



Clinical Health Psychology Fellowship

APA-ACCREDITED CLINICAL HEALTH PSYCHOLOGY
FELLOWSHIP AT THE MAYO CLINIC

APA-Accredited Clinical Health Psychology Fellowship at the Mayo Clinic

The Clinical Health Psychology Fellowship is one of three tracks offered in the Medical Psychology Post-Doctoral Fellowship at Mayo Clinic. This APA-Accredited Fellowship is in the Department of Psychiatry and Psychology, which is one of the largest psychiatric treatment groups in the United States, with more than 80 psychologists and psychiatrists. The two-year fellowship includes clinical activities, 30% protected time for research, educational activities, as well as opportunities for teaching/leadership.

The Clinical Health Psychology Fellowship offers both breadth and depth in health psychology training. Fellows choose a specialty area (“major rotation”) in which they focus the majority of their clinical and research work. Fellows receive their clinical supervision and research mentorship in their specialty area. In addition, fellows can obtain broad training through several minor rotations. The rotational schedule is flexible based on the fellows’ interests and goals. All major rotation areas are also offered as minor rotations. “Fellows are able to complete minor rotations in each specialty area during the two-year fellowship, or they may choose to focus on their major area of concentration.”

Many of our faculty hold leadership positions in the department and the institution, offering our fellows formal and informal professional development opportunities to learn about the role of the Clinical Health Psychologist within an academic medical center setting.

Our faculty includes individuals from diverse cultural and clinical training backgrounds. We strongly encourage diverse applicants to apply to our program, including international applicants. Our program offers a variety of training elements and resources focused on training in cultural competency in patient care, education, research, and administration (see program website for details). All clinical faculty are board certified/board-eligible.

Specialty Areas

PSYCHO-ONCOLOGY

Participation in outpatient multidisciplinary clinical rotations and in NIH-funded research are available. Training is provided in assessment, consultation, individual and group intervention, and screening. Research activities available include examination of psychological and behavioral prognostic factors, quality of life and distress interventions, and tobacco use and physical activity interventions in oncology and at risk underserved populations.

Faculty: Drs. Ehlers, Clark, & Patten

PAIN REHABILITATION

Interdisciplinary three-week intensive outpatient treatment program for patients with intractable chronic pain. Training is provided in pain neuroscience and in the delivery of group-based cognitive-behavioral treatment to enhance functional restoration & self-management of symptoms, and reduced reliance on medications & health care utilization. Robust research opportunities target various patient populations with chronic pain (e.g. younger and older adults) and comorbid conditions (e.g., post-traumatic stress disorder). Teaching and supervision opportunities include training medical students in biopsychosocial pain assessment and treatment in PRC and in Mayo Clinic's innovative Simulation Center.

Faculty: Drs. Gilliam & Morrison

PRIMARY CARE PSYCHOLOGY

Integrated and collaborative primary care behavioral health. Emphasis on short-term evidence-based intervention, co-management with primary care, and disease self-management. Major focus on depression and anxiety disorders, particularly exposure-based interventions. Ongoing research includes tracking psychotherapy outcomes in primary care.

Faculty: Drs. Sawchuk, Vickers & Gonzalez

WEIGHT MANAGEMENT

Evaluation and treatment of patients with medically complicated obesity in a multidisciplinary obesity and bariatric surgery program. Services include assessment of minimally invasive weight loss procedures and bariatric surgery candidates, individual and group CBT for obesity, binge eating, weight loss maintenance, and post-bariatric surgery support. Participation in internally and externally funded research is possible.

Faculty: Drs. Grothe & Clark

ADULT TRANSITIONS PROGRAM

A hospital-based outpatient program to help patients who need a brief period of treatment after a psychiatric hospitalization, visit to the Emergency Department or having difficulties managing current psychiatric symptoms. Interventions are delivered primarily in group format, which include Dialectical Behavioral Therapy skills group, self-assessment and mindfulness group, Occupational Therapy group, life-skills group, addiction group, and recreational therapy group.

Faculty: Dr. Heredia, Jr.

FAMILY MEDICINE RESIDENCY

Participate in applying adult learning theories in graduate medical education by developing and teaching behavioral science and health curriculum to family medicine residents. Includes promotion of residents' professional development and wellbeing.

Faculty: Dr. Gonzalez

MENOPAUSE & WOMEN'S SEXUAL HEALTH (MWSH) CLINIC.

Training includes assessment of psychological and psychiatric factors that influence sexual and relationship health, consultation with interdisciplinary colleagues, and delivery of evidence-based individual treatment, individual and couples/family to enhance sexual wellness.

