**Clinical Health Psychology Specialty Program**

**Mission**
Mayo Clinic has three missions: To provide the best patient care through integrated practice of patient care, education and research. Our fellowship provides supervised training in patient care, education, research, and in administration. The College of Medicine, Mayo Clinic sponsors the Mayo Clinic Medical Psychology Fellowship Program. Mayo Clinic is accredited by The Higher Learning Commission. Documentation regarding institutional accreditation is available in the Mayo School of Graduate Medical Education (MSGME) on the Mayo Clinic campus in Minnesota.

The primary value at Mayo Clinic – “The needs of the patient come first” – sets the culture and tone of the institution. The Clinical Health Psychology Program’s mission is consistent with this culture in prioritizing the teaching of high-quality, patient-centered, evidence-based clinical care that influences and is influenced by educational and research activities.

**Statement of Purpose and Goals**
The primary purpose of training in the Clinical Health Psychology Specialty Program is to provide fellows with depth and focus of assessment, intervention, educational, consultative and research experiences in Clinical Health Psychology that results in advanced professional practice competency. This specialty focuses on education and training in the application of scientific knowledge of the interrelationships among behavioral, emotional, cognitive, social and biological components in health and disease; to the promotion and maintenance of health; the prevention, treatment and rehabilitation of illness and disability; and improvement of care systems. This includes a general knowledge of the etiology of specific diseases (e.g., obesity, cancer) and the physiological mechanisms mediating the relationship between behavior and disease. The fellow should understand the role of behavior change and lifestyle modification in both primary and secondary prevention of disease. Of critical importance is that the fellow understands the role of psychologists in a medical center. These roles include awareness of the unique contribution to the care of patients through direct care and consultation utilizing evidenced-based assessment and intervention, and a recognition of the importance of establishing and maintaining
effective interprofessional collaboration to effectively function as a clinician, educator, and scholar in an academic health center. The Clinical Health Psychology Specialty Program uses education and training guidelines recommended by experts in the field to guide the advanced training of fellows. These include definitions and standards specific to Clinical Health Psychology training recognized by the Commission for the Recognition of Specialties and Proficiencies in Professional Psychology for Clinical Health Psychology and endorsed by the Council of Specialties in Professional Psychology.

**Training Philosophy**
The Clinical Health Psychology Specialty Program emphasizes an integration of science and practice with the goal of providing didactic and experiential opportunities designed to prepare fellows for advanced practice as psychologists in academic health care settings. The training objectives of the specialty program reflect a commitment to the development of psychologists who are scientist-practitioners with specialized clinical skills. The program places a particular focus on depth of experience in the fellow’s chosen area of focus, utilizing a mentorship model to refine specialized clinical, research, and teaching skills. A hallmark feature of the Clinical Health Psychology Specialty Program is the application of scientific literature to inform clinical practice, which simultaneously promotes the development of translational research.

**Training Model**
The fellowship requires that clinical health psychology fellows have in-depth and focused experience in one primary clinical health area as major rotation and at least one other clinical health area for additional breadth and depth as minor rotations. The primary goal of the training program in Clinical Health Psychology is to produce psychologists who have the knowledge and skills for advanced practice competency in clinical health psychology. The Clinical Health Psychology Specialty Program specifies the following three goals:

- **Goal #1:** Acquire advanced clinical health psychology knowledge, assessment skills, and intervention skills necessary to effectively treat adult patients within a health care system.
- **Goal #2:** Develop scholarship and research skills consistent with the scientist-practitioner model of our program that will equip the fellow to pursue a career as a clinical health psychologist in a medical center or academic health science center.
Goal #3: Acquire advanced knowledge and skills in consultation and knowledge of administrative aspects of Clinical Health Psychology within a health care system.

Fellows develop an individualized learning plan for the two-year fellowship in consultation with their mentor and the specialty director. The specialty director serves as an overall advisor to the fellow. With this mentorship, the fellow develops a clinical focus formalized by developing a major clinical rotation in a specific area of clinical interest, supplemented by clinical rotations in other (“minor”) areas. The specialty director and clinical health psychology faculty approve or modify the schedule proposed by the fellow. As noted in the Core Training Objectives, the fellows in the program devote at least 30% of their time to research activities and more than 50% of their effort to clinical and consultative activities. The remaining time includes all educational activities.

