

Missouri State University Practicum Site Questionnaire

Name of site Headache Care Center

Address 3805 S Kansas Expressway

City, State Zip Springfield, MO 65807

Phone 417-890-7888

Fax _____

Contact Person Kathleen Farmer Psy.D.

Email kfarmer@primarycarenet.org

Website address www.headachecare.com

Your Site

Description of the activities that occur at your site:

For patients with disabling headaches that occur 15 or more days per month, HCC offers an Intensive Program which is a 5-day interdisciplinary treatment program designed to evaluate and help patients stop the pattern of headaches and change learned pain behaviors. Patients see a physician, psychologist, physical therapist, and nurse daily. The patient is encouraged to bring a significant other to the program. Daily group educational sessions teach patients and their companions about the pathophysiology of headaches, migraine threshold, how to balance risk factors with protective factors, exercise for ideal posture, and maintaining a diary about headaches, treatments used, results, and impact on life. Daily thermal biofeedback training is a vital tool to balance the hypersensitive nervous system of individuals prone to headaches. Psychological milestones are identified and resolved. Lifestyle modifications are built into the long-range treatment plan and follow-up visits are scheduled.

Description of practicum students' duties at your site:

1. Read Headache Free, Managing Migraine for Physicians, Managing Migraine for Patients.
2. Narrate the animated pathophysiology of migraine CD-ROM
3. Be able to warm the finger temperature to 96 degrees F and instruct patients about the process
4. Lead posture exercises
5. Facilitate group discussion among patients and companions and document topics discussed in patients' charts.

6. Communicate with the staff about potential difficulties with patients and/or companions
7. Administer MMPI-2 online
8. Suggest ways to motivate patients

Type of population with which students would be working (e.g., adults, adolescents, children, physically challenged, cognitively challenged, etc.):

Adults, adolescents, and children with disabling headaches that occur 15 or more days per month.

Our Students

Undergraduates

Our undergraduate students typically are juniors and seniors with 17-35 credit hours in Psychology. There are exceptions. If you have any special requirements for students who apply at your practicum site, please describe them.

Would prefer graduate students.

Graduate Students

Our graduate students are students at the end of their first year or some time during their second year in the clinical track of our graduate psychology program. These students need direct service contact with clients, and also need weekly supervision from a licensed mental health professional. Is your site interested in working with our graduate students?

Would prefer graduate students.

Hours, Pay, and Commitment

Days and time of days on which you need practicum students:

Is this a paid practicum? Yes _____ No _____

If yes, what is pay rate? _____

What length of commitment (e.g., semester, three months, six months), do you expect from the student?

Semester

Application Process

What is the preferred application process (e.g., email/mail resume/schedule an appointment)?

Email me to begin the process. Mail resume and schedule an appointment through my assistant Karen (841-3615).

Please provide any other information that would be useful in helping our students to make more informed choices.

Within a medical clinic, confidentiality is paramount. If a student knows a patient socially, the student will discuss this with the supervisor prior to any educational efforts. The student needs to be able to demonstrate empathy for individuals in pain and to be able to communicate with them directly and honestly. Patients often want to learn about the student rather than focus on their own problems. The student must be able to set limits and have the self-confidence to say no. They need to be interested in learning the nuances concerning educating patients about migraine and how to prevent attacks through good decision making and self awareness as well as through medication. They should display flexibility and adaptability because our program is individualized to patients' needs.

Thank You!

Revised September 9, 2008