Faculty: Dr. Vencill

TRANSGENDER AND INTERSEX SPECIALTY CLINIC

Provide gender-affirming assessments, behavioral health services, and pre-surgical psychological evaluations and optimization plans to gender diverse and intersex patients. The fellow is integrated into an interdisciplinary team that includes endocrinology, social work, psychiatry, physical therapy, chaplaincy, sexual and reproductive health, and surgery.

Faculty: Drs. Gonzalez, Vencill, & Heredia

Fellowship Highlights

Interdisciplinary, Collaborative Environment in a World-Class Medical Institution: The Clinical Health Psychology Fellowship emphasizes interdisciplinary training experiences. Fellows will collaborate with the medical specialty aligned with their major specialty area, and have the opportunity to gain exposure to many different medical specialties in addition to structured rotation experiences (e.g., transplantation, sleep medicine, endocrinology, palliative care).

Research Support: In addition to 30% protected research time, fellows receive individual mentorship and have access to research resources at the institution (e.g., grant writing workshop, publication workshop, statistical consultation). Fellows are expected to present research at 2 or more national conferences and submit at least 2 manuscripts for publication during the two-year fellowship. Many fellows have successfully competed for internal grant funding with mentors.

Licensure Support: Fellows are provided with EPPP study materials (online and print) and generous protected time for studying (3 days) and testing (1 day). Mayo Clinic will cover expenses for Minnesota licensure, including the state licensing exam (PRE) and licensure fee.

Educational Activities:

Health psychology didactics (twice monthly), medical psychology fellowship didactics (monthly), Psychiatry and Psychology Grand Rounds (weekly), in addition to many elective opportunities (e.g., grant writing workshop, medical grand rounds). There are also many opportunities for gaining teaching and supervision experience with medical students, interdisciplinary residents and fellows, and colleagues.

Conference Presentations and Attendance: Fellows receive generous conference funding and travel time to present research conducted at Mayo Clinic, and to attend workshops.

Focus on Training: The emphasis of the fellowship is providing excellent training in clinical health psychology. The fellowship experience is designed around fellows' goals and training needs, rather than institutional demands.

Advantages of Living and Working in Rochester,

Minnesota: Minutes commute to work, covered on-site parking, reasonable cost of living, community and family-oriented activities, abundant hiking and biking trails, friendly and tolerant local culture, excellent schools and healthcare, and easy access to Minneapolis/St. Paul.



COMMITMENT TO DIVERSITY, EQUITY, INCLUSION, AND ANTI-RACISM

Mayo Clinic and the Medical Psychology Fellowship value and encourage applicants of diverse backgrounds and training experiences to apply to our fellowships, including those whose backgrounds have been historically excluded from the field of psychology due to race/ethnicity, socioeconomic background, gender identity and expression, sexual orientation, rural status, and disability status. We also welcome international applicants, including those on student/work visas. Mayo Clinic will provide support and consultation to maintain necessary legal documentation throughout training. For more details, refer to the Mayo Clinic pages regarding international applicants, Mayo Clinic School of Graduate Medical Education's commitment to Diversity, Equity, and Inclusion, and the Mayo Employee Resource Group (MERG).

Mayo Clinic ranked No. 4, by DiversityInc, for commitment and outcomes related to diversity. Mayo Clinic scored 100% and was recognized as an LGBTQ Healthcare Equality Leader in the 2020 Healthcare Equality Index published by the Human Rights Campaign. For more information about Mayo Clinic's commitment to diversity, equity, and inclusion, please visit: <https://jobs.mayoclinic.org/diversity-inclusion/>



OUR FELLOWS

The fellowship typically has a total of nine fellows in the areas of clinical health psychology, clinical child/pediatric psychology, neuropsychology, and pediatric neuropsychology. There are three positions in clinical health psychology, including both first and second year fellows. Fellows share an office so there is ample opportunity to connect with peers.

After fellowship, our fellows typically are employed in academic medical centers. They typically choose positions where they are able to do a variety of activities including clinical work, research, education and administration. We encourage fellows to pursue board certification. Graduates of the fellowship are eligible to pursue board certification. We encourage fellows to pursue board certification and provide discussion on the process as part of the fellowship didactic series.

ABOUT MAYO CLINIC

Mayo Clinic is a world-class academic medical center that is ranked the #1 hospital overall, as well as #1 in more specialties than any other hospital in the nation by the U.S. News & World Report. Mayo Clinic is a nonprofit organization with approximately 4,200 physicians and scientists across all locations working in a collaborative environment that brings together the best in integrated patient care, groundbreaking research and innovative medical education. Mayo Clinic's multidisciplinary group practice focuses on high quality, compassionate medical care with the primary value of "the needs of the patient come first." Mayo Clinic's three shield logo symbolizes the institution's commitment to clinical practice, education, and research.