The fellows receive one-hour of weekly individual supervision from a psychology faculty member with expertise in their area of major clinical rotation. A faculty member involved with the fellow’s minor rotation provides an additional hour of weekly supervision. In addition, the fellow receives day-to-day supervision of practice such as staffing of evaluations, supervision of consultation activities, or as-needed case reviews or support. Clinical health psychology faculty meet monthly to discuss issues involving the training of fellows.

Faculty supervisors are committed to the scientist-practitioner model of training. Fellows train in empirically supported methods of assessment and intervention. Faculty members serve both as clinical supervisors and as mentors and collaborators in scholarly activities. Further, many of the faculty are involved in administrative roles within the Department of Psychiatry and Psychology and Mayo Clinic, and they provide opportunities for fellows to gain experience and receive mentoring in administrative leadership by the faculty. Finally, many on the faculty are involved in leadership roles in state, regional and national associations and are frequent presenters at such events; again, serving as mentors and role models for the fellows for their current and future involvement professional organizations.

Training Sites
Fellows select one primary major clinical rotation and may have several minor clinical rotations. Major rotations are defined as: a discipline with significant patient demand (a service functioning for at least 20 hours per week), a faculty member with expertise willing to provide at least one hour of weekly individual supervision, significant physician involvement, clinical opportunities for assessment, treatment and consultation, active scholarship defined as recent publications and active IRB protocols, and opportunities for teaching.

- **Behavioral Medicine Program**
  Interdisciplinary program that provides consultation and intervention for patients who are at the interface between medical and psychological conditions referred from medical specialties. Major emphases include assessment and management of unexplained physical symptoms, somatization disorders, depression and health anxiety in medically ill, and psychological/behavioral factors contributing to gastrointestinal and neurological conditions. Faculty: Richard Seime, PhD, ABPP. Location: Mayo West 11

- **Blood and Marrow Transplantation**
  Participation in both inpatient and outpatient multidisciplinary care and participation in NIH-funded research. Fellows develop competency in the evaluation of blood and marrow transplantation candidates and psychological/behavioral intervention for patients with psychosocial concerns. Faculty and fellows attend Interdisciplinary Blood and Marrow Transplant Inpatient Rounds weekly. Faculty: Shawna Ehlers, PhD, ABPP. Location: Mayo West 11, Methodist Hospital

- **Obesity Program**
  Evaluation and treatment of patients with medically complicated obesity in a multidisciplinary obesity treatment program. Services include assessment of bariatric surgery candidates, individual cognitive-behavioral therapy for obesity and binge eating, weight management, weight loss maintenance, and post-bariatric surgery support groups. Participation in NIH- and internally-funded obesity research. Faculty: Karen Grothe, PhD, ABPP, Matthew Clark, PhD, ABPP. Location Mayo West 11, Mayo West 18 (Endocrinology)

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- **Pain Rehabilitation Center**
Primary intervention includes a multidisciplinary three-week intensive outpatient treatment program for patients with intractable pain. There is also a two-day program and a family program. Participation in NIH- and internally-funded research is possible. Faculty: Cynthia Townsend, PhD, ABPP, LP, Barbara Bruce, PhD, ABPP, LP Faculty: Cynthia Townsend, PhD, ABPP, Barbara Bruce, PhD, ABPP, Karen Weiss, PhD, ABPP. Location: Generose 2 West

- **Primary Care Psychology**
  Integrated/collaborative primary care psychology in primary care clinic setting. Evaluation and treatment of anxiety, depression, somatization in close collaboration with primary care physicians. The emphasis is on short-term evidence-based intervention, co-management with primary care, and disease self-management. Major focus on depression management and treatment of anxiety disorders. Faculty: Kristin Vickers-Douglas, PhD, ABPP. Location: Northeast and Northwest Clinics

- **Psycho-Oncology Service**
  Primary sources of referral include breast clinic and radiation oncology. Research examining tobacco use among underserved populations and quality of life interventions for cancer patients is available. Faculty: Matthew Clark, PhD, ABPP, LP, Christi Patten, PhD, LP Location: Gonda 2, Charlton 6

