Social Work Training Program
2020-2021

Duke University

Counseling and Psychological Services
Division of Campus Life
Purpose
Duke CAPS provides clinical training in a wide range of mental health issues as they present within the emerging adult college student population. The agency is committed to a multidisciplinary practice and training model comprised of clinical social workers, psychologists, psychiatric practitioners and trainees in each discipline. The internship fosters acquisition of brief treatment skills within a fast-paced college and university counseling center. A dedicated tenet of the internship is a focus on developing a race equity lens and power analysis of systems.

Clinical service delivery is provided within an Access (walk-in) model. Trainees complete an initial rapid clinical triage and risk assessment. Students then receive recommendations for services and referral coordination. Recommended services may include brief individual counseling, psychoeducational, skill and/or interpersonal process groups, medication evaluation, health coaching, or referral to campus services or community providers.

Social work students will carry a caseload of 4-6 individual clients, provide two hours of Access coverage and process observe or co-facilitate a therapy or support group. Agency administration, supervision, and seminars supplement the clinical experience. Interns will be expected to provide Access services within the first few weeks of the placement. Prior experience with triage and/or crisis intervention is beneficial. Post undergraduate experience in mental health or a relevant human services field is required.

Skills in consultation, time management, self-awareness, self-care and self-advocacy are essential student qualities. Interns are expected to value cultural and individual diversity, actively explore personal biases, and to advance social change. Interns are also expected to deliver services and utilize approaches consistent with the principles of social work values and the NASW Code of Ethics. Prior experience participating in social justice advocacy and personal exploration of issues of privilege and supremacy will be considered an asset for this field placement.

Practice Levels
Students will provide triage and risk assessment, individual assessment, treatment planning, brief individual psychotherapy and group psychotherapy to undergraduate and graduate students. Responsibilities include crisis intervention, case management, and participation in a multidisciplinary clinical team for disposition, group psychotherapy, workshops and outreach. Students will have an opportunity for exposure to theoretical interventions including: CBT, psychodynamic, relational, feminist, and integrative care. Given the highly diverse student population, experience and the ability to work with individuals across diverse sexual orientations and gender expressions, SES, race and ethnicity, national origin, ability status, and culture is essential.

Practice Level Tasks
Psychotherapy
Triage/Crisis Intervention
Campus Community Engagement/Outreach
## Typical Weekly Schedule

### Training

<table>
<thead>
<tr>
<th>Activity</th>
<th>HRS</th>
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</thead>
<tbody>
<tr>
<td>Supervision of Individual Psychotherapy</td>
<td>2</td>
</tr>
<tr>
<td>Training Seminar</td>
<td>2</td>
</tr>
<tr>
<td>Clinical Team</td>
<td>1.5</td>
</tr>
<tr>
<td>Professional Development Time</td>
<td>1</td>
</tr>
<tr>
<td>Group Supervision of Group/Case Conference</td>
<td>1.5</td>
</tr>
<tr>
<td>Individual Supervision of Group</td>
<td>.5</td>
</tr>
<tr>
<td>Access Supervision</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td><strong>9.5</strong></td>
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</tbody>
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### Clinical Service Delivery

<table>
<thead>
<tr>
<th>Activity</th>
<th>Smith</th>
<th>UNC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access Coverage</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Initial Counseling Session</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>(2 if group)</td>
<td>(1 if group)</td>
<td></td>
</tr>
<tr>
<td>Individual Counseling</td>
<td>Smith 6-10</td>
<td>UNC 4-8</td>
</tr>
<tr>
<td>Group Counseling</td>
<td>Smith 1.5</td>
<td>UNC 1.5</td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td>Smith 12.5-17.5</td>
<td>UNC 8.5-13.5</td>
</tr>
</tbody>
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### Agency and Clinical Administration