Faculty

Eleshia Morrison, Ph.D., L.P., ABPP is an Assistant Professor of Psychology. Her clinical and research interests include psychological factors impacting chronic pain, young adult pain rehabilitation, the impact of chronic pain on sexual health, and health disparity/diversity factors impacting illness trajectory and health behaviors.

Kristin Vickers, Ph.D., L.P., ABPP is the program director of the Medical Psychology Post-Doctoral Fellowship Program, which includes Clinical Health Psychology, Neuropsychology, Pediatric Neuropsychology, and Child/Pediatric Psychology. She is also Co-Chair of Education for Mayo Clinic Department of Psychiatry and Psychology. Her clinical work is in the primary care setting and she also directs the Mayo Clinic Patient Education Research Program.

Matthew M. Clark, Ph.D., L.P., ABPP is a Professor of Psychology and Chair for Research for the Department of Psychology and Psychiatry. He is a Fellow of the Society of Behavioral Medicine and the Obesity Society. He is a member of the Scientific Advisory Board for the Harvard University Institute of Coaching and of the Distress Management Expert Panel for the National Comprehensive Cancer Network. Currently he is a co-investigator on multiple NIH funded clinical trials.

Shawna Ehlers, Ph.D., L.P., ABPP is an Associate Professor of Psychology in the Mayo Clinic College of Medicine and Science, and holds Masters level privileges within the specialty of Translational Science in the Mayo Clinic Graduate School of Biomedical Sciences. Her research, practice, and professional service focus on understanding and improving biobehavioral risk factors within oncology specialty care delivery. She is Co-Chair of the Division of Outpatient Consultation.

Wesley Gilliam, Ph.D., L.P., ABPP is the clinical director for the Pain Rehabilitation Center (PRC). His clinical and research interests include psychosocial factors influencing chronic pain, factors that predict response to chronic pain treatment, and the impact of long-term opioid use for chronic pain.

Cesar Gonzalez, Ph.D., L.P., ABPP is an associate program director of the Family Medicine Residency Program and clinical director of the Transgender and Intersex Specialty Care Clinic. He is interested in medical education, diversity science and health in medical settings, transgender health and human sexuality, and the application of schema therapy in clinical health psychology.

Karen Grothe, Ph.D., L.P., ABPP is an Associate Professor of Psychology. Her clinical and research interests are in obesity, weight management, and weight loss procedural evaluations, with an emphasis on interdisciplinary collaboration.

Dagoberto Heredia Jr., Ph.D., L.P. is a psychologist in Mayo Clinic's Transgender and Intersex Specialty Care Clinic and the Adult Transitions Program. He is also co-chair of the Medical Psychology Fellowship Didactic Series. His clinical and research interest include the delivery of interdisciplinary and oppression-responsive healthcare that centers the needs of marginalized communities living with chronic illness.

Christi Patten, Ph.D. is a clinical psychologist, Professor of Psychology, and behavioral scientist focused on cancer prevention. She is the Center for Clinical and Translational Science's Director of Community Engagement in Research and has a long track record of NIH funding. She is interested in tobacco cessation interventions and community-based participatory research to reduce health disparities.

Craig Sawchuk, Ph.D., L.P., ABPP is a clinical psychologist in primary care focusing on the management of anxiety and depression. He is co-chair of the Division of Integrated Behavioral Health and co-chair of the Department of Psychiatry and Psychology. A main focus of his work is population-based health and training providers to deliver evidence-based treatments in primary care settings. He is interested in methods to evaluate outcomes for integrated behavioral health services, including development of a psychotherapy tracking database.

Matthew Schumann, Ph.D., L.P. His clinical and research interests include the delivery of evidence-based psychosocial treatments for chronic pain, medical education in chronic pain management, and psychosocial factors that influence response to chronic pain treatment.

Jennifer A. Vencill, Ph.D., L.P., CST, ABPP is an Assistant Professor, licensed psychologist and AASECT-certified sex therapist. Her clinical work is primarily centered in the Menopause and Women's Sexual Health Clinic, though she collaborates with a number of Mayo Clinic provider groups (e.g., Urology; the Transgender and Intersex Specialty Care Clinic) to address patient sexual health concerns. Her clinical and research interests include sexual health and functioning, sexuality and aging, health disparities and minority stress in marginalized sexual and gender communities, couples/relationship dynamics, and LGBTQ mental and sexual health.



Contact Information

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How to apply

Please visit our website at www.mayo.edu/msgme/residencies-fellowships/psychology-post-phd/medical-psychology-fellowship-minnesota and click “application process.”

Applications are submitted using the APPIC postdoctoral application service.

In your cover letter, please indicate which major rotation you are interested in (obesity, pain rehabilitation, primary care, psycho-oncology, or transgender and intersex specialty care clinic). Applications are due mid-December each year, and interviews are typically held in late January/early February.

American Psychological Association Office of Program Consultation and Accreditation

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