- **Wellness and Resiliency Rotation** (minor)
  Clinical service, administrative, and research opportunities in a multidisciplinary setting focused on wellness. Examples of opportunities include: co- or independently leading wellness classes at the Dan Abraham Health Living Center (DAHLC) and the Patient Education Center, training wellness coaches at DAHLC and Mayo Global Products and Services (GPS), and reviewing and editing wellness written materials. Faculty: Matthew M. Clark, PhD, ABPP; Kristin S. Vickers Douglas, PhD, ABPP. Location: (DAHLC), Mayo West 11

**Goals, Objectives, and Competencies**
In addition to the Core Training Objectives which apply to all fellows, fellows in Clinical Health Psychology acquire knowledge and demonstrate specific skills in the areas of assessment/intervention, scholarship, consultation, and administration in the Clinical Health Psychology Specialty Program.
Goal #1 Acquire advanced clinical health psychology knowledge, assessment skills, and intervention skills necessary to effectively treat adult patients within a health care system.

Objective A: Know how to perform competent patient assessments.
  Competency 1: Integrate knowledge of relevant biological, psychological, behavioral, cognitive, and social factors for medical/health conditions in their assessments.
  Competency 2: Understand variables related to health risk assessment.
  Competency 3: Demonstrate significant knowledge of the relevant medical/physiological aspects of symptom presentation in their primary area of focus.
  Competency 4: Utilize behavioral observation, objective measures, mental status examination, self-report measures and/or self-monitoring for patient assessment.

Objective B for Goal #1: Conduct comprehensive inpatient and outpatient consultations for psychological symptoms or health risk behaviors in medically ill or medically referred patients; produce a report with differential diagnosis and biopsychosocial treatment recommendations.
  Competency 1: Demonstrate ability to determine when additional medical assessment is needed.
  Competency 2: Understand and use diagnostic nomenclature appropriate to the patient presentation.
  Competency 3: Conceptualize cases from a biopsychosocial perspective and identify appropriate evidence-based interventions.
  Competency 4: Communicate the assessment findings and treatment recommendations effectively.

Objective C for Goal #1: Implement evidence-based individual or group treatment.
  Competency 1: Demonstrate advanced competency in evidence-based individual or group treatment for patients within their primary clinical area.

Objective D for Goal #1: Function in an ethical manner.
  Competency 1: Understand ethics and demonstrate ability to address ethical issues as they arise in Clinical Health Psychology.

Objective E for Goal #1: Incorporate awareness of individual differences and diversity in clinical health psychology assessment and intervention.
  Competency 1: Demonstrate capacity for assessing and treating a culturally diverse population.
Goal # 2 Develop scholarship and research skills consistent with the scientist-practitioner model of our program that will equip the fellow to pursue a career as a clinical health psychologist in a medical center or academic health science center.

Objective A: Critically review and demonstrate knowledge of the relevant empirical literature in area of focus.
   Competency 1: Present to multidisciplinary group or conduct an educational seminar on empirical literature in area of focus.

Objective B: Develop familiarity with grant writing and funding sources in area of focus.
   Competency 1: Complete a grant application in support of research or attend an educational seminar on grant writing.

Objective C: Collaborate on the development, design, implementation, analysis, presentation or manuscript preparation for a multidisciplinary research project in area of focus.
   Competency 1: Present research at one national meeting.
   Competency 2: Author or co-author two publications that include at least one peer reviewed publication.

Goal #3 Acquire advanced knowledge and skills in consultation and knowledge of administrative aspects of Clinical Health Psychology within a health care system.

Objective A: Conduct appropriate and effective consultation with health professionals.
   Competency 1: Communicate clearly and effectively with other health professionals.

Objective B: Develop working knowledge of the process of behavioral consultation and intervention in a medical setting that addresses the patient related question and the referring consultant’s concerns.
   Competency 1: Conduct competent outpatient or inpatient consultations for psychological symptoms or health risk behaviors in medically ill patients and those referred by medical/surgical specialties.
   Competency 2: Demonstrate understanding of the limits and boundaries in role of consultant.

