Postdoctoral Residency in Lifespan Clinical Neuropsychology

Department of Psychiatry
WELCOME

The neuropsychology faculty and staff in the Department of Psychiatry are pleased that you are interested in our Lifespan Clinical Neuropsychology Postdoctoral Fellowship program. We come from a wide variety of backgrounds and experiences and are proud to provide training at the University of Iowa Hospitals and Clinics and to call Iowa City our home. We hope this handbook helps you understand who we are and conveys our enthusiasm for providing high quality neuropsychology training to residents interested in a lifespan perspective on clinical neuropsychology. In addition to the various training goals we note below, we are also committed to a good balance of work life and personal life. To that end, we are also providing information about ourselves and the community we love, Iowa City.
BASIC INFORMATION:

Program Director: Douglas Whiteside, PhD, ABPP/CN
Phone: 319-356-1103
Email: douglas-whiteside@uiowa.edu
Program Website: (TBD)
Application Deadline: December 31 of the year proceeding the start date.

APPCN Match Code:
The program is 2080 hours per year for 2 years, with the exception of vacation/sick leave time used during the fellowship. The training year typically begins on the first Monday on or after August 1. If the resident needs to start at a different time, they should contact the Program Director as soon as possible.

Training Philosophy and Mission

The training philosophy for the Postdoctoral Fellowship in Lifespan Clinical Neuropsychology is based on the scientist-practitioner model with particular emphasis on the integration of science and clinical practice across the lifespan. The training philosophy and model is consistent with the Houston Conference Guidelines for training in clinical neuropsychology (Hannay, Bieliauskas, Crosson, Hammeke, Hamsher, & Koffler, 1998). Further, consistent with the expectations of the newly established neuropsychology taxonomy (Sperling, Cimino, Stricker, Heffelfinger, Gess, Osborn, & Roper, 2017), the program has a Major Area of Study in clinical neuropsychology. In other words, the training program is two years of full time formal training in clinical neuropsychology with appropriate clinical, research, and didactics components. The training includes a particular focus on assessment and intervention activities that integrate neuropsychological theories, methods, and empirical research. The fellowship is designed to be the capstone training experience in clinical neuropsychology that will allow the resident to become an independently licensed practitioner who is eligible for board certification after completing training.

PROGRAM OVERVIEW

Our program has a strong focus on the clinical manifestations of neurological and psychiatric disorders at all ages. The Neuropsychology Service of the Department of Psychiatry is the primary training site and the program has a Major Area of Study in Clinical Neuropsychology, providing extensive training opportunities with a diverse patient population. Douglas Whiteside, PhD, ABPP/CN is the Program Director and the program has a talented and enthusiastic faculty in both adult and pediatric neuropsychology. Residents will gain experience in both adult and pediatric neuropsychology throughout the two-year training program.

The program is designed for residents with a strong interest in training in neuropsychology across the lifespan.

The training program accepts one resident per year, with a strong focus on one-on-one training. The training model is based on the scientist-practitioner tradition and the neuropsychology
training guidelines articulated by the Houston Conference (Hannay et al., 1998). The program is a member of the Association of Postdoctoral Programs in Clinical Neuropsychology (APPCN), and participates in the match program administered through APPCN.

The training opportunities are based at UIHC, which is one of the largest academic medical centers in the United States. We receive referrals from the departments of Psychiatry, Family Medicine, Neurology, Internal Medicine, Athletics, Transplant Services, and the Cancer Center, along with external referrals from around the state.

The program has strengths in assessing neuropsychological syndromes associated with psychiatric and/or neurological disorders including Alzheimer’s disease and other neurodegenerative conditions, multiple sclerosis, movement disorders, autoimmune disorders, traumatic brain injury, cancer and cancer treatment, vascular disorders, medical conditions, transplant, psychiatric disorders, learning disorders, and forensic evaluations.

Given the setting in a tertiary medical center, and given the large catchment area of UIHC, residents will be exposed to both common medical and psychiatric conditions, such as Alzheimer’s disease, metabolic syndrome, traumatic brain injury, schizophrenia, and depression, along with rare conditions, such as Huntington’s disease, myotonic dystrophy, and autoimmune encephalopathies.

