



## **Mirjam Quinn and Associates Postdoctoral Fellowship Brochure**

### **Training Objectives and Competencies**

Mirjam Quinn and Associates or “MQA” has been training and supervising postdoctoral fellows, as well as student clinicians and entry level clinicians, for ten years. The postdoctoral fellowship at MQA is designed to prepare fellows to work as culturally competent, strengths-based generalists with specialized competencies in psychological assessment, Parent-Child Interaction Therapy, and evidence-based treatment for anxiety, depression, and behavioral concerns. We develop fellows’ competence in the following areas:

- Integration of Science and Practice (critically evaluate and apply current research)
- Ethical and Legal Standards (be knowledgeable and act in accordance with APA Ethical Principles of Psychologists and Code of Conduct, local laws and regulations, and relevant professional standards and guidelines)
- Individual and Cultural Diversity (knowledge, awareness, and sensitivity to one’s own and clients’ diversity factors)
- Professional Values, Attitudes, and Behaviors (integrity, professional identity, accountability, lifelong learning)
- Communication and Interpersonal Skills (develop and maintain relationships through oral, nonverbal and written expression)
- Assessment (psychological testing, diagnosis, treatment planning)
- Intervention (provide evidence based treatment to children, adolescents, adults, couples, families, and/or groups)
- Supervision (supervision of practicum students from a competency based supervision model)
- Consultation and Interprofessional/Interdisciplinary Skills (attendance in IEP meetings, collaboration with psychiatrist, teachers, and parents)
- Leadership (demonstration of leadership on a professional team, develop or enhance the practice)
- Reflective Practice/ Self Assessment and Care (demonstrates the reflective capacity needed to sustain an appropriate work life balance)

At this practice, our mission is to help individuals, couples, and families live authentic, connected, and happy lives, in a way that affirms our shared humanity. Our work is focused on assisting clients in identifying and growing their unique set of strengths while learning the skills that research shows to be necessary for building healthy emotion regulation skills, balanced relationships, and the ability to thrive through challenge. We believe that every person holds within them the capacity to lead a life of joy and connection, and that helping clients fully realize this potential will create individual happiness, stronger families, and more peaceful communities.

We recognize the importance of comprehensive care in helping to build greater systemic support for our clients, and utilize wrap around services including group therapy, psychological testing, parent support, and teacher consultations.

We have intentionally cultivated a diverse and interdisciplinary team of clinicians, within a culture of collaboration and support. We learn and grow from our colleagues’ experiences and perspectives, and this affirms our shared humanity and allows us to be better and more well rounded clinicians.

We provide an emphasis on supporting our clinicians so that they can be peaceful and at ease, and on building clinicians’ skills through ongoing team trainings and weekly supervision meetings.

### **Training Staff**

The following staff members participate in the training of postdoctoral fellows either by presenting didactic trainings, hosting seminars, or supervising the postdoctoral fellow individually or in group supervision.

<b>Role</b>	<b>Staff Member</b>
Founder, Individual and Group Supervisor, Didactic Leader, Rotations Leader, Licensed Psychologist since 2008	Mirjam Quinn, Ph.D.
Clinic Director, Individual and Group Supervisor, Didactic Leader, Rotations Leader, Licensed Psychologist since 2015	Lauren Oganovich, Psy.D.
Individual and Group Supervisor, Didactic Leader, Rotations Leader, Director of Personal and Professional Development, Licensed Psychologist since 2019	Meaghan Cusack, Psy.D.
Director of Psychological Testing, Individual and Group Supervisor, Didactic Leader, Rotations Leader, Licensed Psychologist since 2018	Mikiela Cobb, Psy.D.
Director of Clinical Training, Individual and Group Supervisor, Didactic Leader, Seminar Leader, Licensed Psychologist since 2018	Lidia Michel, Psy.D.
Director of Clinical Training, Didactic Leader, Licensed Clinical Social Worker since 2019	Melissa Haberstroh, L.C.S.W.
Didactic Leaders	Morgan Black, L.P.C. Dessie Stahopoulos, L.P.C. Daniel Jerez, L.C.S.W. Molly Fitch, L.C.S.W. Andrea Jacobson, L.S.W.

## Training Structure

The postdoctoral training program requires 2000 hours completed within one year. The program fulfills the licensure requirements for postdoctoral supervised practice in Illinois. The fellow receives their first evaluation in February at the midpoint of the training year and receives a final evaluation in August during the last week of their training year. Approximately 23 hours of the postdoctoral fellow's time each week will be spent in direct service to MQA clients. Fellows receive training in working with clients across the lifespan, including young children, adolescents, and older adults. They are assigned to 1 outpatient office space and carry a therapy caseload for the full 12 months. In addition to their therapy caseload, fellows run one therapy group per week, and are given the option to conduct psychological/neuropsychological assessments, which are tailored to the training needs and interests of the fellows. Fellows participate in 4 hours of formal training each week, including 2 hours of individual supervision and 2 hours of learning activities. Additionally, postdocs formally present a professional topic of their choice twice per year at the trainees' weekly didactic series. If fellows are not able to meet the standards and practices as described in their evaluation as evidenced by a total score in any category of 2 or below, as well as the activities discussed in their contract and the program's training manual, due process can be initiated at any point in the training year.

## Training Resources

Every postdoctoral fellow is assigned an office for their use within the clinic, which is housed in a medical building in the Beverly neighborhood in Chicago, Illinois. The clinic itself houses a child and family friendly waiting room, a kitchen, a bathroom and a group room for larger meetings. The clinic also employs 3 administrative staff that take care of billing, intake, and organizational concerns on behalf of the practice. The training staff includes a large team of psychologists, social workers, and professional counselors. All services are provided at 10801 South Western Avenue, Suite 2B, Chicago, IL 60643. The clinic also provides telehealth services that can occur at the postdoctoral fellows' homes in the state of Illinois.