<table>
<thead>
<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>Staff Meetings</td>
<td>1</td>
</tr>
<tr>
<td>Professional Development</td>
<td>1</td>
</tr>
<tr>
<td>Case Management and Supervision Prep</td>
<td>3</td>
</tr>
<tr>
<td>Committees/Planning Meeting</td>
<td>0.25</td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td><strong>5.25</strong></td>
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### TOTAL REQUIRED HOURS

<table>
<thead>
<tr>
<th>Smith</th>
<th>UNC</th>
</tr>
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<tbody>
<tr>
<td>27.25-32.25</td>
<td>23.25-28.25</td>
</tr>
</tbody>
</table>

(not including optional activities)
Training Staff

LaToya Adkins, LCSW she/her/hers*
LaToya is originally from Milwaukee, Wisconsin and relocated to North Carolina in 2015. She joined the Duke community and CAPS in September 2018, and she serves as a Staff Social Worker and a member of the Training Committee. She brings with her experience working in public schools, non-profit settings, the legal field, higher education, and in state and federal government.

At CAPS, LaToya appreciates the opportunity to build relationships and work collaboratively with students. As a first-generation college student, it has always been Important to LaToya to support students in overcoming the barriers of navigating educational institutions.

Her theoretical orientation is integrative and draws on cognitive behavioral therapy (CBT) and a humanistic approach. Her areas of clinical focus are anxiety, depression, self-care, student transition, attachment theory, mindfulness, and community engagement and outreach. Additional counseling interests involve restorative practices, the effects of solitude on mental health and well-being, and guiding students to use solitude as a tool to improve their relationships with themselves.

LaToya is an active member of the National Association of Social Workers and the North Carolina Society for Clinical Social Work. When not at work, LaToya enjoys candlemaking, going to the gym, Bikram yoga, cooking, writing poetry, and photography.

Anita-Yvonne (AY) Bryant, PhD she/her/hers
AY completed her PhD in Clinical/Community Psychology at the University of Maryland, College Park. She completed her internship training at Counseling and Consultation Service at The Ohio State University. AY serves as the Associate Director for Training Programs. She is a Clinical Associate in the Department of Psychiatry and Behavioral Sciences and an Integrative Health Coach.

AY’s professional interests include: multicultural counseling and training which encompasses culture, gender, sexual orientation and other aspects of identity and experiences; the psychology of African American women; program development and evaluation; and community level consultation and outreach.

Clinical interests include understanding the impact of educational environmental oppression, increasing access to successful collegiate outcomes, and spirituality in the healing process. Current scholarly interests focus on academic performance and collegiate experiences and critical race psychology.

Her counseling style reflects an African-centered multicultural philosophy, which integrates transpersonal, narrative and cognitive approaches in therapy. She is a member of the American Psychological Association, the Association of Black Psychologists and the Association of Counseling Center Training Agencies.
Jennifer Bullock, LCSW she/her/hers
Jennifer is returning to CAPS as a staff social worker, having completed her social work internship here in 2000. During the intervening years, Jennifer worked as a social worker at Duke Hospital and as a psychotherapist in private practice. Jennifer values working with college students at a university and recognizes the unique potential for discovery, growth and change that undergraduate, graduate students, and their partners possess.

A graduate of Smith College School for Social Work, Jennifer's theoretical underpinnings are psychodynamic. She approaches students and their challenges using a collaborative, interpersonal, developmental approach and incorporates elements of cognitive behavioral therapy and mindfulness into her work. Jennifer has experience working with students from a wide range of backgrounds, including students who are marginalized in one or more of their identities.

Some of Jennifer's areas of clinical focus are depression, anxiety, grief/bereavement, and couples therapy. Jennifer has a strong commitment to social justice and to helping those impacted by racism and other forms of discrimination and oppression.

When she's not working, Jennifer enjoys reading, running, and playing with her children.

