

Curriculum Vitae

Patrick S. Van Wyk, Ph.D.

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EDUCATION

Ph.D.	Clinical Psychology	Idaho State University, Pocatello, ID 83201 <i>Graduation:</i> December 2012 <i>Advisor:</i> Peter Vik, Ph.D.
M.S.	Clinical Psychology	Idaho State University, Pocatello, ID 83201 <i>Graduation:</i> December 2010 <i>Advisor:</i> Peter Vik, Ph.D.
B.A.	Psychology/Communication	Carroll College, Helena, MT 59625 <i>Graduation:</i> May 2002 <i>Advisors:</i> John Downs, M.S., Anne Perkins, Ph.D.

PROFESSIONAL LICENSES

Licensed Clinical Psychologist July 2014-Present
Montana License PSY-PSY-LIC-1467

EMPLOYMENT

Independent Practitioner and Owner
Helena Psychotherapy, PLLC March 2017- Present

Providing training in Motivational Interviewing, Acceptance and Commitment Training, resilience, behavioral health integration, mindfulness, and other evidence-based strategies to groups and organizations. Individual therapy for adults in evidence-based methods to address common psychological problems, health and illness related problems, trauma, burnout and distress. Consulting with groups and organizations on behavioral health integration, Primary Care Behavioral Health model, program development, case consultation, and health psychology.

Primary Care-Mental Health Integration Psychologist/Internship Rotation Supervisor
VA Montana Healthcare System November 2015- Present

Supervisor: Patricia Lincoln, LCSW Hours/week: 40
Providing services to primary care patients in a collaborative framework with primary care teams. Behavioral health visits are brief, limited in number and are provided in the primary care practice area. Visits are structured to provide behavioral health as a routine primary care service and supports medical providers across a broad scope of

behavioral health concerns. Supervision of predoctoral clinical psychology interns to prepare them to practice independently in primary care settings.

Behavioral Health Consultant/Clinical Psychologist

St. Peter's Medical Group Broadway

November 2013-November 2015

Supervisors: Mary Kay Bogumill, Ph.D. & Jonathan Griffin, M.D. Hours/week: 40

Design and implement integrated behavioral health services in a primary care clinic. Implementing screening procedures and measures for mental and behavioral health conditions. Physician consultation, "warm hand-offs," scheduled follow-up, short-term therapy/interventions including: weight loss, smoking cessation, sleep education, hypertension, medication adherence, behavioral activation, and other lifestyle modifications. Implementation of clinic procedures, work flow, and policies for primary care population. Volunteer training and liaison to Keeping You Home Program. Participation in several community and hospital committees including transitions of care, medication safety, quality improvement, and medical homes.

Associate Psychologist/Psychological Resident

Intermountain Children's Home

February 2013-November 2013

Supervisor: Elizabeth Kohlstaedt, Ph.D. Hours/week: 40

Perform psychological assessment and evaluation as well as treatment planning, recommendations, and follow-up coordination in an outpatient setting for children, adolescents, and families in the Helena, Butte & Kalispell areas. Provide psychotherapy for children, adolescents, and families in an outpatient setting, including co-occurring clients. Provide trainings to inpatient and outpatient staff and be on call for psychological emergencies on a rotating basis.

CONSULTING

Mountain Pacific Quality Health Foundation

October 2015- Present

Behavioral Health Consultant to the CMS Special Innovation Project using Hot Spotting philosophies to target "super-utilizer" medical patients in three communities in the state of Montana. Consultation provided included case studies, behavioral health integration, community health worker program development and training.

GRANTS AND COMMITTEES

Montana Healthcare Foundation Integrated Behavioral Health/Screening Brief Intervention and Referral to Treatment steering committee member 2016- present

Montana Patient Centered Medical Home Stakeholder Ad Hoc Committee Member 2015-2016
Appointed by Commissioner Monica Lindeen

Montana DPHHS grant co-recipient 2015
\$46,000: One year Improving Blood Pressure and A1C Control Using Health Information Technology Across Primary Care Health Systems

Montana Patient Centered Medical Home Stakeholder Committee Member 2014
Appointed by Commissioner Monica Lindeen

Pacific Source Community Health Excellence Grant co-recipient \$65,000: One year development of integrated behavioral health service	2013
APA Student Travel Award recipient \$300: student research presentation at national conference	2010
ISU Faculty Periodic Peer Review Committee	2010
Grant Recipient- ISU Graduate Student Research and Scholarship Committee \$1,432: Thesis research on cognitive effects of substance use	2009

PUBLICATIONS

- Van Wyk, P.** (2015). Review of *The implementer's guide to primary care behavioral health. Families, Systems, & Health, 33*(2), 168-169.
- Vik, P. W., Williams, C., Dasher, N., & **Van Wyk, P.** (2014). Alcohol use, drinking consequences, and sensitivity to social cues among college women. *Addictive Behaviors, 39*, 1106-1112.

