



BRIGHAM AND WOMEN'S FAULKNER HOSPITAL

ADULT INPATIENT PSYCHOLOGY
ADVANCED PRACTICUM TRAINING PROGRAM

2023-2024

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Brigham and Women's Faulkner Hospital



Training Overview:

The psychology advanced practicum training program at Brigham and Women's Faulkner Hospital (BWFH) is designed to provide 3rd or 4th year doctoral students in psychology with an enriching 9-month (September through May) placement to develop expertise in psychological assessment and treatment within an acute inpatient psychiatry service. The program is for advanced practicum students who can commit to a 4-day training schedule for a total commitment of 20-24 hours each week. This training program offers a unique opportunity to provide psychological services for those with serious mental illness, dual diagnostic illness, and complex medical and psychiatric problems within an interdisciplinary acute inpatient setting.

BWFH provides training for one psychology practicum student each academic year. The inpatient psychiatry service also provides psychology internship training for two doctoral psychology interns through the national APPIC match. Additionally, there is one psychology practicum student at our ambulatory psychology service (Brigham Psychiatric Specialties). BWFH's Department of Psychiatry is highly invested in the provision of education across disciplines and psychology practicum students gain

expertise in an interprofessional setting alongside social work interns, psychiatry residents, medical students, physician assistant students, nursing students and occupational therapy students.

Setting:

Brigham and Women's Faulkner Hospital, a community academic teaching hospital affiliated with Harvard Medical School and a member of the Mass General Brigham enterprise, is located within the Allandale Woods neighborhood of Jamaica Plain, MA. The inpatient psychology advanced practicum is based within the inpatient psychiatry service (2 South unit) that provides acute psychiatric care to patients who are admitted from the Brigham and Women's Faulkner Hospital and Brigham and Women's Hospital.

The 2 South inpatient unit has a capacity to provide care for up to 24 adult individuals within the locked unit. Patients are provided with either single or double-occupancy rooms with private or semi-private bathrooms. The unit provides care for adults of all gender identities and strives to be attentive to the needs of diverse persons. Our population served includes diverse racial backgrounds (59% White, 20% Black/African-American, 9% multiracial, 5% Latinx, 2% Asian-American, 5% unreported) and religious/spiritual identification (for example: 31% Roman Catholic, 16% not affiliated, 12% Christian, 11% no preference, 3% Protestant, 2% Baptist, 2.6% Jewish, 1% Muslim, 1% Orthodox). Live, video and phone interpreter services are available for patients who request that their care be provided in languages other than English.

The unit provides a large living room with access to art supplies, recreational activities, sensory space, kitchen, and laundry. Two gathering spaces are dedicated for psychotherapy and occupational therapy groups including audiovisual technological upgrades. The inpatient unit provides an array of daily activities (see sample psychosocial programming schedule below) provided by multiple disciplines including nursing, occupational therapy, chaplain services, peer specialists, social work, and

psychology. We also provide services from other professionals who provide addiction recovery peer support and music performances. Interview rooms with stowaway computers are used for individual and family meetings. The unit has a secure outdoor terrace for a readily accessible outdoor space.



Clinical Training Activities

The training year is divided into two 4.5-month segments with unique training activities within each segment. Division of activities in each segment is designed to provide the practicum student with myriad opportunities to develop expertise in developing interprofessional relationships in different treatment teams, individual psychotherapy, group psychotherapy and assessment training.

- **Interdisciplinary Treatment Team:**

The practicum student is assigned to an interdisciplinary treatment team that is led by an attending psychiatrist and social worker. The team also includes a staff nurse, mental health worker and may be attended by a staff occupational therapist. Additional trainees are part of the team as described above. Treatment teams coordinate the assignment of the role of primary therapist. These roles are continued for each patient throughout their hospitalization and are assigned to all primary team members. Treatment teams meet daily and plan care each day for each patient as is indicated on an acute unit. Ad hoc meetings with the team

are also common to coordinate acute treatment, family meetings with patients and discharge planning.

- **Individual Psychotherapy:**

Practicum students will provide primary individual psychotherapy for patients on their treatment team. Individual psychotherapy is provided on a daily basis during the days that the practicum student is on-site. Psychotherapy goals include psychoeducation, safety planning, recovery-principles, cognitive behavioral therapy, dialectical behavior therapy skills, motivational interviewing, and myriad other interventions. Psychotherapy sessions may range between 15-60 minutes with most sessions occurring for about 50 minutes. Additional time may be needed in special circumstances and abbreviated session times are needed for patients for whom extended time periods would not be therapeutic (e.g., disorganized, psychotic, or behaviorally disturbed patients). Primary therapists assist in coordinating care for patients on the unit after discharge.