Tara Chandrasekhar, MD she/her/hers
Tara is a staff psychiatrist at CAPS. She received her medical degree from the University of Missouri-Columbia. She completed residency training in General Psychiatry and Child and Adolescent Psychiatry at the University of North Carolina- Chapel Hill. Prior to joining Duke, she was a Clinical Assistant Professor with the UNC Department of Psychiatry. Currently she has an appointment as a Medical Instructor in the Department of Psychiatry and Behavioral Sciences at Duke University. In addition to her work at CAPS, Dr. Chandrasekhar provides psychiatric evaluations and medication management to those with Autism spectrum disorders. She has a research interest in novel treatments for Autism spectrum disorders and participates in clinical research at the Duke Center for Autism and Brain Development.

Ayesha K. Chaudhary, MD she/her/hers/they/them/theirs
Ayesha received her medical training at The Aga Khan University Medical College in Pakistan and specialized in general adult psychiatry during her residency at Duke University Medical Center. Dr. Chaudhary serves as the Psychiatric Services Coordinator. She completed a clinical psychopharmacology preceptorship through Duke Glaxo Welcome and served as Executive Chief Resident during her time at Duke Medical Center.

She is a Diplomate of the American Board of Psychiatry & Neurology and a member of the American Psychiatric Association. She is a Clinical Associate in the Department of Psychiatry and Behavioral Sciences at Duke. Her clinical experience is broad based, and she has a special interest in chronic psychiatric illness and cross-cultural issues.

Jason Y. Cho, MD, MFA
Jason completed his medical degree at the University of Toledo in Toledo, Ohio. He finished his General Psychiatry training and Child and Adolescent Psychiatry fellowship at Duke University.
Currently, in addition to his work at CAPS, he has an appointment as Clinical Associate in the Child Psychiatry Division at Duke. His varied clinical pursuits include treating patients in the Duke Autism Center, serving as a Consult and Liaison psychiatrist in the Duke Children's hospital, and teaching psychiatry fellows, residents, and medical students.

Prior to becoming a physician, he earned a Masters of Fina Arts in Painting and Drawing and produced several short animated films.

Mazella Fuller, PhD, MSW, LCSW, CEDS she/her/hers
Mazella joined CAPS in September 1995. She received her doctorate in Human Services from Walden University-Institute for Advanced Studies, and her Master of Social Work from Smith College. Mazella served her internship in the Mental Health Division at University of Massachusetts at Amherst.

Mazella’s professional interests include: brief individual and couples therapy, ethnic and cross-cultural issues, women’s issues, group therapy, supervision and training outreach programs. An additional counseling interest involves her focus on self-esteem issues within a developmental framework. Mazella is a member of the National Association of Social Workers and the Association of Black Social Workers. She is a Clinical Associate in the Department of Psychiatry and Behavioral Sciences, Duke University.

Lia Gilmore, LCSW she/her/hers
Liadainn (Lia) Gilmore, LCSW is the Referral Services Coordinator at CAPS. She came to CAPS in 2011 from the Emergency Department at Duke Hospital where she was a clinical social worker and performed urgent psychiatric assessments for children and adults. She earned her MSW in 1992 and since that time has worked in many clinical settings with a significant emphasis on outpatient treatment and community mental health.

In her practice, Lia is particularly interested in psychotherapies that combine mind and body treatment and has studied energy psychology, mindfulness and Reiki. She is a member of NASW. At CAPS, Lia enjoys helping students find the right connection with a community therapist or psychiatric services practitioner.

Catherine (Cat) Goyeneche, PsyD she/her/hers
Cat is a staff psychologist at CAPS. She completed her graduate degrees in Clinical Psychology at the Illinois School of Professional Psychology in Chicago, IL and The Citadel Graduate College in Charleston, SC. Cat is returning to Duke after completing her doctoral internship here in 2014. Prior to returning, Cat completed a Postdoctoral Fellowship at the University of Chicago then worked there as a Staff Psychologist and Coordinator for the Academic Skills Assessment Program.