PRESENTATIONS

- Van Wyk, P.S.** (April 2017). "Motivational Interviewing for Healthcare Providers." Introductory workshop presented to St. Peter's Medical Group care manager team as part of Mountain Pacific Quality Health Resource project to address superutilizers, Helena, Montana.
- Van Wyk, P.S.** (2016, 2017). "Functional Assessment and Goal Setting in Primary Care Behavioral Health." Didactic presented to psychology interns of the VA Montana Predoctoral Psychology Internship, Fort Harrison, Montana.
- Van Wyk, P.S.** (2016, 2017). "An Introduction to Acceptance and Commitment Therapy." Didactic Workshop presented to psychology interns of the VA Montana Predoctoral Psychology Internship, Fort Harrison, Montana.
- Emmertt, A., **Van Wyk, P.S.**, Bruhn, M., & Griffin, J. (2015, March). "Keeping You Home: A Community Collaboration between Rocky Mountain Development Council & St. Peter's Hospital." Presentation to Wendy Spencer, CEO, Corporation for National and Community Service, Helena, Montana.
- Van Wyk, P.S.** (2014, November). "The Road Home: Montana, Patient Centered Medical Homes, and Behavioral Health Care." Invited Presentation to NAMI Montana Conference on Mental Illness, Great Falls, Montana.
- Van Wyk, P.S.** (2014, November). "Mindfulness." Invited Workshop to NAMI Montana Conference on Mental Illness, Great Falls, Montana.

- Van Wyk, P.S.** (2014, October). "St. Peter's Medical Group Integrated Behavioral Health Services." Presentation to PacificSource Community Health Excellence Initiative Committee, Boise, Idaho.
- Van Wyk, P.S.** (2014, August). "Introduction to Integrated Behavioral Health Services at St. Peter's Medical Group." Presentation to Montana Department of Public Health and Human Services, Medicaid Program, Helena, Montana.
- Van Wyk, P.S.** (2014, May). "Introduction to Integrated Behavioral Health Services" Presentation to Montana Patient Centered Medical Home Stakeholder Council, Helena, Montana.
- Van Wyk, P.S.** (2014, February). "Caregiver Support" Presentation to You Matter Too Support Group, Helena, Montana.
- Van Wyk, P.S.** (2013, July). "How to Refer for a Psychological Assessment" Presentation to Intermountain School Based Services, Helena, Montana.
- Blake, D. & **Van Wyk, P.S.** (2012, October). "A Primer on Using the Clinician Administered PTSD Scale (CAPS)" Presentation for VA Boise Healthcare System Psychology Predoctoral Internship Program, Boise, Idaho.
- Woodhouse, W., Pugmire, B., & **Van Wyk, P.S.** (2011, April). "Active Families for Life: Making Multidisciplinary Care Accessible in the PCMH" Presentation at Annual Spring Conference of the Society for Teachers of Family Medicine, New Orleans, Louisiana.
- Van Wyk, P.S.**, Legarreta, M.D., Gardner, E.G., Jorgensen, M.L., & Vik, P.W. (2010, August). "A Modified Coding Test as a Screener for Neurological Risk" Poster presentation at 118th Annual Convention of the American Psychological Association, San Diego, California.
- Van Wyk, P.S.**, Legarreta, M.D., & Vik, P.W. (2010, May). "A Modification of the Coding Subtest as a Screening Instrument for Neuromedical Risk" Poster presentation at Annual Meeting of the Idaho Psychological Association, Sun Valley, Idaho.
- Van Wyk, P.S.** (2009, September). "A Modification of the WAIS Coding Subtest as a Screening Instrument for Neurological Risk" Presentation at Annual Idaho State University Psychology Department Data Blitz, Pocatello, Idaho.
- Gardner, E. G., Jorgensen, M. L., Legarreta, M.D., **Van Wyk, P.**, & Vik, P. W. (2007, October). "Strategy Use on the Ruff Figural Fluency Test" Poster presentation at the Snake River Association for Neuroscience Conference 2007, Sun Valley, Idaho.

