

PROGRAM DISCLOSURE

AMS Wellness is not an APPIC member or APA accredited internship. AMS Wellness submitted an application and is awaiting APPIC membership decision, and AMS Wellness has submitted a self-study for APA accreditation. Our priority is to receive an APPIC membership and APA accreditation; however, there is no guarantee that said membership and accreditation will be received.



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<https://www.ams-wellness.com/>



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POPULATIONS SERVED

- Pediatric (0-5 year old)
- Children
- Adolescents
- Adults

AMS Wellness 2025-2026

DOCTORAL INTERNSHIP PROGRAM

This is a full time, twelve month internship program for Doctoral students who have completed a minimum of 600 direct-service hours with clients while completing their diagnostic, therapy, and advanced practicums are welcome to apply via email. Documentation required to be considered consists of the APPI Application with essays, a institution letter verifying readiness for internship, curriculum vita, three letters of recommendation, a de-identified sample diagnostic report, and graduate school transcripts.

ABOUT AMS WELLNESS

AMS Wellness is a private practice with the mission of assisting all individuals who desire to identify, understand, and overcome the barriers that impede their journey toward overall wellness. Our goal is to provide therapeutic services to as many individuals as possible across the lifespan and from all communities. This begins by meeting all clients where they are using a variety of theoretical orientations in individual, couples, family, and group therapy. AMS Wellness has active contracts with the Department of Children and Family Services, Medicaid Health Insurance, and several private insurance groups, while, also, accepting pro bono and sliding scale clients.

In addition to therapeutic services, AMS Wellness specializes in psycho-educational, psychological, and neuropsychological (ADHD and ASD) evaluations to rule out diagnoses that are impeding the client's overall functioning. We believe in using a systematic approach to care, by regularly consulting with other practitioners and members of the individual's community when requested. Strong relationships have been fostered with multi-disciplinary organizations to collaboratively provide therapeutic interventions. Upon request, our staff provides feedback to other supporting networks, including but not limited to school, medical, and other healthcare professionals to create a holistic approach to individualized care.

INTERNSHIP RESPONSIBILITIES

An internship with AMS Wellness will include one year of full-time training (2000 hour) and exposure to its wide range of clientele, therapeutic modalities, diagnostic evaluations, and opportunities for the interns to provide supervision to a practicum student. This full time breakdown of hours consists of 32 on site hours and an additional 8 hours that may be completed from home. On site hours should consist of all billable client interactions, both clinical and diagnostic, to ensure that the assigned daily supervisor is available for all emergency situations. This would include consistently working with 16 to 18 clients per week, both in person and through the use of HIPAA complaint Zoom. In addition, interns are expected to complete ten diagnostic evaluation over the course of the year. Outside of billable interactions with clients, interns are in charge of all communication and scheduling with clients, as well as preparing and submitting all weekly notes through our electronic housing system (Therapy Appointment), and completing diagnostic reports. In addition to their clinical work, interns are offered the opportunity to provide didactic training to masters and doctoral externs regarding their dissertation research, as well as offer the opportunity to provide peer supervision to one extern throughout the year.

RESPONSIBILITIES AT A GLANCE

Psychotherapy

- Carry a caseload of 16-18 clinical hours per week
- Interventions practiced are expected to be empirically supported
- Complete progress notes and submit to insurance companies
- Collaborate with other professionals for comprehensive care

Assessment

- Complete ten comprehensive evaluations over the course of the internship year
- Write an accompanying comprehensive report, that includes scoring, interpreting, and researching recommendations for client's home, school, and/or work environments
- Conduct feedback session with client and legal guardians
- Have the opportunity to participate in school IEP development meetings
- Collaborate with legal teams and foster home setting providers if DCFS Illinois is the provider
- Consult with multidisciplinary teams

SUPERVISION PROVIDED

- Four hours of supervision will be provided per week by licensed psychologists
 - Two hours of individual supervision, with two different licensed psychologists
 - One hour of group therapy supervision
 - One hour group diagnostic supervision
- Monthly meetings with a Post-Doctoral Resident
- Consultation with the daily on-site supervisor for continued clinical support

ADDITIONAL OPPORTUNITIES

- Learn supervision models and provide supervision to one practicum student
- Engage in program development
- Provide Dyadic Therapy
- Facilitate didactic trainings to Master's and Doctoral practicum students regarding their dissertation research
- Receive training in comprehensive psychological, psycho-educational, ADHD, ASD, and learning disabilities evaluations
- Continued education through two didactic trainings that meet APA standards, one for diagnostic testing and one for therapeutic modalities.

FINANCIAL COMPENSATION

A \$40,000 stipend will be provided through biweekly payments for the duration of internship year.

EVALUATIONS

Accepted interns will receive an evaluation quarterly following APA's competencies expected at the internship level. They will work collaboratively with the supervisors to identify areas of strengths and growth. Self-assessments are expected to provide data where the intern feels they have displayed growth and where they would like additional layers of support. The minimum level for successful completion of their internship will be a "Proficient" rating in all of the APA's competencies expected in this level of training. The intern will, also, complete a quarterly evaluation of the site and their supervisors. AMS Wellness is committed to meeting the goals and expectations of the trainees and seek authentic feedback to continue to grow and improve our training department.

