

Description of Training Activities

Pediatric Track

DDBP Diagnostic Evaluation and Treatment Services

Through its Diagnostic Evaluation and Treatment Services, the Division of Developmental and Behavioral Pediatrics (DDBP) provides comprehensive evaluations, by experts in their field, to identify the child's strengths and offer the ground work for a unique family centered care plan. These professionals include audiologists/speech pathologists, nurses, nutritionists, pediatricians, psychologists, occupational/physical therapists, social workers, special educators, and other related specialists. The team works together to evaluate the child's needs and strengths, and offers guidance to parents. Members of the teams work with the family to develop a plan that can help the child reach his/her full potential. In many cases, DDBP staff works closely with other professionals at Cincinnati Children's Hospital Medical Center, the University of Cincinnati, and community-based organizations to provide individualized programs of ongoing care. Working together, these specialists have one goal: to help individuals with developmental disabilities lead fulfilling lives and become contributing members of their communities. Residents participate in psychological evaluation and evaluation coordination of children and youth as part of an interdisciplinary for four months. Residents may participate in assessments for preschool, school-age and adolescent clients who are suspected to have a developmental disability. Common presenting problems include children and youth with cognitive, language, learning, or pervasive developmental challenges plus co-morbid psychological conditions that often occur (e.g., oppositional, anxiety/depression, disruptive behaviors, self injurious behaviors, attention deficits). Residents gain the skills to not only plan, administer, and interpret psychological assessment approaches with the children referred to the interdisciplinary center, but also learn to share the integrated findings from the interdisciplinary team with the family.

Supervisor: Dave Smith, Ph.D.

Sleep Disorders Center

The **Sleep Disorders Center** at Cincinnati Children's Hospital Medical Center offers interdisciplinary assessment and management to help children with sleep problems get the sleep they need to stay healthy. Residents have the opportunity to shadow sleep clinicians in two primary settings within the Division of Pulmonary Medicine. Patients referred to The **Sleep Disorders Clinic** typically have sleep difficulties that are secondary to chronic medical conditions such as neurological disorders, rheumatic disease and genetic syndromes. In addition children suspected of having a primary sleep disorder (Narcolepsy; Restless Legs Syndrome; Periodic Limb Movement Disorder; Obstructive Sleep Apnea) are managed within this clinic. All children are seen by both a pediatric psychologist and a pediatric pulmonologist. Children with behavioral insomnia, parasomnias, and circadian rhythm disorders are referred to the **Behavioral Sleep Medicine Clinic**. All children are seen by a pediatric psychologist who works in consultation with a medical team as needed. A sleep assessment always includes a thorough clinical history and prospective measures of sleep. Assessments may include overnight polysomnography. Intervention may include surgery or medical management. All patients are introduced to sleep hygiene guidelines and may require cognitive-behavioral intervention using empirically supported treatments. Residents have the

opportunity to take on independent treatment cases under the supervision of a licensed psychologist.

Supervisor: Kelly Byars, Psy.D.

Training Objectives:

1. To understand the normative development of sleep from infancy through adolescence.
2. To understand various presentations of disordered sleep including both primary sleep disorders and behavioral insomnia.
3. To learn the standards of clinical practice for sleep assessment.
4. To gain proficiency assessing sleep problems in children and delivering timely and effective communication to families and referring physicians regarding clinical impressions and a treatment plan.
5. To gain proficiency in providing cognitive behavioral interventions using evidenced based practice guidelines.