PROFESSIONAL AND LEADERSHIP DEVELOPMENT

Acceptance and Commitment Therapy 1 Year Track
PracticeGround online training

2015

Relational Frame Theory 6 Month Track PracticeGround online training	2015
Understanding the Dynamics of Suicide MPA Spring Education Conference, Missoula, MT	2014
Collaborative Behavioral Healthcare: Digging Deeper MPA Fall Education Conference, Billings, MT	2013
ACT Peer Consultation with Kevin Polk, Ph.D. Video conference via Augusta, ME	2010
President- Psychology Graduate Student Association Idaho State University, ID	2009-2010
ACT Experiential Workshop with Steven Hayes Utah State University, UT	2009
Psychology Graduate Student Association Grievance Committee Chair Idaho State University, ID	2008-2009
Guest Speaker Carroll College Recruitment Dinner, Boise, ID	2005

PROFESSIONAL AFFILIATIONS

Montana Psychological Association, Member Integrated Care Committee chair	2012-present
Association for Contextual Behavioral Science, Professional Member	2009-present
American Psychological Association, Member Division 38: Health Psychology, Member	2008-present
Idaho Psychological Association, Student Member	2008-2011
American Psychological Association of Graduate Students, Member	2008-2012
Psychology Graduate Student Association, Student Member	2007-2012
Psi Chi Honor Society	2002-present

PRE-DOCTORAL CLINICAL INTERNSHIP

VA Central Western Massachusetts Healthcare System, Leeds, MA

Major Rotations

Hours/week: 25

Primary Care-Mental Health Integration

April 2012-August 2012

Supervisors: Jennifer Brown, Ph.D., Jeff McCarthy, Psy.D, Mark Schneider, Ph.D.

Coordination of psychological and medical care in a primary care setting. Duties include physician "warm hand-offs," time-limited individual therapy, group interventions including weight loss (MOVE), smoking cessation, sleep education, hypertension, and chronic pain. Administering screening assessments, direct consultation with medical providers and clinic staff regarding patient interventions as well as clinic structure, policies, and procedures.

Intensive Outpatient Substance Abuse Treatment Program

January 2012-April 2012

Supervisor: Henry Rivera, Psy.D.

Twenty-one day Intensive Outpatient Program and aftercare groups using Stages of Change model and Motivational Interviewing. Duties included comprehensive intake interview, diagnostic clarification, developing treatment plans, case management, individual and group therapy. Consulting with mental health clinic, inpatient units, CBOCs, Voc Rehab, Vet Center, community halfway houses, and other VA Medical Centers.

Specialized Inpatient PTSD Unit

August 2011-December 2011

Supervisor: Scott Cornelius, Psy.D.

Six-week inpatient treatment of war zone-related PTSD using Acceptance and Commitment Therapy (ACT) based group format, mindfulness and acceptance-based skills. Participation in evaluation team, conducting clinical interviews, developing interventions targeting trauma-related problems in living, consulting with other VA programs, and the local Vet Center. Assessment using AAQ-II and VLQ.

Ancillary Rotation

Hours/week: 8

Evidenced Based Therapies

August 2011-August 2012

Supervisors: Jennifer Sparrow, Psy.D., Scott Cornelius, Psy.D.

Individual outpatient therapy using Prolonged Exposure (PE) and Acceptance and Commitment Therapy (ACT) modalities based on VA rollout protocols for the treatment of PTSD and depression. Assessment and diagnostic clarification instruments include CAPS, AAQ-II, VLQ, and PCL.

PRE-DOCTORAL EMPLOYMENT

Primary Care Mental Health Extern

August 2009-July 2011

Pocaticello Family Medicine/Active Families For Life & Therapeutic Lifestyle Center Grant

Supervisor: John Dickey, Ph.D.

Hours/week: 15

Didactic presentations to medical and pharmacy residents, developing behavioral intervention protocols for integrated/multidisciplinary care related to AFFL/TLC grant, consultation with health care professionals, cognitive and ADHD assessments, individual therapy, intake/diagnostic interviews for an inpatient psychiatric unit, cognitive assessment of ECT patients, facilitating weight management/lifestyle changes/smoking cessation groups for TLC grant.

