

CORE

Center of Relational Empowerment, PC

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Training Program Information Packet

CORE is pleased to continue to offer its' Advanced training and Diagnostic training program for doctoral level clinical psychology students for the 2024/2025 training year! This packet provides information to applicants as well as training departments within Chicagoland schools about our practice as well as about the opportunities that trainees will have as part of our team.

Packet Contents:

Page #

Introduction to CORE.....	2
Supervisors at CORE.....	3-4
Clients of CORE Overview.....	5
Training Program Overview.....	5-6
Applying to CORE's Training Program.....	7

Introduction to CORE

CORE - Center of Relational Empowerment, PC is a group private practice located in downtown Chicago and downtown Evanston. We offer individual, family, and group therapy to our clients and serve children (age 5+), adolescents and adults. In addition to psychotherapy, CORE provides psychological testing, workshops, supervision, consultation, and psychoeducational seminars for people from all walks of life.

CORE's practices are strongly rooted in family systems models, however, some psychodynamic approaches, especially related to attachment/object relations theory are also used in case conceptualization and interventions. In regard to systemic models, CORE integrates a combination of Multigenerational, Structural, Contextual, and Narrative models along with Internal Family Systems (IFS). We place a strong emphasis on multicultural and diversity factors and use culturally appropriate interventions with our wide variety of clients.

The foundation of our approach is based in the idea that all of us are multifaceted, as we have different aspects of our personality. People have an innate capacity, wisdom, and intuitive knowledge that may be blocked by fears. We also acknowledge the specific circumstances and elements in a person or family's life that allows us to explore contextual issues for our clients. By working to release these fears, we are tapping into the clients' internal resources. Therefore, a client can feel empowered and bring about deep inner changes rather than superficial symptom-focused change.

Our goal is to help our clients to feel empowered to handle previously overwhelming problems or difficulties by providing them the space to grow in a nurturing environment. At CORE we help our clients strengthen their core selves, and in doing so, empower them to strengthen their relationships with others. At the heart of CORE is our belief that all people have leadership and healing qualities - perspective, confidence, compassion, and acceptance - crucial to our highest, most harmonious functioning.

CORE believes that psychotherapy can help uncover long-standing patterns and behaviors that can get in the way of feeling fulfilled in our relationships with ourselves and with others. We believe that no family or cultural system operates the same way and that there is no "right" way to live life. Therefore, it is our goal to understand the problems our clients face through their own context in order to find the meanings and solutions that work best for them. CORE utilizes Psychological Testing as a way to help clients better understand their symptoms, clarify diagnosis, and get support for their specific needs.

Supervisors at CORE

Dr. Amanda M. Rios, Psy.D.

Clinical Supervisor & Training Director

Dr. Rios is a Licensed Clinical Psychologist and Licensed Marriage & Family Therapist. She has been a supervisor for doctoral students for many years and she is also an AAMFT Approved Supervisor. She received her Bachelor's degree in Psychology and Sociology from the University of Maryland, College Park. She received her Masters and Doctorate degrees in Clinical Psychology from the Illinois School of Professional Psychology in Chicago, Illinois where she concentrated her studies on child & adolescent, family systems, and multicultural approaches to treatment. Dr. Rios has been an Adjunct Professor for both graduate and undergraduate programs in the Chicago area. She enjoys teaching and values the opportunity to help students learn the foundations for the work that they will do long-term in the field of psychology. She also values the reciprocal nature of teaching and enjoys learning from her students each semester.

Dr. Rios enjoys working with a broad spectrum of clients and is excited by learning and understanding the unique elements that all of her clients bring with them in therapy. Dr. Rios values her relationships with her clients and sees the therapy relationship as one of mutual respect and trust. As a multicultural/multiracial woman herself, Dr. Rios is open-minded to the individuality of each person or family as it relates to the context of their past and their present, while also being mindful of the wide array of common human experiences that help us to connect to one another. Dr. Rios is passionate about training, and providing supervision that is both supportive and growth promoting is one of the key reasons that CORE was founded at the start. As a supervisor, Dr. Rios looks forward to opportunities to help trainees enhance their skills and grow comfort with their identity as a clinician as one of their many important identities. She believes that good therapists bring with them a unique set of experiences and personality traits that can be an asset to working with clients and help ground them in confidence with their approach. In addition to learning best practices and new skills for a wide variety of individual, couple, and family cases, Dr. Rios hopes that trainees will also learn how to integrate their own natural strengths and abilities into their work to create a lasting impact on their work with clients.