Headache Center:

The Headache Center at Cincinnati Children's Hospital Medical Center is the largest pediatric headache center in the United States with national and international recognition. Established in 1996, the Headache Center was organized as a multidisciplinary clinic -- combining child neurology with child psychology and nursing -- to diagnose, treat and manage children with headache disorders. Residents see children and adolescents with a variety of headache complaints, including migraines, migraines with auras, chronic daily headaches, medication overuse headaches, and tension-type headaches. These patients are diagnosed using the International Classification of Headache Disorders-II, which was developed by the International Headache Society. The Headache Center at Cincinnati Children's has also been designed to develop and expand research into childhood headache disorders by examining new treatment options, improved characterization of childhood headache and response patterns, outcomes such as headache parameters (frequency, intensity, duration) and functional status (disability, quality of life, psychological impact), and understanding the genetic pathophysiology of childhood headaches. *Supervisor:* Scott Powers, Ph.D.

Training Objectives:

1. To obtain an understanding of how an interdisciplinary team evaluates and develops an evidence-based treatment plan for youth with headache. A key aspect of this training is the observation of each member of the team, and the team interactions, during new patient consultations.
2. To apply evidence-based behavioral treatment to youth with headache, specifically biofeedback-assisted relaxation training (BART).
3. To develop skills in BART, including used of biofeedback technology and developmentally-appropriate training in diaphragmatic breathing, progressive muscle relaxation, and guided imagery. Residents typically provide BART to 30 to 40 patients during the course of their training in the Headache Center.

Chronic Pain Clinic:

The Pain Management Clinic sees children and young adults with a variety of persistent or chronic painful conditions. Some of the conditions we treat in the clinic are: recurrent abdominal pain, back pain, pain related to rheumatologic conditions such as arthritis or

fibromyalgia, and neuropathic pain related to injuries or surgeries. The clinic uses a multidisciplinary approach to assessment and treatment of the pain problem, realizing that the best treatment of pain in children involves more than just a pill or an injection -- the child in pain is a whole person, not just a hurting body part. Further, pain affects the family's whole life, as well as that of the child. Often behavioral medicine techniques are extremely effective in controlling pain and reducing the stress caused by the pain.

Supervisor: Anne Lynch, Ph.D.

Training Objectives:

1. To obtain experience in the multidisciplinary assessment and management of chronic pain in children and adolescents. Residents will have the opportunity to observe and participate in the multidisciplinary team approach to clinical care. They will learn how to implement behavioral treatment protocols (cognitive behavioral treatment and biofeedback) in the context of a comprehensive team including medication management and physical therapy for the treatment of chronic pain.
2. To develop skills in assessment of the individual and psychosocial impact of chronic pediatric pain, and to implement evidence-based treatment protocols including coping skills training and biofeedback for the management of a variety of recurrent and chronic pain problems in children and adolescents.

Rotational Outpatients: Chronic Pain

Supervisor: Anne Lynch, Ph.D.

Training Objectives:

1. To obtain experience in the behavioral assessment and treatment of pediatric patients with a variety of recurrent or chronic pain conditions. Residents will learn how to conduct a clinical interview with the child and parents including assessment of pain intensity and quality, impact of pain on mood and pain related disability, and influence of psychosocial factors in the child's adjustment to pain.
2. Residents will learn to implement evidence-based treatment protocols including coping skills training and biofeedback for the management of recurrent and chronic pain in children.

Diabetes Clinic

The Diabetes team seeks to advance medical treatment and diabetes prevention through patient care, education and research. The Diabetes Center consists of a multidisciplinary staff that includes physicians, certified nurse practitioners, dietitians, social workers, nurse educators, clinical nurses, a psychologist and a large support staff. Residents will follow diabetes cases referred to the psychologist for adjustment to illness, problems with adherence to a complicated regimen, promotion of developmentally appropriate self-management, anxiety and depression, and family- or peer-related concerns with opportunities for assessment and treatment with both individuals and families.

Supervisor: Peggy Crawford, Ph.D.