Objective C: Participate in experiences in administrative roles that include task forces, administrative meetings and committees within the department.
   Competency 1: Understand administrative roles for clinical health psychologists and how research, education, and clinical services are administered.
How Outcomes are Measured:
(1) Supervisor ratings
   a. Regular evaluation by supervising faculty during and after patient consultations.
   b. Review of written documentation by supervising faculty.
   c. Faculty evaluation after specific rotations via ISES.
   d. Faculty evaluation from specialty director for Clinical Health Psychology Fellowship during quarterly meetings with each fellow.
   e. Semi-Annual evaluation by clinical health psychology faculty as a group and fellow self-assessment, with feedback summarized and provided individually to the fellow by the specialty director of Clinical Health Psychology Fellowship.
   f. Feedback from the Medical Psychology Fellowship Director during semi-annual meeting with each fellow.

(2) Post fellowship employment activities and self-assessment perception that fellowship afforded adequate preparation for clinical health psychology position after completion of fellowship.

Minimum Thresholds for Achievement for Expected Competencies:

Proximal
ISES* Global Faculty Evaluation of Fellow - Areas of Clinical Skills, Professional Conduct, Cultural and Individual Diversity
Rating Scales in ISES:
First Year
1 = Insufficient proficiency, triggers written remedial action plan
2 = Relative weakness area, development plan discussed with supervisors
3 = Demonstrates adequate specialized knowledge and practice competency (minimum level of achievement)
4 = Demonstrates advanced specialized knowledge and practice competency
5 = Recognized for excellence in specialized knowledge and practice

Second Year
1 = Insufficient proficiency, triggers written remedial action plan
2 = Relative weakness area, triggers written remedial action plan
3 = Demonstrates adequate specialized knowledge and practice competency (minimum level of achievement)
4 = Demonstrates advanced specialized knowledge and practice competency
5 = Recognized for excellence in specialized knowledge and practice

Distal
Employment outcomes of graduates of the fellowship program include medical settings or academic health science center settings that recognize and make use of knowledge, assessment and intervention skills necessary to effectively treat adult patients within a health care system.

Assessment by graduates of the fellowship program that the fellowship equipped them with skills that integrated effectively science and practice from a biopsychosocial perspective to inform patient care consultation and evidence-based assessment and intervention.

Board certification in Clinical Health Psychology.

Curriculum Training Activities

Curriculum area: Theories and effective methods of psychological assessment, diagnosis and interventions

Required training/experiential activities:
The Clinical Health Psychology Specialty Program educates fellows in theories and methods of psychological assessment, diagnosis, and interventions through required training and activities included in
- Clinical Health Psychology Seminar
- Medical Psychology Seminar
- Psychiatry and Psychology Grand Rounds.

The Clinical Health Psychology Seminars provide up-to-date evidence-based assessment and treatment recommendations for the core areas in Clinical Health Psychology at Mayo Clinic: blood and marrow transplant, behavioral medicine, obesity, oncology, chronic pain, and primary care, in addition to other relevant topics.

Faculty provide fellows with individualized feedback designed to enhance their skills in clinical evaluation and treatment during weekly supervision and regular clinical work together. Faculty educate fellows in intervention efficacy through measurement of treatment response and outcome.
Competencies expected:
1. Accurate/complete biopsychosocial assessment
2. Knowledge of relevant medical/physiological aspects of symptom presentation
3. Effective utilization of measures and/or self-monitoring for patient assessment
   - behavioral observation
   - objective
   - self-report
   - mental status examination
4. Competent case formulations
   - differential diagnosis
   - coherent case presentations
   - identify evidence-based interventions
   - behavioral observation
5. Effective documentation/communication of assessment findings
   - medical record documentation
   - communication to referral source
   - communication to patient
6. Provision of evidence-based individual or group treatment
7. Practice in an ethical manner
8. Incorporate awareness of individual differences and diversity in assessment/intervention

How outcomes are measured:
- Attendance Tracking
  The education program coordinator tracks participation in seminars and Psychiatry and Psychology Grand Rounds.
- Global Faculty Evaluations
  Clinical health psychology faculty meet and provide formal evaluation about the competencies listed above to the specialty director. Faculty complete formal evaluations quarterly using the Mayo School of Graduate Medical Education’s Integrated Scheduling and Evaluation System (ISES).
- Advisor Evaluation
  All clinical health psychology fellows meet quarterly with the specialty director to discuss their progress in the training program, who maintains a small database to track progress on clinical, educational, scholarly activities and licensure progress. The specialty director provides a narrative (qualitative) summary of the fellow’s progress that incorporates the fellow’s self-assessment at the semi-annual and annual review.
**Curriculum area:** Consultation, program evaluation, supervision and/or teaching

