Internships
in Clinical Social Work, Clinical Counseling and Expressive Therapy
At AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates, we offer numerous training opportunities for individuals seeking advanced clinical training in social work, clinical counseling and expressive therapy. AMITA Health Behavioral Health Hospital has a reputation for excellence in training and we strive to provide an optimal training experience that maximizes each student’s strengths while encouraging opportunities for growth. Our site is very competitive and we recommend that all interested candidates carefully review the following brochure to ensure that your training needs and academic background match the clinical training opportunities that we offer.
Introduction
For more than seven centuries, the Alexian Brothers — a Roman Catholic order of laymen — have dedicated their lives to caring for the poor and sick. The Alexian Brothers maintain several hospitals and medical centers, along with facilities caring for the elderly, in the United States, Europe and Asia. Promoting the emotional well-being of patients is an integral part of the Alexian Brothers’ mission. Thus, training in behavioral health sciences is highly valued throughout the system.

Training Facility
As the largest health system in Illinois, AMITA Health includes 19 hospitals, more than 230 clinics and outpatient facilities, and an extensive network of more than 7,000 affiliated providers. AMITA Health is a joint operating company formed by Adventist Midwest Health, Alexian Brothers Health System and Presence Health. AMITA Health Behavioral Health Hospital is a 141-bed, not-for-profit, provider of behavioral health and addiction care approved by The Joint Commission. The hospital provides inpatient and outpatient services in Hoffman Estates, Illinois (a northwest suburb of Chicago). A large outpatient psychiatry and behavioral sciences practice is also located on the medical campus. At AMITA Health Behavioral Health Hospital, a strong spirit of inclusiveness prevails, and diversity among staff and patients contributes to the richness of the treatment milieu.

You will gain experience working collaboratively with staff and other trainees from various professions, including:

- Credentialed expressive therapists
-Licensed clinical professional counselors
- Licensed clinical psychologists
- Licensed clinical social workers
- Nurses & nurse practitioners
- Psychiatrists

AMITA Health Behavioral Health Hospital is home to a nationally renowned American Psychological Association (APA)-accredited pre-doctoral clinical psychology internship program. Our commitment to the excellent training standards set by the APA guides us to maintain and exceed the highest standards of training that, in turn, permeates all of the training programs at AMITA Health Behavioral Health Hospital. We take pride in our strong commitment to quality training, supervision and mentoring. Our highly experienced social workers, counselors and expressive therapists work closely with trainees to ensure that your training experience at AMITA Health Behavioral Health Hospital meets all the requirements of your graduate program and educational goals.
Training Program Details

- **Mandatory hospital orientation:** Two days in July; dates to be determined
- **Training start date:** The last week of August
- **Training end date:** The last workday of June (or during the week of your graduation, if earlier)
- **One-hour individual supervision** with a licensed (or credentialed, if appropriate) supervisor from your field of study
- **One-hour group supervision twice per month**

Weekly individual supervision, group supervision, informal impromptu supervision, team meetings, case consultations and formal didactic training opportunities are provided. We are committed to providing quality training that emphasizes evidence-based practices and inter-professional collaboration. Students are placed in one intensive clinical program for the year in order to gain a solid clinical experience. Students must be able to work flexibly within a treatment team in the clinical program in a very fast-paced hospital environment.

All trainees are expected to be on-site three days per week for a total of 20–24 hours per week. The number of hours per week will be determined before training begins to ensure that you will meet your required hours of training by year’s end.

Our didactic “Professional Seminar” is held on Wednesdays from 12–1 pm; all students are required to attend

Clinical Training Opportunities

**Adolescent Partial Hospitalization Program**

(3-4 positions)

The trainee in this program will gain exposure working with adolescents and their families. Patients present with anxiety, depression, attention-deficit/hyperactivity disorder (ADHD), autism spectrum disorder (ASD), substance use, conduct disturbance and other mental health disorders. Learning to conduct initial assessments and run group therapy with adolescents are the primary aspects of this clinical training opportunity. The trainee must be able to work adaptively as a member of the treatment team within the context of a structured program in a very fast-paced environment.
School Anxiety/School Refusal  
(1 position)  
The school anxiety/school refusal treatment program provides care for adolescents age 12–18. The treatment model is based upon the essentials of exposure with response prevention (ERP) and cognitive behavioral therapy (CBT). The program focuses on avoidance and refusal behaviors that occur due to anxiety. Trainees take an active role in educating adolescents in the evidence-based practice of ERP to overcome their anxiety about school. Trainees will have the opportunity to learn to conduct initial assessments, run group therapy, co-case manage and work with the patient’s families.

Adult Partial Hospitalization Program  
(2 positions)  
The adult program treats individuals diagnosed with mood and anxiety disorders, with the emphasis on mood stabilization and skill development, utilizing the treatment modalities of CBT, dialectical behavioral therapy (DBT) and acceptance and commitment therapy (ACT). Learning to conduct initial assessments, run group therapy, conduct psychoeducational groups with adults and provide some case management are the central clinical aspects of this training opportunity.