Craniofacial Team Clinic

Children born with head and / or facial abnormalities require care from many specialists. The Craniofacial Center at Cincinnati Children's Hospital Medical Center follows children through each stage of treatment, typically beginning after birth and continuing through adolescence. The Craniofacial Center at Cincinnati Children's is composed of specialists representing: Audiology, Plastic / craniofacial surgery, Human genetics, Neurosurgery, Nursing, Oral surgery, Pediatric Dentistry and Orthodontics, Otolaryngology, Prosthodontics, Psychology and Speech pathology. On clinic days, psychology residents conduct psychosocial screening interviews with children with craniofacial anomalies and their families, focusing on teasing, academic concerns, and emotional and behavioral functioning. Residents also present during multi-disciplinary team conference meetings for case discussion.
Supervisor: Janet Schultz, Ph.D.

Division of Behavioral Medicine & Clinical Psychology Consultation-Liaison Service

The Division of Behavioral Medicine & Clinical Psychology Consultation-Liaison (C-L) Service provides inpatient psychological assessment, consultation, treatment and referral for medical and surgical pediatric patients and their families. Common referral concerns include adjustment to chronic illness or new diagnosis, adherence to medical regimens, and coping with pain and hospitalization. Interventions are multi-disciplinary, involving the C-L psychologist and resident, as well as Medical House Staff, Nursing, OT, PT, Speech, Child Life, Pastoral care, & Respiratory Therapy. Evidence-based practice is utilized, with most focused interventions following a cognitive-behavioral model. The C-L Service can be requested by the health care providers or by the patient and family. Medical inpatient services that residents will focus on include GI/Liver, Rehabilitation, CF, Sickle-Cell, & Acute Pain Service. *Primary Supervisors: Michelle Ernst, Ph.D. & Carrie Piazza-Waggoner, Ph.D.*

Training objectives:

1. Familiarity and comfort in practicing within a "medical culture". Residents will be rounding with medical teams, attending medical resident trainings, and attending Grand Rounds. In addition, residents are expected to contact all appropriate involved health care providers when working on a consult.
2. High-quality evidenced-based practice for a variety of common behavioral medicine issues within the hospitalized pediatric population.
3. Effective and efficient communication (oral and written) with multi-disciplinary team members.
4. Further development of teaching skills by being involved with the education of health-care providers on topics such as pediatric psychology issues, child development, and patient-physician interaction.

Rotational Outpatients: Post-Hospitalization Follow-up.

Residents will provide outpatient counseling to patients initially seen while hospitalized as part of the C-L service. Treatment issues will likely relate to coping with chronic illness, adjustment reactions, and adherence. *Supervisors: Michelle Ernst, Ph.D. & Carrie Piazza-Waggoner, Ph.D.*

Training objectives:

1. Thoughtful & theory-based case conceptualizations enhanced by working with families in both in-and out-patient setting.

2. Developing creative and evidence-based interventions for patients who are experiencing persistent challenges in managing their chronic illness.
3. Understanding and overcoming barriers to following-through with referrals.

New Onset Seizure Clinic

This clinic is a part of the CCHMC Comprehensive Epilepsy Program. Our multidisciplinary team specializes in the diagnosis and treatment of children who experience seizures. The New Onset Seizure Clinic team includes Neurologists, Pediatric nurse practitioners, Social workers, Registered nurses, Research personnel and the Psychologist. This team approach combines state-of-the-art clinical care, detailed education and cutting-edge research to design an individualized treatment plan for your child. Residents will conduct a brief psychosocial evaluations, assist families with coping with the diagnosis and problem-solve around behavioral and adherence issues.

Supervisor: Avani Modi, Ph.D.

Year-Long Outpatients

The goal of this experience is to provide residents the opportunity to provide longer-term psychological care to children and adolescents who are dual-diagnosed with a psychological and medical disorder. Efforts will be made to ensure that residents obtain experience working with adolescents and children that have major illness related to the clinical research foci of our faculty (Treatment Adherence, Sickle-Cell, CF, GI problems, Liver Transplant, Obesity). Residents will also work with children and adolescents with internalizing disorders.

Supervisors: Lori Crosby, Psy.D., Avani Modi, Ph.D. & Sandra Cortina, Ph.D.