## Training Commitment

The fellows' work schedules are organized around regularly scheduled supervisory meetings, learning activities, diagnostic testing blocks (if applicable), and some evening hours. The following time breakdown may be helpful in achieving a sense of time commitment:

40 hours/week; 2000 Total Hours

- *Direct Service (Approximately 23 direct service hours per week)*
  - *Therapy*
    - Fellows are expected to have 26 open therapy time slots per week on their schedule for individual, couples, families, and/or child cases.
    - Fellows are expected to run one therapy group per week.
  - *Psychological/Neuropsychological Assessment (Optional)*
    - In addition to therapy cases, fellows may choose to conduct psychological/neuropsychological assessments during their training year.

The fellows' therapy open slot requirements are reduced for testing as follows:

- If the fellow completes 1 psychological assessment per week, fellow will be asked to see 20 clients per week for therapy.
  - If the fellow completes 2 psychological assessments per month, fellow will be asked to see 17 clients per week for therapy.
  - If the fellow completes 4 psychological assessments per month, fellow will be asked to see 14 clients per week for individual therapy.
- *Community Service (approximately three hours per quarter)*
    - Fellows commit to participating in three hours quarterly of community service-based activities (this could include free community presentations, attendance at the annual Juneteenth Festival, or peace circles at local schools as some examples)
  - *Training Opportunities*
    - *Supervision and Learning Activities (approximately 3 hours per week)*
      - Fellows participate in 2 hours of formal individual supervision per week.
      - Fellows provide 1 hour of supervision to student clinicians per week.
    - *Additional Trainings (2 – 5 hours per week)*
      - All fellows attend 2 hours of didactic training per week (see didactics calendar; 2 hours/week)
      - Parent Child Interaction Therapy or PCIT track fellows attend 1 additional hour of online consultation calls with a certified PCIT trainer, each week (1 hour/week)
      - Fellows participate in 1.5 hours long cultural complexity trainings, monthly (1.5 hours/month)
      - Fellows formally present 2 didactic presentations and 2 case presentations during the year.
  - *Case Management/Documentation/Authorizations (5 hours per week)*
    - Fellows will be given 5 hours each week to work on administrative tasks (documentation, preauthorization, case management).
  - *Licensure/Professional Development (6 hours per week)*
    - Fellows may use the remainder of their time to study for professional licensure, prepare therapy groups, and/or work on any other professional development projects of their choosing.

### **Prerequisite Requirements**

MQA has 2 postdoctoral positions available for the 2024-2025 postdoctoral year. Postdoctoral fellows must have completed all professional doctoral degree requirements from a regionally accredited institution of higher education, including an internship meeting APPIC standards. Postdoctoral fellows who have completed doctoral degree requirements from an APA-accredited doctoral program and completed an APA/CPA-accredited internship are preferred. Applicants with previous experience treating children and adolescents and/or interest in working with individuals across the lifespan are preferred.

## Compensation and Benefits

Postdoc Stipend: \$55,000

The salaried postdoctoral training program includes eligibility to enroll in the company’s health, dental, and vision insurance plans; 5 holidays and 16 vacation days per year, a \$600 continuing education stipend, employer subsidized child care, and a 401(k) with employer match.

### Didactic Seminars

Every Tuesday, 10:00 a.m. – 12:00 p.m.

Seminar topics are identified based on the clinical needs of current patients as well as the interests of staff. Postdoctoral fellows are expected to participate in these didactic seminars, which include an interdisciplinary group of other providers, trainees, staff, and administrators.

Group Supervision: Every Tuesday, 12:00p.m. – 1:00p.m.

Postdoctoral fellows are expected to actively participate in group supervision, where they will receive clinical supervision from an interdisciplinary team of licensed clinicians while also providing feedback and support to one another regarding their clinical work with current patients.

Cultural Complexity Seminar: Every Thursday, 12:00p.m. - 1:30p.m.

Postdoctoral fellows are expected to attend seminar prepared by having completed any assigned readings or reflective activities. Postdoctoral fellows may be asked to present client material during these seminars, as well as seek and offer consultation regarding complex cultural client issues.

All fellows and staff are required to attend Didactics. Didactics are held virtually, every Tuesday from 10:00 a.m.-12:00 p.m. via Google Meet. Every 2 weeks, MQA staff meet as a full group for a “large group” didactic. On the alternate weeks, clinicians will split into small groups according to clinician interest/preference, and will complete ongoing (6 months) trainings within this special interest group.

### Small Groups: Rotation 1: September 2024 - March 2025

Topic	Small Group Leader
Dr. Ross Green’s Collaborative Problem-Solving Approach	Dr. Mikiela Cobb, PsyD
Parent Child Interaction Therapy	Dr. Meaghan Cusack, PsyD
Future of the Practice	Dr. Mirjam Quinn, Ph.D.
Emotionally Focused Therapy	Melissa Haberstroh, M.S.W., L.C.S.W.
Internal Family Systems	Molly Fitch, M.S.W., L.C.S.W.
Prenatal/Perinatal Support	Dr. Lauren Oganovich, PsyD

**Small Groups: Rotation 2: April 2025 - August 2025**

In the Spring new small groups offerings will be organized based on the interests and needs of the fellows. Some topics from the Fall may repeat in the Spring, and/or other topics such as Trauma Informed Care and Trauma Stewardship may be added.