

EMBRACE GROWTH

GARDEN HEALTH GROUP

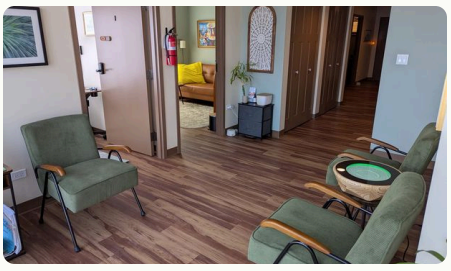
GARDEN HEALTH GROUP · RIVER FOREST, ILLINOIS · FOUNDED 2024

Doctoral Internship in Health Service Psychology

An eighteen-month internship in an integrated behavioral health practice, where psychological care is practiced alongside bodywork, movement, and community medicine.

NEXT COHORT

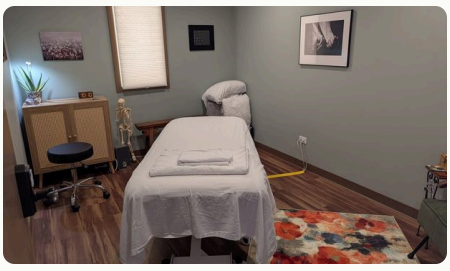
September 2027 – March 2029



WAITING AREA



THERAPY OFFICE



BODYWORK TREATMENT ROOM

Suite 106 — five therapy offices, two bodywork rooms, a group room, and a waiting area

414 Clinton Place, Suite 106 · River Forest, IL 60305

gardenhealthgroup.com

The Practice

> *Our mission is to give opportunities to the next generation of therapists. We provide a safe and calm space to meet and work together. We celebrate clients' identities and help them become more authentically who they are through our work together.*

Garden Health Group is a woman-owned integrated practice in River Forest, Illinois, ten miles west of downtown Chicago. Psychologists, counselors, and social workers share a suite with Certified Rolfers™, massage therapists, acupuncturists, and yoga and meditation teachers, and clients move between those services as their care requires.

The practice serves children, adolescents, adults, couples, families, and elders. Accepted plans include BCBS PPO, BCBS Blue Choice, BCBS Endeavor HMO 447, Aetna, Medicare, and Aetna Advantage Medicare, alongside self-pay. Interns carry a general outpatient caseload. Clinicians and supervisors in the suite include five licensed psychologists, alongside licensed clinical social workers, pre-licensed clinicians, and bodywork practitioners. Two to four interns train together for the full eighteen months, supervised by the supervisory team rather than by rotating staff.

Bodywork and movement services are delivered by practitioners credentialed in their own disciplines. Interns provide psychological services only; their exposure to integrated care comes through collaboration, consultation, and didactic instruction, not through practicing outside the scope of health service psychology.

Training Aims

1. **A somatically-informed understanding of the person.** Interns learn to attend to the body as a source of clinical information and a site of change (affect and arousal regulation, interoception, posture and movement, the physiology of trauma and grief), and to work responsibly at the boundary between psychological treatment and the bodywork modalities practiced onsite. Interns learn to recognize and coordinate with those onsite modalities, not to practice them.
2. **Care of the family unit across the lifespan.** The practice's clients range from young children through elders, and much of the work involves more than one member of a family. Interns develop competence in couples and family work, in child and play-based approaches, and in caregiver and eldercare consultation, holding a systemic view even when the identified client is an individual.
3. **Practice-community fluency.** Interns learn what it is to be a psychologist embedded in a small, densely networked community: the ethics of visibility, the cultivation of referral relationships, collaboration with local schools and pediatric providers, and the practical realities of sustaining a private practice.

18	73	2–4	73
MONTHS, PART-TIME	ACTIVE TRAINING WEEKS	INTERNS PER COHORT	DIDACTIC SESSIONS

PROFESSION-WIDE COMPETENCIES

Training, supervision, and evaluation are organized around the nine profession-wide competencies, with practice-specific skill areas layered on top.

01 **Research.** Appraising scholarship and completing a practice-based project.

02 **Ethical and legal standards.** The APA Ethics Code, Illinois rule, integrated-practice scope.