Advanced training in neuropsychological assessment is at the heart of the postdoctoral fellowship. Residents typically participate in one outpatient evaluation per day and one or two inpatient evaluations per week. Although residents often work with psychometrists, they will occasionally be expected to do their own testing. The typical battery is two-to-five hours in length and is determined by the referral question and the condition of the patient.

The program uses NIH guidelines (http://grants.nih.gov/grants/guide/notice-files/NOT-OD-14-046.html) for salary of postdoctoral Residents. There are full health insurance benefits and vacation/sick leave.
WORKING AT THE UNIVERSITY OF IOWA HOSPITALS AND CLINICS

The institutional mission of UIHC is simply stated as: Changing Medicine. Changing Lives. We are changing medicine through:

- Pioneering discovery
- Innovative interprofessional education
- Delivery of superb clinical care
- An extraordinary patient experience in a multi-disciplinary, collaborative, team-based environment

UIHC regularly receives honors and recognitions as one of the best medical centers and one of the best employers in the nation. Forbes Magazine named University of Iowa Health Care as the Number 5 employer in the Health Care industry category and Number 14 employer overall (2017).

UIHC has also received numerous honors and recognition for the quality of care provided. Here are just 3 examples of recent honors:

1. U.S. News and World Report ranked UIHC among the country’s “Best Hospitals”

2. Health Care’s Most Wired named UIHC as one of the nation’s most wired hospitals for its use of electronic and related technology (each year from 2010 to 2017).

3. The Joint Commission, the independent, not-for-profit organization’s "Gold Seal of Approval," indicates UIHC is in full compliance with all applicable standards.
LIVING IN IOWA CITY

Few places combine the ease of small city living with the wealth of large-city services and entertainment that you’ll find in Iowa City and surrounding area. We invite you to discover the features that make our community a great place to call home.

The community of Iowa City metropolitan area has a population of approximately 140,000. Iowa City has a small college town atmosphere, but with diverse entertainment and recreational activities associated with the University of Iowa including numerous concerts, literary events (including those through the Writer’s Workshop), theatre, and sporting events. Downtown Iowa City is a ten-minute walk from hospital, or a five-minute bus ride via the free University shuttle.

Whether you choose to rent or buy, Iowa City offers a wide range of housing options. The Iowa City area includes Coralville, North Liberty, University Heights and many more nearby towns, creating a rich and diverse community. Iowa takes great pride in its schools and features some of the best colleges and universities, as well as elementary and secondary schools. Spouses of UIHC Residents can find a number of employment opportunities in Iowa City.

You will find a vibrant assortment of attractions and events in the area. With a number of museums, festivals and theaters, Iowa City offers a lively culture and home for the arts, including the nationally renowned Hancher Auditorium which brings in national performers throughout the year.
Dr. Whiteside has been a clinical faculty member since 2014, after working in clinical and academic settings in Chicago and Seattle. Dr. Whiteside is a native Midwesterner, who serves as the Program Director for the Residency program. He is actively involved in clinical neuropsychological practice, teaching, research, and community service. His research interests focus primarily on performance validity tests, personality assessment measures in neuropsychological assessment, and long term cognitive and emotional outcome of electroconvulsive therapy (ECT). He is a member of the editorial board for The Clinical Neuropsychologist and has served as a peer reviewer for several neuropsychological and psychological journals. In addition to his work as Program Director of the postdoctoral fellowship in clinical neuropsychology, Dr. Whiteside has considerable previous experience with training program development, which includes expanding a doctoral level neuropsychology concentration, establishing a doctoral level on-campus training clinic, and serving as a member of the Board of Directors for a large multidisciplinary medical practice.