Cat has professional interests in the areas of: anxiety, depression, perfectionism, acculturative stress, couples counseling, outreach, and training. She also has particular interest in multicultural competency, Critical Mixed Race Studies, international study, and ACT. When not working, Cat enjoys hiking, volleyball, travel, and time with her family.
Qin Hu, PhD
Qin joined the CAPS staff in 2017. She received her doctorate degree in Counseling Psychology at the University of Utah. She received her Master's in School Counseling from Boston College. Qin has received training in various clinical settings, including university counseling centers, hospitals, community mental health clinics, and private practice. Her clinical interests include identity development, interpersonal process, executive functioning, career counseling, as well as acculturation issues.

As the first person to go to college in her family, she is also passionate about helping first generation and international students overcome barriers and achieve their full potential. Qin is able to provide therapy and consultation in English and Mandarin Chinese.

Rebecca Hurst, PhD she/her/hers
Rebecca joined CAPS in August of 2012 as a staff psychologist. She earned her PhD in Counseling Psychology from the University of Oklahoma and completed an internship and post-doctoral residency at University Counseling Services at Virginia Commonwealth University. Her theoretical orientation is primarily informed by relational and multicultural approaches to therapy.

Rebecca’s clinical interests include LGBTQ issues, gender identity and its expression, cultural diversity, group therapy, and working with student-athletes. She enjoys training, clinical supervision, and collaborative efforts to promote community-level change.

Jeff Kulley, PhD he/him/his
Jeff is the Associate Director for Clinical Services. Jeff joined the CAPS staff in May of 2001 as a staff psychologist and Coordinator of Alcohol and Substance Abuse Services. Prior to joining our staff, Jeff worked for seven years as a Staff Psychologist at the Counseling and Mental Health Center of the University of Texas. There he served as Coordinator of Testing Services and Supervisor of Alcohol and Substance Abuse Assessment and Treatment. He also coordinated the Individual Therapy Practicum Training Program, taught practicum students, interns, and post-doctoral staff during his tenure at The University of Texas.

Jeff earned his PhD in Counseling Psychology from the University of Texas at Austin and completed his internship at the Olin E. Teague Veterans Center in Temple, Texas. He also worked for over ten years in the community of Austin as a group facilitator and trainer for a domestic violence prevention program. His special interests include EMDR and other trauma treatments, risk and threat assessment, legal and ethical issues in college mental health, and clinical systems administration.

Ping-Tzu Lee, PhD, LCSW she/her/hers
Ping-Tzu is a clinical social worker. She completed her MSW and PhD at the School of Social Work at Colorado State University and completed clinical training at Colorado State University Health Network Counseling Services. Prior to arriving in the US, she was a mental health provider in Taiwan. Dr. Lee is interested in helping clients work on variety of issues, including traumas, sexual orientation and cultural identities, depression, and anxiety. Because of her
cultural backgrounds and identities, she is committed to providing treatment for individuals with marginalized identities.

In the therapy room, Ping-Tzu is particularly interested in self-relations psychotherapy and interpersonal process therapy. She believes the relationship between a person and his/her own self is crucial to mental health, and the relationship between a client and a therapist is essential to change. She enjoys having deep conversations with college students and seeing their desire to figure out relationships between themselves and others. Ping-Tzu helps students reconnect to their mind and body, and believes this mindful practice is the basic foundation for mental health.

Outside of the traditional therapy room, Ping-Tzu enjoys conducting research in the area of equine-assisted psychotherapy and learning this emerging approach.

**Marvice D. Marcus, PhD he/him/his**
Marvice earned a PhD in Counseling Psychology from Washington State University and completed his doctoral internship training at Duke University CAPS. He is the Assistant Director for Training Programs. He has primarily worked in university mental health across three regions of the United States.

Dr. Marcus enjoys working with students who present with concerns related to adjustment, mood and anxiety disorders, social and familial conflict, and sexual identity and gender expression. He adopts an integrative approach to counseling, drawing on cognitive-behavioral therapy and interpersonal process.