03 **Individual and cultural diversity.** Self-awareness and culturally responsive care.

04 **Professional values, attitudes, and behaviors.** Accountability and use of supervision.

05 **Communication and interpersonal skills.** Clear clinical writing across disciplines.

06 **Assessment.** Diagnostic and functional assessment, integrated report writing, and feedback.

07 **Intervention.** Evidence-based work across the lifespan.

08 **Supervision.** Supervising a master's-level trainee, with supervision of supervision.

09 **Consultation and interprofessional skills.** Collaboration onsite and with outside providers.

\+ **Practice-specific areas.** Integrated care, community-embedded practice, and practice sustainability.

Structure Of The Program

Training runs September 2027 through March 2029: 79 calendar weeks, of which 73 are active training weeks and six are scheduled program breaks. Interns work a salaried 32-hour week and complete approximately 2,200 supervised professional hours, of which 2,000 are required for completion. At least 25% of internship hours are in direct psychological services.

The program is a single integrated site rather than a set of rotations. Interns are not moved between services or supervisors. They stay with the same supervisory team for all eighteen months, and their training advances through four phases of increasing responsibility. Breadth comes from the composition of the caseload and the order in which responsibilities are added, not from rotation between settings.

Each intern receives two hours weekly of individual supervision, delivered by two different licensed psychologists who hold clinical responsibility for their cases, using a mix of live observation, recorded sessions, and process notes. Didactic seminar runs two hours every Friday. From Phase 3, each intern also supervises a master's-level trainee in blocks of approximately eight weeks, with weekly supervision of that supervision from the Director of Training.

Case assignment for interns is handled directly by the Clinical Director, who serves as Intake Coordinator, and by the Director of Training, who assigns referrals against each intern's training plan.

PHASE ONE

Months 1–3

WEEKS 1–12

4–8 direct service hours weekly

Orientation, consent and credential disclosure, documentation, intake and treatment planning, risk assessment.

Two to four new client intakes, co-led at first.

Assessment: observe and co-administer.

PHASE TWO

Months 4–9

WEEKS 13–36

10–12 direct service hours weekly

Core interventions, trauma and family work, interprofessional collaboration.

One to two new client intakes a month.

The graded assessment sequence: co-administer, score, draft under review, observe feedback.

Two to three integrated reports in this phase.

PHASE THREE

Months 10–15

WEEKS 37–60

14–16 direct service hours weekly

Somatic and expressive modalities, co-facilitating a group, school-directed and older-adult evaluations.

Administer, score, write and deliver feedback under co-signature.

Supervision of a master's-level trainee begins, in blocks of about eight weeks, with nested supervision of supervision.

Two to three integrated reports in this phase.

PHASE FOUR

Months 16–18

WEEKS 61–79

14–16 direct service hours weekly, tapering in the closing weeks

Caseload held to the end, tapering only in the final four to six weeks as clients transfer or terminate.

A practice-based scholarly project completed and presented.

Evaluation of self, peers, and supervisors.

Transfer and termination, the business of practice, and planning for postdoctoral work.

Two to three integrated reports in this phase.

A Typical Week

ACTIVITY	HOURS PER WEEK	COUNTS AS
Direct psychological services: individual, couple, family, and group therapy, and assessment administration and feedback	14–16	Direct service
Documentation, scoring, and report writing	6–8	Indirect
Individual supervision received, from two supervisors	2	Supervision received
Didactic seminar, Fridays	2	Didactic
Supervision provided to a master's-level trainee (Phase 3 onward)	0–1	Supervision provided
Intake, coordination, and interprofessional consultation	2–3	Indirect
Scholarly project and professional development	1–2	Indirect
Total	**32**	

Direct psychological services total 14 to 16 hours per week at a mature caseload, inclusive of assessment administration and feedback. Across the eighteen months, with the phase ramp, direct service comes to approximately 810 to 985 hours — about 40% of the program's 2,200 supervised professional hours.

Weekly Didactic Seminar

A two-hour seminar runs every Friday across the eighteen months, led by practice faculty and invited presenters. Selected sessions are shared with the practice's LSW, LPC, and ALMFT supervisees; assessment, report writing, scholarship, and supervisory evaluation are intern-only.