Graduate Teaching Assistant
Idaho State University

August 2008-May 2009

Supervisors: Cheri Atkins, Ph.D.; Tony Cellucci, Ph.D.; Peter Vik, Ph.D. **Hours/week:** 15
Assisting instructors at the graduate level by giving presentations, supervising student evaluations, giving class presentations; assisting in psychology clinic by performing initial intake interviews, phone intakes, student case consultation, and assessment review.

Psychosocial Rehabilitation Worker/Case Manager
J & M Mental Health, Blackfoot, ID

September 2006-March 2008

Supervisor: Bernice Marley, MSW **Hours/week:** 40
Linking and coordinating services, educating clients on relevant mental illness traits and appropriate coping mechanisms of Bipolar, Borderline Personality Disorder, Schizophrenia, Schizo-Affective Disorder, etc. Assessing client progress and need for services including psychiatric, social, legal, basic living skills, housing, and family areas.

PRACTICUM EXPERIENCE

Anxiety Disorders
Idaho State University

August 2010-December 2010

Supervisor: Steve Lawyer, Ph.D. **Hours/week:** 8
Conducting intake/diagnostic evaluations, writing integrated evaluation reports, participation in supervision meetings, conducting individual therapy sessions with patients diagnosed with anxiety and mood disorders using therapeutic interventions including exposure and CBT for anxiety.

Post Traumatic Stress Disorder
Boise Veteran's Affairs Medical Center

July 2010-August 2010

Supervisor: Dudley Blake, Ph.D. **Hours/week:** 24
Evaluation and 5-week inpatient treatment of combat PTSD. Intake interviews including CAPS assessment, Mississippi, PCL; co-facilitating Evaluation and Brief Treatment of PTSD Unit (EBTPU) groups including Cognitive Processing Therapy, individual therapy sessions, family therapy sessions, participating in multidisciplinary rounds.

Neuropsychology
Boise Veteran's Affairs Medical Center

July 2010-August 2010

Supervisors: Vanessa Williams, Ph.D. & Jaime Champion, Ph.D. **Hours/week:** 8
Neuropsychological interviews, assessment and integrated report writing; memory clinic interviews, assessment, consultation, feedback, and report writing; brief cognitive and depression screening of rehabilitation and long term care patients; participation in supervision and multidisciplinary consultation meetings.

Behavioral Health Lab
Boise Veteran's Affairs Medical Center

July 2010-August 2010

Supervisor: Sharlene Green, Psy.D. **Hours/week:** 8
Organ transplant assessment, triage assessment, consultation with other health care professionals, Behavioral Health Lab symptom screening, intake, and brief intervention.

Community Mental Health June 2010-December 2010
Health and Welfare, Human Development Center

Supervisors: Heath Sommer, Ph.D. & Daniel Traubgher, Ph.D. Hours/week: 8
Psychological and neuropsychological assessment, brief individual, and group treatment of court referred and self referred individuals with substance use disorders, severe and persistent mental illness, and other mental health disorders. Group formats include CBT, DBT, ACT, IPT, and Matrix Model for Substance Abuse.

Neuropsychology January 2010-May 2010
Idaho State University

Supervisor: Peter Vik, Ph.D. Hours/week: 8
Conducting neuropsychological evaluations and follow-up evaluations, intake evaluations, writing integrated evaluation reports, consultation with health care professionals, and participation in supervision and didactic meetings.

Behavioral Medicine August 2009-December 2009
Idaho State University

Supervisor: Nicole Prause, Ph.D. Hours/week: 8
Behavioral medicine intervention, behavioral couples therapy, consultation with health care professionals, writing integrated evaluation reports, participation in supervision meetings, consultation with medical providers, conducting therapy sessions with patients diagnosed with medical and psychiatric conditions, conducting couples therapy, use of EEG equipment for biofeedback interventions.

Post Traumatic Stress Disorder May 2009-July 2009
Boise Veteran's Affairs Medical Center

Supervisor: Dudley Blake, Ph.D. Hours/week: 24
Evaluation and 5-week inpatient treatment of combat PTSD. Intake interviews including CAPS assessment, Mississippi, PCL; co-facilitating Evaluation and Brief Treatment of PTSD Unit (EBTPU) groups including Cognitive Processing Therapy, individual therapy sessions, family therapy sessions, participating in multidisciplinary rounds.