Center for Addiction Medicine (CAM)  
(2 positions)  
Trainees in CAM learn to treat individuals with the full range of addictions. Trainees work within a treatment team ready to supply the trainee with mentoring and modeling of treatment interventions that are evidence-based. CBT, motivational enhancement and ACT are utilized. Trainees will have the opportunity to learn how to conduct initial assessments and to run group therapy with adults struggling with addiction. Case management and presenting educational lectures may also be part of the training experience.

Obsessive Compulsive Disorder (OCD) and Anxiety Disorders Program  
(3-4 positions)  
Trainees learn the essentials of ERP and CBT from our expert team in the field of treating anxiety disorders, including OCD. Trainees take an active role in educating family members and patients in the evidence-based practice of ERP and work individually with assigned patients. The trainee must be able to work adaptively within the context of a structured program in a very fast-paced team environment.
Eating Disorder Partial Hospitalization Program
(1 position)

The eating disorders program treats patients presenting with a wide range of diagnoses, including anorexia nervosa, bulimia nervosa, binge eating disorders, and other eating disorders. Highly structured group interventions and milieu treatment with an adolescent and adult population are the main approaches to treatment. The model of treatment utilized is known as the AMITA Health Behavioral Medicine Treatment Framework, which includes influences of DBT, CBT, ACT, ERP and motivational interviewing. Trainees will have the opportunity to learn to conduct initial assessments, to run group therapy and to work within a multidisciplinary treatment team.

Autism Spectrum and Developmental Disorders Resource Center (ASDDRC)
(1 position)

ASDDRC provides assistance to individuals with autism spectrum disorders and development disorders at all ages. Treatment includes a wide range of modalities including CBT and behaviorism. Trainees provide triage assessments and brief screenings in locations throughout the hospital system. This track also includes training opportunities in the child and adolescent partial hospitalization programs; conducting a social skills group; and may include working individually with some patients and their families. The ASDDRC team is looking for trainees with a strong interest in working with the autism spectrum population and/or other developmental disorders, who can work independently but collaboratively within a multidisciplinary team.
Pregnancy and Postpartum Mood & Anxiety Disorders Program (PMAD)/Perinatal Intensive Outpatient Program (IOP)
(1 position)
These two programs work closely together to provide services and support to pregnant and postpartum families. The trainee in this setting will experience the integration of medical and behavioral health social work. In PMAD, experience will include meeting with at-risk patients post-delivery, in the neonatal intensive care unit, and other medical units in the hospital to assess for mental health concerns, provide education and appropriate referrals. In addition, PMAD meets with outpatients from within the AMITA Health system and from the community to complete psychosocial assessments, education, support and referrals, as well as runs a support group. In the perinatal IOP, the trainee will have the opportunity to run group therapy, co-case manage and co-facilitate family interventions.

Expressive Therapy
(3 positions)
This track is reserved for graduate students from accredited expressive therapy graduate programs. Trainees will receive training in one or more modalities of expressive therapy as a means of helping patients address mental health issues. Expressive therapy interventions in a group setting will be the primary mode of treatment that trainees will learn. Training occurs in our partial hospitalization programs, our inpatient units, at our residential treatment facility and at our hospice facility, and includes work with all patient populations. The trainee must be able to work adaptively with the treatment team within the context of a structured program in a very fast-paced environment.

The various modalities of expressive therapy that are taught at AMITA Health Behavioral Health Hospital include:

- Art therapy
- Drama therapy
- Music therapy
- Dance/movement therapy

Students are asked to specify the primary form of expressive therapy modality of interest when completing the AMITA Health Behavioral Health Hospital application form.
How to Apply

In order to apply for a master’s level internship training position at AMITA Health Behavioral Health Hospital, please submit the following materials:

• **AMITA Health Behavioral Health Hospital Application Form**  
  Download the application form from the weblink, complete it and mail it in with the rest of your materials. On this form, please indicate your primary, secondary and tertiary training track of interest. If you are only interested in one or two of the training tracks, you do not need to rank any others.

• Cover letter

• Resume

• Two (2) letters of recommendation (if a student had a previous placement or job experience or volunteer experience in the field, a letter of recommendation from someone familiar with your experience is preferred)

• A copy of your school transcripts (does not need to be an official copy at this point of the application process)

• **Applications can be submitted starting December 2, 2018. We will continue to accept applications until all of our positions are filled.**

Send your application materials in **one** packet to:

**Marie Duetsch, LCSW**  
AMITA Health Behavioral Health Hospital  
Program Manager of Student Training  
1650 Moon Lake Blvd.  
Hoffman Estates, IL 60169  
Marie.Duetsch@AMITAhealth.org

Our application is available at:  
[AMITAhealth.org/ BehavTrainingOpps](AMITAhealth.org/BehavTrainingOpps)