ASSESSMENT AND INTEGRATED REPORT WRITING

Six sessions: referral questions and battery design, administration and scoring of cognitive and achievement measures, rating scales and executive measures, integration into formulation, the integrated report, and feedback. Also intakes, risk assessment, measurement-based care, and IEP and IEE evaluations.

THE BUSINESS OF PRACTICE

Four sessions taught by an MBA practice owner: practice economics and fee setting; credentialing, contracting, coding, and denials; self-pay and superbills; entity structure, taxes, and retirement; sustaining a caseload.

EVIDENCE-BASED INTERVENTION

CBT, ACT for anxiety and depression, exposure and response prevention for OCD, a full DBT series, TF-CBT and cognitive processing therapy, EMDR and psychodynamic approaches to PTSD, motivational interviewing.

CHILDREN, FAMILIES, AND COUPLES

Anxious children and their parents, estrangement, the angry family and couple, school refusal, the college transition, ASD and ADHD, older adults and eldercare, play and art and music therapy.

SOMATIC AND EXPRESSIVE WORK

Affect regulation, Chekhov technique, working without words, rupture and repair, resource building, body-based regulation, walk-and-talk therapy; sessions from the practice's acupuncture, massage, and movement clinicians.

SUPERVISION, SCHOLARSHIP, AND ETHICS

Supervision models, the supervisory alliance, evaluation and gatekeeping; appraising evidence and designing a practice-based project; HIPAA, consent and credential disclosure, documentation, telehealth; cultural considerations throughout; collaboration with OT, PT, massage, and acupuncture.

EXPECTATIONS FOR INTERN PERFORMANCE

Interns receive four formal written evaluations across the eighteen-month program, at the close of each phase: months 3, 9, 15, and 18. Each is made against the nine competencies on a five-point scale. Interns are expected to reach a rating of 4, readiness for entry to independent practice, in every competency by completion. Completion also requires 2,000 supervised professional hours, six integrated assessment reports, weekly supervision of a master's-level trainee from Phase 3, a scholarly project, and 80% seminar attendance. Due process and grievance policies are provided at orientation.

Compensation And Benefits

$69,294 TOTAL PROGRAM COMPENSATION

$1,600
EVERY TWO WEEKS

$3,467
PER MONTH

Interns are salaried and paid at this rate throughout the eighteen months: thirty-nine installments, total salary $62,400, total compensation approximately $69,294 including the health care stipend and retirement contribution. Compensation does not vary with the number, mix, or timing of client, assessment, didactic, or administrative hours. The annual equivalent is $41,600 in salary and $46,196 in total compensation, applied to the 18 month period. Each intern has dedicated office space, SimplePractice access, and HIPAA-compliant telehealth.

Benefits across the program

- Health care stipend, $4,875
- 401(k) contribution, $2,018
- 96 hours paid time off
- Supervision and didactics inside the salaried week



OPENING GARDEN HEALTH GROUP WITH THE RIVER FOREST AND OAK PARK COMMUNITY.
PRACTICE-COMMUNITY FLUENCY IS ONE OF THE PROGRAM'S THREE TRAINING AIMS.

Training Faculty



Heather L. Corwin, PhD, MFA

FOUNDER & CLINICAL DIRECTOR

Dr. Corwin, founder and SAG-AFTRA actor, earned her PhD in clinical psychology (somatic concentration) at The Chicago School of Professional Psychology, Los Angeles. She practiced bodywork (Rolfing and massage) for thirty years and was NIU's Head of Movement. She researches emotional intelligence in performers and teaches the somatic curriculum.

Licensed Clinical Psychologist, IL 071.011423 / CA 35039 · DrC@GardenHealthGroup.com



Kate Odom, PsyD

DIRECTOR OF TRAINING

Dr. Odom directs the internship. She earned her PsyD at The Chicago School of Professional Psychology, with graduate work, internship, and postdoctoral training all in child and family treatment. She specializes in trauma and high-conflict populations, previously directed training at a Seattle practice conducting IEE and IEP evaluations, and trains for DBT in Schools.