- **Group Psychotherapy:**

Advanced practicum students are provided with training in how to facilitate group psychotherapy sessions. All group therapy is co-led with either a supervising psychologist or supervising psychology resident in training on-site. Students will develop skills in the provision of psychotherapy groups with diverse patient populations, acute psychosis, severe depression and anxiety and dual diagnosis populations. Treatments that have been offered recently include:

- DBT Skills
- Digital Mental Health
- Culture and Mental Health
- Healthy Thinking and Living
- Illness Management and Recovery

- Tobacco and Health
- Compassion and Mindfulness

- **Psychodiagnostic Evaluations:**

Advanced practicum students will complete psychodiagnostic evaluations during the course of the training year including review of referral, interviewing, administration of instruments, report writing and provision of feedback. These evaluations are referred to the psychology team by the treatment teams who are seeking assistance with clarification of current risk issues and to clarify differential diagnostic questions. Common consultation requests include questions about the presence/absence of a bipolar disorder, emerging psychotic disorder, personality disorder, quality of obsessive-compulsive symptoms, and personality dysfunction. Evaluations are therapeutic in nature and incorporate empirically-supported instruments for assessment including clinical interviewing, cognitive testing (WAIS-IV, WASI-II), objective personality tests (MMPI-3, PAI, SPECTRA), cultural identity scales, symptom inventories and self-report scales. Evaluations may be completed in conjunction with a psychology intern or supervisor.

Supervision

Primary on-site supervision is provided by a licensed clinical psychologist, Christopher AhnAllen, Ph.D. in weekly individual supervision for a 1-hour session. Secondary supervision is provided by Justin Sinclair, Ph.D. and Christopher AhnAllen, Ph.D. in a group format for psychological assessment training. Additional supervision is provided by doctoral psychology interns who receive supervision-of-supervision by licensed psychologist staff.

Interdisciplinary Case Consultation Series

Practicum students attend, and may present as indicated with their treatment teams, to external case consultants who come to BWFH 2 South and provide case consultation regarding the care of current patients on the unit. These 1-1.5 hour sessions on Tuesday afternoons are designed to provide training for all trainees in the 2 South setting to learn case presentation skills, solicit answers to case consultation questions, and complement care provided on the unit. Typically, the primary therapist presents the case to the expert consultant and the session includes an in vivo interview with the patient and case consultation audience prior to a case discussion.

Core Educational Activities

Core educational activities that complement the clinical care training of the advanced practicum training program are described below. Many of these activities are for members of the department community while psychology-specific educational programs are noted as well.

JEDI Committee

The Psychiatry Justice, Equity, Diversity and Inclusion (JEDI) Committee meets on a monthly basis and welcomes trainees to participate in this community. The Committee meets once monthly and also provides an Identity Symposium Series on a monthly basis.

Psychology Seminar

A weekly 2-hour psychology seminar is provided for all psychology advanced practicum students and interns. The seminar is organized by the education training committee and the topics include general practice, diversity and inclusion, psychotherapy skills, assessment skills, case presentations, supervision and recovery practice.

Psychology Ethics Seminar

Students attend a monthly ethics seminar integrated into the Friday Psychology Seminar that is led by national ethics expert, Dr. Eric Drogin JD PhD ABPP. The seminar features a core competency area of ethical principles and practice that is emphasized each month. Students engage in pre-work readings, case discussion and other active learning techniques to develop competency in ethical practice. Readings are drawn primarily from *Ethical Conflicts in Psychology (5th Edition)*, a text edited by Dr. Drogin and provided to students by the program.

Case Consultation Series

Students attend and are encouraged to present to external case consultants who come to provide case consultation. These 1-1.5 hour sessions on the unit are designed to provide training for all trainees to learn case presentation skills, solicit answers to case consultation questions, and complement care provided at the hospital. The presentation includes a formal case conceptualization provided to the expert consultant and the session may include an in vivo interview with the patient and case consultation audience prior to a final case discussion. Alternative content includes learning specialized content by external case consultants.

Grand Rounds

The Department of Psychiatry offers a weekly 1-hour Grand Rounds educational event for all department faculty, staff and trainees. The Grand Rounds series features expert clinicians and researchers in psychiatry from local, regional and national institutions. The series is offered on Thursdays at 12pm.

Schwartz Rounds

The hospital provides a monthly 1-hour Schwartz Rounds. These rounds are a unique forum for interdisciplinary treatment providers to discuss the complexities for healthcare providers in caring for patients in the hospital from a humanitarian

perspective. These are unique forums for clinicians to discuss the challenges associated with complex care delivery amongst colleagues in a confidential and supportive setting.

Additional ad hoc training opportunities for research collaboration with supervisors and other investigators may be possible during the training year including on projects of treatment outcome within inpatient settings, tobacco use in psychiatric populations, psychological testing and manuscript reviews.

COVID-19 Training Modifications:

The training program has undergone important modifications given the COVID-19 pandemic to address the protection of the practicum students, hospital staff and patients within the inpatient service. These modifications have been adjusted over time to meet the requirements of Brigham and Women's Faulkner Hospital and the Mass General Brigham (MGB) enterprise. All interviews for the next training year will be held virtually.

Currently, all trainees on the inpatient service are completing their training year in person, on-site. Recently, modifications to the training program have included virtual clinical care, interdisciplinary team meetings, supervision, seminars, etc. Virtual services have also included encrypted institutional Zoom individual and group psychotherapy sessions.