**Required training/experiential activities:**
The program educates fellows in consultation by required training and activities included in
- Clinical Health Psychology Administrative Meeting and Seminar
- Medical Psychology Seminar
- Psychiatry Grand Rounds

Most clinical health psychology faculty participate in the consultative practice, which allows the fellow to participate in and observe modeling of relevant skills in daily practice. Fellows participate in multidisciplinary workgroups in their area of focus, which also provides the opportunity to observe and practice the role of consultant. These teams also offer teaching and supervisory opportunities with others disciplines, including nursing, social work, psychiatry, nutrition and medical students.

Optional teaching and supervisory experiences include:
- Teaching of a cognitive-behavioral therapy course for psychiatry residents each summer for second-year fellows
- Supervising psychiatry residents individually as they provide cognitive-behavioral treatment for mood disorders with related readings and mentorship on the supervisory process provided by Drs. Seime and Vickers-Douglas.

**Competencies expected:**
1. Clarify and address consultation question
2. Effective consultation with health professionals
   - Clear, succinct communication
   - Participation in multidisciplinary workgroups
3. Perform administrative roles
   - administrative meetings
   - committee participation
4. Seeks supervision appropriately
5. Development of own supervisory skills
6. Develop and present educational material for students/residents/healthcare professionals

**How outcomes are measured:**
- The education program coordinator tracks participation in seminars and Grand Rounds.
- The specialty director tracks participation in teaching activities for each fellow.
- Faculty evaluation of consultation and teaching activities is provided via ISES, incorporated with fellow self-assessment, and a narrative summary is provided at the semi-annual and annual review.
- Teaching activities approved for continuing education credit through Mayo or regional/national organizations provide audience evaluation summaries.

**Curriculum area: Strategies of scholarly inquiry**

**Required training/experiential activities:**
The program educates fellows in strategies of scholarly inquiry by required training and activities included in
- Clinical Health Psychology Seminar
- Medical Psychology Seminar
- Individualized feedback from supervising faculty
- Psychiatry and Psychology Grand Rounds.

The Clinical Health Psychology Specialty Program utilizes a mentorship model. Incoming fellows are matched with a research mentor at the time of recruitment into the fellowship. This model allows planning ahead for inclusion of fellows in research projects, as well as time in faculty schedules for scholarly mentorship. As a result of this approach, fellows have been successful in achieving multiple peer-reviewed publications, national presentations, and even successful grant applications during the course of their fellowship.

Each fellow is expected to deliver Grand Rounds in their second year, which requires synthesis and presentation of scholarly efforts acquired throughout fellowship, a scientific presentation that is often also used for clinical health psychology fellows in their job interviewing process. Fellows are required to submit at least two publications during fellowship, with at least one as a peer reviewed publication. They are required to make at least one scholarly presentation at a national conference relevant to their specialty area.

Typical conferences for clinical health psychology fellow presentations include Society of Behavioral Medicine, Association for Behavioral and Cognitive Therapy, American Psychosocial Oncology Society, Obesity Society. Scholarly activities listed above are supplemented by self-study of empirical literature, serving as peer-reviewer for journals with faculty, grant writing seminars,
reduced support (access to online journals, SPSS, secretarial assistance), and protected time for research.

**Competencies expected:**

1. Demonstrate knowledge of relevant empirical literature
2. Familiarity with grant writing and funding sources
3. Research participation
   - Methodology
   - Implementation
   - Analysis
   - Manuscript/presentation development
   - Research ethics
   - Diversity
4. Presentations
5. Publications
6. Attendance/active participation in didactics

**How outcomes are measured:**

a. Faculty evaluation of research progress, scholarly presentations and manuscript preparation by primary supervisor quarterly using ISES evaluation form.
b. Evaluation of number of presentations and manuscripts by specialty director for Clinical Health Psychology Fellowship during quarterly meetings with each fellow.
c. Semi-Annual review by clinical health psychology faculty as a group and fellow self-assessment, with feedback summarized and provided individually to the fellow by the specialty director of Clinical Health Psychology Fellowship.
d. Feedback on scholarly activities from the Medical Psychology Fellowship Director during semi-annual meeting with each fellow.