Licensed Clinical Psychologist, Illinois 071.010118 · DrO@GardenHealthGroup.com



Melissa Rowland, PsyD

SUPERVISING PSYCHOLOGIST

Dr. Rowland earned her PsyD at The Chicago School of Professional Psychology. She works from CBT, ACT, DBT, and mindfulness with children, adolescents, and adults, and specializes in health psychology, anxiety and mood disorders, ADHD, and pediatric chronic illness. She conducts testing for differential diagnosis, ADHD, intelligence, giftedness, and learning disability, and teaches the program's ADHD and risk assessment seminars.

Licensed Clinical Psychologist, Illinois 071.008544 · DrR@GardenHealthGroup.com



Mary H. Collins, PsyD

SUPERVISING PSYCHOLOGIST

Dr. Collins earned her PsyD at The Chicago School of Professional Psychology and is licensed as a clinical psychologist in Illinois and Texas. She works with teens, adults, and older adults, individually and in couples, from integrative, relational, and existential perspectives, with additional training in mindfulness and integrative health, and she supervises psychologists in training. At Garden Health Group she leads the assessment sequence.

Licensed Clinical Psychologist, Illinois 071.008504 / Texas 36100 · DrCollins@GardenHealthGroup.com



Zeeshan Butt, PhD

SUPERVISING PSYCHOLOGIST

Dr. Butt is a licensed clinical health psychologist with nearly twenty years of work at the intersection of behavioral science, medicine, and technology, across academic health centers, healthcare technology, consultation, and private practice. Through Motia Health Consulting he advises organizations on patient-centered measurement strategy. At Garden Health Group he supervises trainees and teaches measurement-based care, scholarship, and cultural considerations in clinical work.

Licensed Clinical Psychologist, Illinois 071.007837 · DrB@GardenHealthGroup.com

Eligibility

Applicants to the Garden Health Group doctoral internship must, at the time of application:

- be enrolled in and in good standing with a doctoral program in clinical, counseling, or school psychology;
- have completed the academic coursework their doctoral program requires for entry to internship, including coursework in psychological assessment, intervention, ethics and professional standards, and individual and cultural diversity;
- have accumulated at least 500 hours of supervised doctoral practicum experience, of which at least 250 are direct intervention and assessment hours with clients;
- have completed at least three integrated psychological assessment reports;
- have passed comprehensive or qualifying examinations, where the doctoral program requires them; and
- provide a verification of readiness for internship signed by their director of clinical training.

An approved dissertation proposal is preferred but not required at the time of application. Applicants must be eligible to work in the United States.

Applying

Applications are due December 1, 2026, for the cohort beginning September 2027.

Submit the AAPI Online through the APPIC portal, selecting Garden Health Group under program code **2689**. Please include a personalized cover letter, curriculum vitae, and a verification of readiness for internship from your director of clinical training. Questions about the program are welcome at any point and may be sent to Dr. Heather Corwin at **DrC@GardenHealthGroup.com**.

Interviews are held in December and January by video, with an optional visit, and are conducted by the Clinical Director and the Director of Training.

Nondiscrimination. Garden Health Group does not discriminate in intern recruitment, selection, supervision, evaluation, or completion on the basis of race, color, national origin, ancestry, religion, sex, pregnancy, sexual orientation, gender identity or expression, marital or parental status, age, disability, military status, genetic information, arrest or conviction record, order of protection status, or any other characteristic protected by law. Reasonable accommodations are available to applicants and interns; requests go to the Director of Training and are handled confidentially.



Garden Health Group
414 Clinton Place, Suite 106 · River Forest, IL 60305
708-866-6766 · **gardenhealthgroup.com**

Accreditation and membership status, November 2026. The Garden Health Group doctoral internship is a Provisional member program of the Association of Psychology Postdoctoral and Internship Centers and participates in the 2027 APPIC Match under program code **2689**. APPIC is not an accrediting body, and a listing in the APPIC Directory indicates membership rather than accreditation. The program is not accredited by the American Psychological Association; an application for APA accreditation is planned for 2027. Applicants should weigh this against their own licensure and employment plans and discuss it with their director of clinical training.