Other professional interests include men and masculinities, race and gender politics, and issues of diversity and inclusion. He is especially interested in developing ways to effectively use cultural studies to contextualize human suffering, as well as to elucidate the underpinnings of thought processes and behavior. Dr. Marcus is a member of the American Psychological Association (Division 44) and the Association for Contextual and Behavioral Science.

**Lisa Milliger, PMHNP-BC**
Lisa is an ANCC Board-Certified Psychiatric Mental Health Nurse Practitioner. She joined CAPS in November, 2016. Lisa received her Master's Degree in Nursing from the University of North Carolina-Chapel Hill and her Bachelor's Degree in Nursing from Duke University. Prior to joining CAPS, she was employed by Duke University Hospital. Lisa participated in the LEND (Leadership Education in Neurodevelopmental and Related Disabilities) fellowship program at the Carolina Institute for Developmental Disabilities.

Her professional interests include working with young adults in the context of a developmental framework; reducing mental illness-related health disparities, the association between belief structures and health-related behaviors, the biopsychosocial basis of mental health conditions and subsequent interrelated responses, and holistic wellness. She is passionate about access to mental health care for marginalized and underserved populations. Lisa is a member of the American Nurses Association, the North Carolina Nurses Association, and the American Psychiatric Nurses Association.
Mary Sharp, LCSW she/her/hers
Mary is a staff Clinical Social Worker and has been at CAPS since August 2017. Mary completed her Masters of Social Work at the University of Michigan. She worked at a university counseling center in the past and is pleased to continue her interest in supporting students in meeting their academic, interpersonal/developmental and professional goals. Mary has worked in Infant Mental Health focusing on 0-3yo babies impacted by HIV and substance use; emergency room/hospital social work; early childhood development; family and children counseling; and private practice serving all ages and needs.

Mary has held roles and interest in diversity and multicultural training. Her clinical interests include trauma focused interventions, CBT, and self-compassion. She enjoys gardening and time with her family.

Joseph E. Talley, PhD, ABPP he/him/his
Joe is a counseling psychologist, Associate Director and Clinical Professor of Medical Psychology in the Department of Psychiatry and Behavioral Sciences. Joe’s special interests include the use of imagery, hypnosis, Jungian Psychology, technique in brief and very brief psychotherapy and the interface of spirituality and psychology. He has been the primary author/editor of seven books, most of which are in the field of university student counseling services and psychotherapy. He is certified as a practitioner and a supervisor/consultant in clinical hypnosis by the American Society of Clinical Hypnosis and has served on its Ethics Committee.

Joe completed his doctorate and internship at the University of Virginia. He is Board Certified (ABPP) in Counseling Psychology and in Clinical Psychology. He is a Fellow and a former President of the American Academy of Counseling Psychology, a Fellow of the American Academy of Clinical Psychology and is currently Special Liaison to Government and Related Professional Groups and a former Chair and Chief Executive Officer of the Council of Presidents of Psychology Specialty Academies of the American Board of Professional Psychology.

Nerine Tatham, MD she/her/hers
Nerine is a full-time staff psychiatrist at CAPS. She earned her medical degree from Howard University College of Medicine, in Washington, D.C. in 1992. She completed her residency in psychiatry at Albert Einstein College of Medicine/Montefiore Medical Center, Bronx, New York in 1996, where she served as Chief Resident for The Jacobi Nurses Residence, Psychiatry Resident Outpatient Clinic. Her training background is in psychodynamic psychotherapy, psychopharmacology and group therapy with a subsequent special interest in dialectical behavior therapy and a holistic approach of utilizing evidenced based treatments to help each person acquire the skills needed to achieve their health goals and self-actualized life without barriers or stigma.

Before coming to CAPS, Nerine worked as an early career psychiatrist in Fairmont, West Virginia doing inpatient/outpatient and community mental health combined practice; Duke University Medical Center as a Clinical Associate in the Department of Psychiatry and Medical Director of the Williams Inpatient Psychiatric Unit, Consulting psychiatrist at Lincoln
Community Health Center and North Carolina Central University Student Health Service and in private psychiatry practice.