**Curriculum area:** *Organization, management and administration issues pertinent to psychological service delivery and practice, training, and research*

**Required training/experiential activities:**

- Mandatory training during their first month of fellowship that trains them to work in a healthcare setting, engaging in research, and orientation to the electronic medical record system
- The Medical Psychology Seminar includes topics such as “Practice Models in Psychology”, “Licensure for Psychologists”, “Benefits and Contracts.”
• The Clinical Health Psychology Seminar series includes a seminar on job search/interviewing and board certification particular to our specialty.
• Psychology Directorate meeting which addresses issues related to licensure, credentialing, evaluation, and recruitment of new psychologists to the department.
• Fellows also have the opportunity to participate in administrative roles in the department including Research Committee, Clinical Practice Committee, and Psychiatry and Psychology Grand Rounds Committee.
• All fellows are required to take the Examination for Professional Practice of Psychology (EPPP) examination. In the last 7 years, 100% of fellows have taken this exam. The fellowship program provides EPPP study materials and content within addresses this curriculum area.

**Competencies expected:**
1. Perform administrative roles
   • administrative meetings
   • committee participation
2. Efficiently manage administrative tasks
   • Timely documentation
   • Mandatory training
   • Electronic signing of notes
   • Succinct dictation
3. Professional attire and presentation

**How outcomes are measured:**
The program tracks participation in required training and successful completion of these modules in Pathlore (i.e. an education platform that tracks participation and successful completion of training modules). Most online education sessions have a minimal threshold for successful passing based on number of accurately completed knowledge-based questions.

Clinical health psychology faculty members meet and provide formal feedback about the competencies listed above to the specialty director.

Faculty complete formal evaluations quarterly using ISES.

All clinical health psychology fellows meet quarterly with the specialty director, who maintains a small database to track progress on clinical, educational, scholarly activities and licensure progress. The specialty director provides a narrative (qualitative) summary of the fellow’s progress that includes the
fellow’s self-assessment at the semi-annual and annual review. The fellow’s self assessment is incorporated into evaluation of training progress.

**Curriculum area:** Professional conduct; ethics and law; and other standards for providers of psychological services

**Required training/experiential activities:**
The program provides mandatory online training in professional conduct, ethical, legal, and other professional standards during their first month of fellowship. This training includes healthcare ethics for clinicians and students, integrity and compliance program, HIPAA privacy/security education, and protection of human subjects training.

The Clinical Health Psychology Seminar curriculum includes a seminar on healthcare ethics in which cases involving ethical dilemmas are discussed. Clinical health psychology faculty model professional conduct in their daily activities related to psychological services and ethical issues are discussed in supervision.

An institutional committee on ethics is available for consultation on difficult situations.

Following completion of the EPPP, most fellows obtain licensure in the state of Minnesota, which involves study of and examination on the state laws governing psychological practice and the Ethical Principles and Guidelines for Psychologists and Code of Conduct.

**Competencies expected:**
1. Research ethics
2. Practice in an ethical manner
3. Professional attire and presentation
4. Effective documentation/communication of assessment findings
   - medical record documentation
   - communication to referral source
   - communication to patient
5. Provision of evidence-based individual or group treatment

**How outcomes are measured:**
Participation in required training modules is tracked in Pathlore (i.e. Mayo Clinic Education Platform that tracks participation and successful completion of training modules). Most online education sessions have a minimal threshold for
successful passing based on number of accurately completed knowledge-based questions. Fellows receive regular evaluation and feedback by supervising faculty on professionalism ethics in the course of clinical care, research, and teaching activities and related supervision. Semi-Annual evaluation by clinical health psychology faculty is conducted as a group with feedback summarized and provided individually to the fellow by the specialty director of Clinical Health Psychology Fellowship.

**Curriculum area:** *Issues of cultural and individual diversity that are relevant to all of the above*

**Required training/experiential activities:**
Fellows participate in the Diversity Case Conferences Series, with each fellow required to present case conceptualization and treatment issues within the context of the individual/culture. Grand Rounds and fellowship seminars also address this topic, for example: viewing and discussing the video “What You Don’t Know: The Science of Unconscious Bias and What To Do About it in the Search and Recruitment Process” from the Association of American Medical Colleges as part of a Clinical Health Psychology Seminar.