He is currently a board member for the Association of Postdoctoral Programs in Clinical Neuropsychology (APPCN). As Chair of the AACN Student Affairs Committee, he developed numerous student-focused programs for AACN including leading the first comprehensive survey of neuropsychology trainees. As part of his role as a Clinical Professor, his passion is to exceptional doctoral and postdoctoral training in neuropsychology while providing high quality neuropsychological services to adults from diverse backgrounds with a wide range of neurological and psychiatric conditions. In addition to his work as a neuropsychologist, Dr. Whiteside is an avid jazz and classical musician and plays in several bands around town. He also enjoys hiking, biking, amateur astronomy, and travel, particularly to national parks where he and his wife have a “bucket list” goal to see every unit within the National Park Service.
CORE FACULTY:

Kristen Caraher, PsyD
Contact: kristen-caraher@uiowa.edu (319) 356-1089
Clinical Assistant Professor of Psychiatry-Psychology
Illinois School of Professional Psychology (Clinical Psychology)

Internship Program: Phoenix VA Medical Center
Postdoctoral Training: Barrow Neurological Institute
Licensed Psychologist: Iowa, Arizona

During her doctoral program, Dr. Caraher completed neuropsychological training at Hines VA Medical Center and at the University of Illinois at Chicago. Throughout her career, she has had strong clinical and research interests in obesity, bariatric surgery outcomes, depression, quality of life, cognition, cognitive decline, and other neurological conditions. She has worked in diverse inpatient and outpatient medical, neurological, and rehabilitation settings and conducted evaluations with patients with a variety of neurological (e.g., memory disorders, Parkinson’s disease, TBI, epilepsy, brain tumor, cerebrovascular disease and stroke, demyelinating and autoimmune conditions) and psychiatric conditions (e.g., depression, anxiety, bipolar disorder, personality disorders), with complex medical backgrounds. Dr. Caraher finds great enjoyment in teaching and supervising students, trainees, and psychometricians. She is currently pursuing board certification in clinical neuropsychology. Dr. Caraher loves to spend time with her husband, daughter, and two pups. She also enjoys cooking, exercising, travelling, reading, painting, and checking out local cuisine and community events.

Patricia Espe-Pfeifer, PhD
Contact: patricia-espepfeifer@uiowa.edu (319) 356-1353
Clinical Professor of Psychiatry-Psychology and Pediatrics
Nova Southeastern University (Clinical Psychology)

Internship Program: West Side VA Chicago
Postdoctoral Training: University of Virginia
Licensed Psychologist: Iowa

Dr. Espe-Pfeifer directs the Child Psychology and Pediatric Neuropsychology Services within the Child Psychiatry Clinic. Her areas of clinical interest include traumatic brain injury, sports-related concussions, epilepsy, stroke, Tourette’s Disorder and Juvenile Huntington’s Disease. In addition, she specializes in neuropsychological assessment of patients with complex medical histories, including brain injuries as a result of an accident, a stroke, or an infection of the brain, and comorbid psychiatric disorders. Dr. Espe-Pfeifer works closely with UI Sports Medicine Concussion Clinic. She also provides therapy interventions through the Outpatient Adolescent Dialectical Behavior Therapy (DBT) Program. Her areas of research interest include traumatic brain injury, epilepsy, neurocognitive aspects of diabetes, Duchenne Muscular Dystrophy, and Juvenile Huntington’s Disease. Dr. Espe-Pfeifer lives in Iowa City with her husband and three children. She enjoys spending time with her family and cheering on her kids in their sporting events.
Karin Hoth, PhD, ABPP/CN

**Contact:** karin-hoth@uiowa.edu (319) 356-0544

Associate Professor of Psychiatry-Psychology  
University of Iowa (Clinical Psychology)

**Internship Program:** Warren Alpert Medical School of Brown University  
**Postdoctoral Training:** Warren Alpert Medical School of Brown University  
**Licensed Psychologist:** Iowa, Colorado

Dr. Hoth is a board-certified clinical neuropsychologist who joined the faculty at the University of Iowa in 2013 after working in Denver, CO for several years. She has expertise in aging and cognitive changes associated with chronic medical illnesses. Dr. Hoth currently devotes a significant portion of her academic time to research. She leads research projects focused on physiological mechanisms that impact the brain in adults with chronic cardiopulmonary diseases, and psychological adjustment, particularly anxiety and depression, in chronic lung disease. Dr. Hoth is interested in education related to professional career development. She co-leads the career development seminar for the fellowship program and has recently served on the APA Early Career Psychologist Committee and the APA Scientific Advisory Committee for which she has chaired the early career pilot grant award review. Dr. Hoth lives in Iowa City with her family and enjoys many outdoor activities including skiing and hiking.

