly multi-disciplinary case staffings, if the student’s schedule permits. Staffings include our psychiatrist, counselors and supervisors and the nursing department. Student presentations to counseling staff on mental health issues will be encouraged. All of these experiences will be closely supervised.

*The client population* is ethnically diverse. Clients are adults in residential and outpatient programs, and adolescents in residential programs. There is a significant prevalence of co-occurring mental disorders (MISA), and many clients have forensic issues. The extern’s training
experience will include work with a variety of individual clients. It is significant to note that shortly after admission into our residential facility, many clients report acute and/or chronic traumatic life experiences that have gone untreated. Therefore, this is an excellent training site for practicum students who have an interest in working with clients who are experiencing moderate to severe trauma.

The focus of the extern training experience is on mental health aspects of treatment. Clients are involved in didactic/psycho-educational programming with the agency’s substance abuse counselors. Psychotherapeutic services provided by externs will tend to be supportive and self-exploratory.

Therapy and Advanced Therapy caseloads will average no more than eight hours of face to face client contact hours per week over 12 months, which may include intake assessments, individual and group psychotherapy, and some psychological testing.

TRAINING PHILOSOPHY
Our clients are individuals in life situations, which they experience as difficult. We are interested in more fully understanding their problems in living and their resources. The role of the student-practitioner is to understand the client in his or her unique life-situation, help the client make better sense of it, and help him or her recognize and act on options. The starting point is to understand the client’s world as the client sees it. In this sense, the approach is humanistic-existential. Grounded in this context, cognitive-behavioral and contemporary relational psychoanalytic aspects may be employed. Externs may be required to conduct psychological evaluations, which use psychological tests. In such instances, the test results (including normative/quantitative data) will be understood as they relate to the client in his/her life-situation (that is, in a qualitative way). The training experience will include didactic and supervisory aspects toward helping the extern develop and improve upon skills necessary to do this. Accordingly, the beginning supervisory task is for the psychologist and extern to form a working supervisory relationship. The extern is considered as a practitioner-in-training, and in one important respect, the supervisor functions as a consultant in the extern’s educational-developmental process.

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