Neuropsychology/Assessment May 2009-July 2009
Boise Veteran's Affairs Medical Center

Supervisor: Jill Hedt, Ph.D. Hours/week: 16
Neuropsychological interviews, assessment and integrated report writing; assessment, consultation, feedback, and report writing; brief cognitive and depression screening of rehabilitation and long term care patients; participation in supervision and multidisciplinary consultation meetings; compensation and pension interviews, assessment and integrated report writing.

Substance Use Disorders August 2008-May 2009
Idaho State University

Supervisor: Tony Cellucci, Ph.D., ABPP Hours/week: 8
Conducting intake/diagnostic evaluations, writing integrated evaluation reports, participation in supervision meetings, conducting individual therapy sessions with patients diagnosed with mood, substance use disorders, and HIV using therapeutic

interventions including ACT for depression and Cognitive Behavior Therapy for depression. Conducting Public Safety post employment evaluation.

Psychoeducation/ADA Evaluation August 2007-May 2010
Idaho State University

Supervisor: Tony Cellucci, Ph.D., ABPP Hours/week: 8
Conducting psychoeducational assessments, interpreting test findings, writing integrated testing reports, providing feedback to college students regarding test findings; using tests relevant to reported problem including the WAIS-III/IV, measures of academic achievement, and measures of attentional problems.

RESEARCH EXPERIENCE

PacificSource Community Health Excellence Grant September 2013-September 2014
St. Peter's Medical Group

Primary Investigators: Jonathon Griffin, MD & Patrick Van Wyk, Ph.D.
Project: St. Peter's Medical Group Primary Care Behavioral Health Integration Project
Duties: Design, implement, assess, and capture data of a new integrated behavioral health services in a primary care clinic. Implementing screening procedures and measures for mental and behavioral health conditions. Physician consultation, "warm hand-offs," scheduled follow-up, short-term therapy/interventions, and tracking data including: weight loss, smoking cessation, sleep education, hypertension, medication adherence, behavioral activation, and other lifestyle modifications. Implementation of clinic procedures, work flow, and policies for behavioral health in a primary care population.

Doctoral Dissertation Defended May 2012
Idaho State University

Supervisor: Peter Vik, Ph.D.
Project: The Relationship Among Tasks Purported to Measure Orbitofrontal Functioning
Duties: Development and administration of neurobehavioral test battery and questionnaires to young healthy adult population, training research assistants, scoring, analyzing data. Training research assistants to administer protocol.

Master's Thesis Defended September 2010
Pocatello Women's Correctional Center & Idaho State University

Supervisor: Peter Vik, Ph.D.
Project: A Modification of the WAIS Coding Subtest as a Screening Instrument for Neurological Risk
Duties: Administration of neuropsychological test battery and questionnaires to undergraduate and female prison inmate populations, scoring, analyzing data

Graduate Research Assistant October 2008-May 2010
Pocatello Women's Correctional Center & Idaho State University

Supervisor: Peter Vik, Ph.D.
Project: Neuromedical Risk and Non-verbal Learning on the Ruff Light Trails
Duties: Administration of neuropsychological test battery and questionnaires to undergraduate and female prison inmate populations, scoring and analyzing data

Graduate Research Assistant
Pocatello Women's Correctional Center & Idaho State University

October 2008-April 2009

Supervisor: Peter Vik, Ph.D.

Project: Neuromedical Risk and Strategy Use on the Ruff Figural Fluency Test

Duties: Administration of neuropsychological test battery and questionnaires to undergraduate population, scoring, analyzing data

Graduate Research Assistant
Pocatello Women's Correctional Center & Idaho State University

October 2007-May 2009

Supervisor: Peter Vik, Ph.D.

Project: Neuropsychological Correlates of Drug Use and Sexual Assault

Duties: Administration of neuropsychological test battery and questionnaires to undergraduate and female prison inmate populations, scoring, analyzing data

SELECTED REFERENCES

Peter Vik, Ph.D.

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Hillsboro, OR 97123
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Mark Schneider, Ph.D.

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Co-Director, Psychology Internship Program
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Dudley Blake, Ph.D.

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