David J. Moser, PhD, ABPP/CN

**Contact:** david-moser@uiowa.edu (319) 384-9211

Professor of Psychiatry-Psychology  
University of Florida (Clinical Psychology)

**Internship Program:** University of Florida  
**Fellowship Program:** Warren Alpert Medical School of Brown University  
**Licensed Psychologist:** Iowa

Dr. Moser is a board-certified neuropsychologist and Professor of Psychiatry who joined the faculty at Iowa in 1999 after training at the University of Florida and Brown University School of Medicine. He currently devotes approximately one-third of his work time to adult neuropsychological assessment and also maintains a small caseload of psychotherapy patients. Dr. Moser is involved in a broad range of NIH-funded research activities on topics including myotonic dystrophy, Huntington’s disease, the cognitive effects of cochlear implant use, and others. He also holds administrative positions in the UI Carver College of Medicine, including Assistant Dean of Faculty Affairs and Development and a Vice Chair position in the Department of Psychiatry. Originally from the Boston area, Dr. Moser lives in Iowa City with his wife, three children, and three dogs. He enjoys running, biking, reading, and playing hockey.
Psychometrists:
Jennifer Long, BA-Senior Psychometrist
Elijah Waterman, BA-Psychometrist
Camille Marie, MA-Pediatric Psychometrist

Affiliated Faculty:
Edward T Buckingham, MD, MPH, Assistant Professor
Peter Daniolos, MD, Clinical Professor
Susan Duffy, MD, Clinical Assistant Professor of Psychiatry
Amanda Elliott, DO, Assistant Professor
Elaine Himadi, MD, Clinical Assistant Professor of Psychiatry
Aaron Kauer, MD, Assistant Professor
John Kamholz, MD, PhD, Professor of Neurology and Psychiatry
Annie Killoran, MD, Clinical Assistant Professor of Psychiatry
Hristina Koleva, MD, Clinical Associate Professor of Psychiatry
Samuel Kuperman, MD, Professor of Psychiatry and Pediatrics
Jason Miiller, MD, Assistant Professor
Peg Nopoulos, MD, Professor of Psychiatry
Jane Paulsen, PhD, Professor of Psychiatry and Psychology
Hanna E. Stevens, MD, PhD, DFAACAP, Assistant Professor
Jodi Tate, MD, Clinical Associate Professor of Psychiatry

PROGRAM GOALS
At the completion of the program, the resident will:

- Understand the principles and methods of neuropsychological assessment and case conceptualization, including standardized measurement of intellectual functioning, attention, memory, language, visual spatial abilities, executive functioning, and personality/emotional functioning
- Understanding the neuropsychological manifestations of neurological and psychiatric disorders, including risk factors, onset, symptoms, and natural history.
- Be able to provide clear differential diagnoses, as appropriate, between various neurological and psychiatric disorders
- Efficiently provide high quality neuropsychological services to diverse patients, including effective test selection, report writing, clinical interviewing, verbal feedback, and supervision of psychometricians
- Be able to understand the interactions between developmental stages and presentations of neurological and psychiatric disorders from a neuropsychological perspective.
- Be able to effectively engage in research in clinical neuropsychology
- Be able to effectively supervise lower level trainees in order to foster the trainees’ knowledge, skills, and attitudes in clinical neuropsychology
DESCRIPTION OF TRAINING OPPORTUNITIES

The Neuropsychology residents have full access to the extensive University of Iowa library databases and holdings, printers, necessary clinical and research software, comprehensive didactic programs, and many other resources.

Psychiatry Neuropsychology Service

The Psychiatry Neuropsychology Service is located in the John Pappajohn Pavilion (JPP) of the UIHC and includes faculty offices, technician offices, office space for a resident, and a reception area/waiting room. The Psychiatry Neuropsychology Service has three highly experienced and dedicated technicians who work with the five faculty neuropsychologists and residents. The Neuropsychology Service provides neuropsychological evaluation to both adults and children, so residents will gain experience with patients of all ages. Residents participate in outpatient evaluations, inpatient evaluations, and specialty interdisciplinary clinics in Huntington's disease and myotonic dystrophy as part of the psychiatry rotation. Residents may also gain experience with various interventions related to neuropsychology, including cognitive behavioral interventions and neuropsychological rehabilitation.