Fellows also participate in cultural awareness courses through Mayo Clinic Human Resources (e.g., “Arab Cultures” “The Somali Culture” “The Spanish-Speaking Cultures” “Gay, Lesbian, Bisexual and Transgender Community”), and beginning in 2011 panel discussion presentations tailored specifically for mental health professionals (“Mental Health and Somali Culture”) are provided.

The Mayo Clinic Simulation Center is used for experiential training with actors (e.g., “Cross Cultural Communication Workshop,” see Domain D for additional description).

Several clinical health psychology practices attract international patients (Behavioral Medicine Program, Blood and Marrow Transplant, and Obesity Program), allowing fellows the opportunity to utilize the foreign language interpretive services and to practice incorporating awareness of individual differences into clinical assessment and treatment.

Faculty also address issues of diversity in supervision. Dr. Cynthia Townsend, a clinical health psychology faculty, is the new liaison for Diversity and Inclusion for the department and has been advising on ways to enhance the recruitment and
retention of fellows and staff with diverse backgrounds into the Medical Psychology Fellowship program.

Competencies expected:
1. Research participation:
   - Diversity
2. Clinical Assessment/Intervention:
   - Incorporate awareness of individual differences

How outcomes are measured:
Participation in training is tracked through calendar maintenance system and “MEds Web” card swipe monitoring system. Clinical health psychology faculty provide formal feedback about the competencies listed above to the specialty director. Formal evaluations are completed quarterly using Mayo School of Graduate Medical Education’s Integrated Scheduling and Evaluation System (ISES). Faculty evaluate and discuss fellow’s attention to issues of individual and cultural diversity during clinical, research, and teaching activities and following cultural case presentation.

Didactics
Fellows receive time for educational activities in addition to supervision hours. They attend weekly Department of Psychiatry & Psychology Grand Rounds, Tuesdays 12:15-1:15 p.m. Clinical health psychology fellows attend a monthly administrative meeting (one hour per month), a monthly core curriculum specific to the specialty (one hour per month), and a one-hour monthly psychology seminar – the Medical Psychology Seminar Series. Fellows also attend multidisciplinary workgroup meetings or rounds in their area of focus (e.g. daily morning rounds at the Pain Rehabilitation Center, daily morning team meeting in the Behavioral Medicine Program, weekly Blood and Marrow Transplant Inpatient Rounds, monthly Bariatric Workgroup Meetings). Fellows have the opportunity to attend weekly Department of Medicine Grand Rounds or Center for Translational Science Activities Grand Rounds, which offer the opportunity to hear nationally and internationally known speakers from various healthcare backgrounds.

The postdoctoral program has no part-time fellows. The average amount of time per week in activities described above 2-4 hours.

Medical Psychology Seminar:
The Medical Psychology Seminar meets monthly and is designed for all fellows as a collective didactic focused on professional development. Topics include diversity, research, developing a clinical practice, job negotiation. A formal presentation is typically followed by interactive discussion.

**Clinical Health Psychology Seminar:**
Clinical Health Psychology administrative meetings and seminars occur once monthly for two hours total. Seminars typically include faculty from other departments reviewing pathophysiology and current treatment trends for a variety of medical illnesses, including obesity, cancer, gastrointestinal diseases, neurological illness, sleep disorders, sexual dysfunction.

**Mayo Clinic Florida Rotations**
Clinical Health Psychology fellows may be able to arrange a rotation at Mayo Clinic Florida (Jacksonville) for one month in the second year. These rotations have been popular, providing exposure to a different patient population, practice environment, and geographic location from Rochester. Mayo provides housing, transportation costs and a rental car. It is the program’s expectation that the resident fly to Jacksonville unless a strong justification for driving exists. If you feel you must travel by automobile, please make your request known to the education program coordinator 3 months in advance so that, if warranted, coverage can be identified. Only in extremely rare and exceptional circumstances will a resident be permitted to not fulfill his/her commitment to Jacksonville. Final determination of time of assignment will be made by the specialty directors based on the needs at each site.

Fellows should talk to their specialty director if interested in doing a rotation at one of the Mayo sites. A request form must be submitted to the education coordinator and graduate school 6 to 9 months prior to starting the rotation. MSGME approval is required.