Dr. Latrice Peoples, Psy.D.

Clinical Supervisor

Dr. Peoples is a Licensed Clinical Psychologist. She received her Bachelor's degree in Psychology with a minor in Sociology and Urban Studies from Loyola University Chicago. She received her Master's degree in Counseling Psychology and her Doctoral degree in Clinical Psychology from Adler University. Dr. Peoples was awarded the 2019 Outstanding Clinical Supervisor Award from the Association of Chicagoland Externship and Practicum Training (ACEPT). She emphasizes a collaborative and strengths-based approach in working with clients that provides a supportive environment for them to process their experiences, identify their values, foster self-compassion, and a sense of empowerment. She has found working with clients to be rewarding as she enjoys learning about their life experiences and assisting them with navigating their lives.

Dr. Peoples is passionate about providing clinical supervision as she works to ensure that students are adequately trained to be independent clinicians. She has provided supervision in the following settings: community mental health, forensic, behavioral health, and private practice. In supervision,

Dr. Peoples utilizes a collaborative approach as she enjoys not only assisting supervisees with enhancing their clinical skills, but learning from them as well. She revels in working with supervisees who have an interest in incorporating multiculturalism into clinical practice in addition to developing personally and professionally in the field. She enjoys supporting diagnostic students in learning cognitive, personality, and projective tests to allow for integrated understanding of clients. Dr. Peoples hopes to assist supervisees with integrating their authentic selves in conjunction with the theoretical orientation into their clinical work as she believes it is valuable in fostering a relationship with a client.

Dr. Preston Rice, Psy.D.

Clinical Supervisor

Dr. Rice is a clinical supervisor at CORE that joins the supervisory team following his post-doctoral year at our practice. He received his Bachelor's degree in Psychology from Auburn University, earned a Master's degree in Clinical Psychology from The Chicago School of Professional Psychology in 2019, and a Doctoral degree in Clinical Psychology from the Chicago School of Professional Psychology in 2022. Dr. Rice has been practicing psychotherapy for 6 years and has had the privilege of working with children, adolescents, adults, couples, and families in college counseling settings, outpatient mental health clinics, and private practice. Dr. Rice identifies his theoretical orientation as Existential/Humanistic with a focus on Emotion Focused Therapy through a Systems lens. His clinical interests include working with underserved communities, mood disorders, substance use, couples, and families, as well as trauma and systemic challenges related to diversity and inclusion.

Dr. Rice works from a culturally sensitive, strengths-based approach and values the empowerment and inner strength of individuals. The Systems approach is integral to his clinical work as well as his supervision approach. He has a background in providing mentorship in addition to supervision and enjoys connecting with students. He is in a unique position as a supervisor for this training program, as he was a former extern at CORE and has firsthand experience with the training program. Dr. Rice is collaborative in his supervision approach and highlights student strengths as a means of helping them use what is natural for them with their clients. In addition to therapy supervision, Dr. Rice also enjoys helping students understand various components of psychological testing and strengthen their skills in administration, interpretation, and report writing skills.

Clients of CORE Overview

CORE serves a diverse client population in regard to race, ethnicity, nationality, gender, sexual orientation, religion, age, ability/disability, and socioeconomic status. Here are some statistics about the clients we serve (does not cover all identifiers), and these statistics will naturally change day to day as we see new clients:

Racial/Cultural Backgrounds:

African American/Black/West-Indian: 22%
Latino/Hispanic: 17%
Asian/Pacific Islander: 22%
Caucasian/White: 32%
Multiracial: 7%

Gender:

Male: 40%
Female: 49%
Transgender: 5%
Non-conforming/Non-binary: 6%

Sexual Orientation:

Heterosexual: 52%
Bisexual: 15%
Gay/Lesbian: 27%
Pansexual: 4%
Asexual: 2%

Religion:

Christian/Catholic: 34%
Jewish: 13%
Muslim: 18%
Hindu: 10%
Buddhist: 3%
Atheist/Agnostic: 20%
Other: 2%

Disability Status:

No Disability status: 92%
Person with a Disability: 8%

Training Program Overview

All Interventions and Supervision will take place on-site at CORE – Center of Relational Empowerment, PC. The exceptions to this are when Illinois has issued stay-at-home orders in which students will be supervised and see clients virtually. Students can expect to conduct teletherapy in the next training year, and potentially integrate in-person therapy when it is safe to do so.

We have two locations and each student will be assigned to be at one location throughout the year. Students are expected to start practicum on:

July 1st, 2024 (12-month commitment)

Downtown Location:

30 N. Michigan Ave. Suite 1320
Chicago, IL 60602
Phone: (312)470-4302
Fax: (312)470-4303

Evanston Location:

820 Davis St. Suite 455
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Phone: (224)714-2412
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Type of Training Opportunity: **Advanced Practicum**

- Students must have completed at least two years of training prior to beginning CORE's training program. One year of previous diagnostic training and one year of previous therapy training is required.

Number of Advanced Practicum Positions offered for 2024/2025: **3**

Type of Training Opportunity: **Diagnostic Practicum**

- Students must have completed all psychological testing courses prior to beginning CORE's training program. (Addressing Cognitive, Objectives, Projective/Personality, etc.)

Number of Diagnostic Positions offered for 2024/2025: **2**

For All Trainees: Number of Days Required per week: **2.5**

- 2 full days + half day for didactics/group supervision
- All trainees must be available on Friday mornings

Hours of Individual Supervision per Week*: **1**

Hours of Group Supervision per Week*: **1**

*While, formal supervision is listed at 2 hours per week, a supervisor, licensed psychologist, or other licensed staff will be either onsite or available remotely at all times for trainees to access when questions or challenges arise.

Interventions provided by CORE trainees:

- Individual Therapy
- Family Therapy
- Couples' Therapy
- Group Therapy
- Community Outreach Presentations
- Psychological Testing (this is the primary focus for Diagnostic trainees; however, Advanced students also do 4-6 batteries per year).

Preferred Applicants that match CORE values:

- Independent, Self-Starters, Conscientious
- Culturally Sensitive, strive towards Cultural Competence & Cultural Humility
- Strong desire to practice from family systems and attachment perspectives
- Some passion towards social advocacy

Applying to CORE's Training Program

CORE is a member of **ACEPT** – Association of Chicago Externship and Practicum Training. Here is the timeline for the application process as guided by ACEPT:

CORE will begin accepting applications for Advanced Practicum from eligible students on:

Friday, January 26, 2024

CORE will notify candidates of our intent to make a position offer on:

Friday, March 15, 2024

Practicum Match Day, when all decisions will be finalized:

Monday, March 18, 2024

Required Application Materials:

- Cover Letter stating your intent and interest in applying to our training program
- Curriculum Vitae (CV)
- Three Letters of Recommendation:
 - Advanced students: at least two should be from previous practicum supervisors)
 - Diagnostic students: at least one should be from a professor from an assessment course.
- A Sample Integrative Psychological Testing Report (de-identified for confidentiality)
- A Sample Case Conceptualization write-up using at least one Family Systems theory. (ADVANCED APPLICANTS ONLY)

Note: We will do our best to match students accepted to the training program with their desired location, however, students should be prepared to work in either the Downtown Chicago or Evanston location. Both locations are accessible by CTA & Metra (within 1-2 blocks).

Applications should be submitted via email at: **info@core-chicago.com**

If you have questions about the contents of this information packet, please contact us. You can also visit our website to learn more about CORE at www.core-chicago.com or call **(312)470-4302**

Prospective trainees can also visit CORE's social media pages to get a sense of our practice culture!

Instagram: **@core_psych**

Facebook: **<https://www.facebook.com/corechicago>**