FELLOWSHIP EXPERIENCES

The following is a brief description of the residents’ experiences during this program. This is a two-year Program, with the resident spending approximately 20% of their time on pediatric cases and 80% on adult cases. Residents work with different supervisors each day of the week for the training period to maximize the breadth and depth of exposure to different approaches to neuropsychological cases. Below, the specific training experiences are divided into activities related to clinical service, research, and education, although in practice these three domains are often blended. Residents are formally evaluated by faculty every six months, and receive formal feedback regarding strengths and weaknesses to promote their professional growth and achieve their training goals. Residents also receive ongoing informal feedback on their progress, strengths, and areas for further development from faculty.

1. Clinical

Clinical activities comprise approximately 80 percent of training time. On average, residents see one outpatient per day plus inpatients, typically with the assistance of psychometricians. Initially, patients are seen directly by the resident and at times the resident will be asked to complete their own testing. After demonstrating proficiency in neuropsychological test administration and scoring, residents are taught to complete assessments with the aid of psychometricians who complete the testing under the supervision of the resident and a faculty neuropsychologist. Residents receive extensive training in supervising psychometricians in neuropsychological evaluations. A clinical faculty member supervises each case individually.

The role of the supervising neuropsychologists evolves as the resident gains experience and competence, but the supervisors remain actively involved in the cases throughout training. As
residents progress through the program and their knowledge and skills develop and expand, they will assume greater responsibility in clinical activities, research, teaching, supervision, and management. However, this does not mean a decrease in the amount of supervision time. As the resident develops, supervision focus changes to highlight higher level competencies. As the resident’s competencies increase, the character of supervision changes to accommodate this growth, transitioning from a more directive approach to becoming more collegial and collaborative.

Residents conduct examinations on diverse outpatient and inpatient populations with a variety of presenting conditions and referral questions, including neuropsychiatric disorders, dementia, traumatic brain injury, metabolic and other chronic health conditions, neurological disorders, and learning disorders/ADHD. Referral questions are diverse as well, including differential diagnosis, treatment and discharge planning, decision making capacity, and academic accommodations. Residents are exposed to complex cases that often involve both neurological and psychiatric issues. Residents will also have the opportunity to participate in specialized multidisciplinary clinics such as the Huntington’s disease clinic and the Myotonic Dystrophy clinic. The approach to evaluations places an emphasis on individual supervision, hypothesis testing, concise and rapid report writing, and clear verbal communication of results to patients, treatment teams, and referring providers.

In addition to considerable training and experience in neuropsychological evaluations, residents may take an elective experience with a psychoeducational and cognitive enhancement group for patients and caregivers facilitated by Dr. Caraher. In this intervention, participants will be introduced to techniques and strategies to help with memory, attention, executive functioning, health behaviors, sleep difficulties, and more. Education will also be provided regarding the cognitive effects of aging, dementia, stroke, traumatic brain injury (TBI), sleep problems, emotional difficulties, and more. The group runs for 8 weeks and if fellows choose this elective they must commit to the entire 8-week sequence.

2. Research

The Psychiatry Neuropsychology Service maintains datasets of most patients evaluated in the clinic. There are numerous opportunities to study patients with specific neurological and psychiatric conditions (e.g., Huntington’s, Vascular disorders, pulmonary problems, psychiatric disorders) as well as psychometric properties of various instruments. Data from patients seen by the Psychiatry Neuropsychology Service are included in a database and residents have access to these data for research purposes.

Residents work with faculty, to develop a research project for the residency. Residents are not expected to develop a project “from scratch” but are encouraged to collaborate with faculty on projects of mutual interest to develop their own lines of scholarship. Residents are expected to produce a first author research/scholarship project during their training, but the specific format of this project varies considerably based on the resident’s experience, previous training, interests, and career goals. Residents are given 10 percent release time to pursue their research project in collaboration with one or more faculty.
3. Didactics and Supervision Experience

Residents also gain experience in supervising less advanced trainees, primarily practicum students from the APA accredited Clinical and Counseling Psychology programs on campus. Residents work closely with the supervising neuropsychologist to develop effective skills in supervision of neuropsychology trainees.