AN AUTHENTIC AND BALANCED INTERNSHIP EXPERIENCE

While our training site's mission is to develop clinicians who have their own voice and support them in pursuing specializations based on their interests, AMS is passionate about teaching the importance of a balanced home-work life. As a result, we encourage all staff members to engage in self-care, allowing them to be the best versions of themselves, both professionally and personally.

- Each intern is provided 10 days off per year, outside of the business wide closures
 - AMS Wellness will be closed November 27 and 28, 2025.
 - Winter break closure begins December 24, 2025 and ends on January 2, 2026
- Each work week will consist of 32 hours of on-site work, with an additional 8 hours that may be completed at home
- Flexibility and time to prepare individual dissertation
- We encourage the use of days off provided to celebrate and honor all religious holidays
- Financial compensation of a \$40,000 stipend will be provided through biweekly payments during internship year

SUPERVISION PHILOSOPHY

Our supervision philosophy is based on providing a safe and warm environment that allows interns to develop their professional identity while also explore their clinical challenges openly. This person-centered style to building the supervisor and supervisee relationship is a genuine example of how strong rapport can influence a therapeutic setting. Through the developmental model of supervision, interns experience multiple perspectives to their individual growth while modeling different treatment modalities and interventions.

MEET OUR DIRECTORS



Dr. Alicia Viera
Training Director
and Supervisor

Dr. Viera completed her doctorate degree at Adler University. She has experience in community mental health, hospitals and private practice settings. She specializes in Autism and merging psychology with education. Dr. Viera is passionate about the Integrated Developmental Model of Supervision, and believes that it is vital to meet the supervisee at their level for optimal learning through continued self-awareness to enhance their professional development.



Dr. Melissa Salinas
Training Director
and Supervisor

Your Dr. Salinas is one of the founders of AMS wellness. She completed her doctorate degree at The Chicago School. She has years of experience in the mental health field, including but not limited to community mental health, school settings, primary care facilities, and private practice. She specializes in Trauma work, pediatric psychology work, and general psychology.

Dr. Salinas primarily uses the developmental model of supervision when working with interns; however, a pivotal part of her supervision style, also, integrates a person-centered approach that allows her as a supervisor to establish a strong rapport with her supervisee to better learn how they developmentally can grow in their own professional/personal development. This collaborative and integrative approach allows the intern to take charge of their own development and growth. Her primary goal in supervision is to help create the clinical psychologist that the intern would like to develop into.



Rachel Epps-Bauer, LCPC
Training Director
and Supervisor

Your Ms. Epps-Bauer has her Master's degree from Adler University. She has years of experiencing working with children and providing them with the coping skills to best support their everyday functioning. She has experience working in schools, community mental health centers, residential centers, and private practice. For more information, please visit the owners page on the website.

**Please visit the
AMS Wellness website for
more information**



AMS WELLNESS INTERNSHIP WILL FOLLOW APA COMPETENCIES:

1. Professional Values and Attitudes: Adherence to professional values and recognizes situations that challenge adherence to professional values. Intern will display emerging professional identity by using resources (e.g., supervision, empirical based research, etc. for professional development.)
2. Communication and Interpersonal Skills: Effectively communicating with clients, colleagues, and other professionals.
3. Individual and Cultural Diversity: Awareness, sensitivity, and skills in working professionally with diverse individuals, groups, and communities who represent various cultural and personal background and characteristics defined broadly and consistent with APA policy.
4. Ethical Legal Standards and Policy: Application of ethical concepts and awareness of legal issues regarding professional activities with individuals, groups, and organizations.
5. Reflective Practice/Self-Assessment/Self-Care: Displays broadened self-awareness; utilizes self-monitoring; engages in reflection regarding professional practice; uses resources to enhance reflectivity; works to recognize limits of knowledge/skills, understands the central role of self-care to effective practice.
6. Research and Evaluation: Demonstrates knowledge of application of scientific methods to evaluating practices, interventions, and programs in the field of psychology.
7. Evidenced-Based Practices: Applies knowledge of evidence-based practice, including empirical bases of assessment, intervention, and other psychological applications, clinical expertise, and client preferences.
8. Assessment: Demonstrates awareness of the strengths and limitations of administration, scoring, and interpretation of traditional assessment measures, as well as related technological advances. Utilizes systematic approaches of gathering data to inform clinical decision making.
9. Intervention: Formulates and conceptualizes cases and plans interventions utilizing empirical-based interventions. Evaluates treatment progress and modifies treatment planning, as indicated by established outcome measures.
10. Consultation/Interdisciplinary Systems: Understands the role of a consultant and identifies relevant consultation methods within systems, clients, and settings. Demonstrates beginning knowledge of strategies that promote interdisciplinary collaboration vs multidisciplinary functioning.
11. Supervision: Demonstrates knowledge of the supervision literature and how clinicians develop in their clinical practice and engages in professional reflection of supervisory role.

NONDISCRIMINATION DISCLOSURE

AMS Wellness is an equal opportunity employer and that supports cultural diversity and inclusivity. It does not discriminate against qualified applicants or employees because of race, color, religion, national origin (ancestors), gender, sexual orientation, political affiliation, age, size, marital status, veteran status, mental or physical disability, or any other status. We are committed to maintaining an environment that respects the dignity of each individual in our community. We do not tolerate discrimination in any form, including harassment or exclusion.