All residents are required to participate in two didactic experiences: the Neuropsychology Journal Club, and the Clinical Neuropsychology Seminar. The Neuropsychology Journal Club focuses on cutting edge research, theory, and clinical applications in clinical neuropsychology, as well as ethical issues, professional development issues, and mock fact finding exercises. The Clinical Neuropsychology Seminar provides foundation knowledge about core neuropsychological disorders and assessment methods to provide the postdoctoral resident with appropriate context for high level clinical training in neuropsychology.

In addition to the core didactics, there are numerous elective opportunities depending upon resident training goals and interests. These include the Psychiatry Grand Rounds, Neurology Grand Rounds, Molecular Psychiatry Seminar, Neuroscience Conference, Movement Disorders Conference, Neuroradiology Conference and Neuroanatomy coursework. Also, the program supports residents to attend the annual meeting of the International Neuropsychological Society.

Residents also participate in a monthly career development seminar series addressing professional issues relevant to the transition from resident to independent professional. The seminar includes some lecture material, but is primarily discussion based. The seminar topics will be developed at the beginning of each year based on the residents’ professional goals. Topics may include the job application process, job negotiation, clinical billing and insurance, balancing professional and personal life, and mentoring skills. This seminar series is coordinated by Drs. Hoth and Caraher.

4. Examination

Near the end of the first year residents are administered the APPCN first-year test. This is a 50-item, four-alternative multiple choice test that assesses advanced knowledge in neuropsychological assessment and treatment, neuropsychological syndromes, and relevant neurological and psychiatric diseases. The general format of the exam is akin to the ABPP/CN board examination, with content specific to neuropsychology. Residents are provided with feedback on their exam performance to facilitate setting training goals for second-year training.

5. Second Year Resident Experiences

The second year of the fellowship is considered a continuation of the first, and many of the training experiences continue. Greater independence and responsibility in clinical activities is expected and second-year residents take a larger role in teaching.

**SALARY AND BENEFITS**
The salary follows NIH guidelines for postdoctoral residents and further information can be found at: http://grants.nih.gov/grants/guide/notice-files/NOT-OD-14-046.html. Health and dental insurance are provided and interested candidates are encouraged to correspond with Department Administrators regarding the specifics of the insurance benefits. Vacations, sick leave, and maternity/paternity leaves are consistent with the leave policy established for medical residents and currently include 3 weeks of annual leave plus sick leave and conference leave.

APPLICATION PROCEDURE

The application process includes submission of the following components: cover letter; curriculum vitae; three letters of reference; two sample case reports; Verification of Completion of Doctorate, and graduate school transcripts. We strongly recommend at least 2 of the letters of recommendation be from neuropsychologists who are very familiar with your clinical work, including your internship supervisor(s). If you have not completed your dissertation at the time of your application, please include a letter from the chair of your dissertation indicating the status of your project and anticipated date of completion. Materials should be submitted online through the APPA CAS Postdoctoral Fellowship application portal. The link to this portal is: https://appicpostdoc.liaisoncas.com/

Other material that the candidate would like the Program Selection Committee to consider is welcome. Applications are due by December 31 of the year prior to when the fellowship begins (e.g. 2019-21 position applications are due December 31, 2018). Applicants are notified of their application status in advance of the February meeting of the International Neuropsychological Society (INS). Applicants selected for further consideration typically interview with our faculty at the INS meeting although other interview formats (phone interview or in-person interview) may also be utilized if the candidate is unable to travel to INS.

Our Program participates in the APPCN Match Program. The APPCN match number for our Program is XXXX. We rank all competitive applicants. Applicants are provided feedback about their status in accord with APPCN guidelines.

University of Iowa Nondiscrimination Statement

The University of Iowa does not discriminate in its educational programs and activities on the basis of race, national origin, color, religion, sex, age, or disability. The University also affirms its commitment to providing equal opportunities and equal access to University facilities without reference to affectional or associational preference. For additional information on nondiscrimination policies, contact the Coordinator of Title IX and Section 504 in the Office of Affirmative Action, telephone (319) 335-0705, 202 Jessup Hall, The University of Iowa, Iowa City, Iowa, 52242-1316.
References