All psychology trainees MUST have the COVID-19 and seasonal flu vaccines to be eligible to train at the institution. Additional vaccinations and CORI check are required per standard hospital procedures.

Required Training Days/Times:

-Students must be on-site either 4 or 5 days a week (M-F); attending the unit rounds meeting and treatment team meetings is expected on most days of training (10-1130am).

-Fridays 1-3pm for the Psychology Seminar.

Application:

Interested doctoral students and faculty are encouraged to contact Dr. Christopher AhnAllen to discuss questions about the training program. Applications for the 2023-2024 training year are due by Monday January 9th, 2023 per the Massachusetts Practicum Training Collaborative guidelines.

Interested psychology graduate students should submit the following:

1. Cover letter
2. Curriculum Vitae
3. 2 Letters of reference (References should include one from an academic source and one from a clinical supervisor)

Complete applications should be sent via email to:

Christopher AhnAllen, Ph.D.

cahnallen@bwh.harvard.edu

Sample Brigham and Women's Faulkner Hospital Inpatient Psychiatry Psychosocial Programming Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	<i>Breakfast & Fresh Air Kitchen/Terrace</i>	<i>Breakfast & Fresh Air Kitchen/Terrace</i>	<i>Breakfast & Fresh Air Kitchen/Terrace</i>	<i>Breakfast & Fresh Air Kitchen/Terrace</i>	<i>Breakfast & Fresh Air Kitchen/Terrace</i>	<i>Breakfast & Fresh Air Kitchen/Terrace</i>	<i>Breakfast & Fresh Air Kitchen/Terrace</i>
8:45am	Opening Meeting <i>Living Room (Nursing)</i>	Opening Meeting <i>Living Room (Nursing)</i>	Opening Meeting <i>Living Room (Nursing)</i>	Opening Meeting <i>Living Room (Nursing)</i>	Opening Meeting <i>Living Room (Nursing)</i>		
9:00am	Self Esteem Group <i>OT Room (Occupational Therapy)</i>	Exercise <i>Kitchen (Occupational Therapy)</i>	DBT Skills <i>Group Room (Psychology)</i>	Positive Self-Talk <i>OT Room (Occupational Therapy)</i>	Mindfulness and Compassion <i>Group Room (Psychology)</i>	Opening Meeting <i>Living Room 9:30a (Nursing)</i>	Opening Meeting <i>Living Room 9:30am (Nursing)</i>
10:00am						Exercise <i>Living Room (Occupational Therapy)</i>	Sunday Social <i>Living Room (Nursing)</i>
11:00am	Life Skills <i>OT Room (Occupational Therapy)</i>	Sensory Strategies for Coping <i>OT Room (Occupational Therapy)</i>	Tobacco & Health <i>Group Room (Psychology)</i>	Digital Mental Health <i>Group Room (Psychology)</i>	Illness Management & Recovery <i>Group Room (Psychology)</i>	Health/Wellness <i>OT Room (Occupational Therapy)</i>	
12:00pm	<i>Lunch & Fresh Air Kitchen/Terrace</i>	<i>Lunch & Fresh Air Kitchen/Terrace</i>	<i>Lunch & Fresh Air Kitchen/Terrace</i>	<i>Lunch & Fresh Air Kitchen/Terrace</i>	<i>Lunch & Fresh Air Kitchen/Terrace</i>	<i>Lunch & Fresh Air Kitchen/Terrace</i>	<i>Lunch & Fresh Air Kitchen/Terrace</i>
1:00pm	Meaning & Inspiration <i>Group Room (Spiritual Care)</i>	Meaning & Inspiration <i>Group Room (Spiritual Care)</i>	Afternoon Stretch <i>Kitchen (Occupational Therapy)</i>	Community Meeting <i>Living Room (Psychology)</i>	Self-Expression <i>OT Room (Occupational Therapy)</i>	OT Workshop <i>OT Room (Occupational Therapy)</i>	OT Workshop <i>OT Room (Occupational Therapy)</i>
1:45pm	Culture and Mental Health <i>Group Room (Psychology)</i>	Healthy Thinking and Living <i>Group Room (Psychology)</i>		Safety Planning <i>OT Room (Social Work)</i>	Peer Support <i>OT Room (Peer Specialist)</i>	Optional Choice <i>OT Room (Occupational Therapy)</i>	Optional Choice <i>OT Room (Occupational Therapy)</i>
2:30pm	<i>Afternoon Snack & Fresh Air Kitchen/Terrace</i>	<i>Afternoon Snack & Fresh Air Kitchen/Terrace</i>	<i>Afternoon Snack & Fresh Air Kitchen/Terrace</i>	<i>Afternoon Snack & Fresh Air Kitchen/Terrace</i>	<i>Afternoon Snack & Fresh Air Kitchen/Terrace</i>	<i>Afternoon Snack & Fresh Air Kitchen/Terrace</i>	<i>Afternoon Snack & Fresh Air Kitchen/Terrace</i>
3:00pm	OT Workshop <i>OT Room (Occupational Therapy)</i>	OT Workshop <i>OT Room (Occupational Therapy)</i>	OT Workshop <i>OT Room (Occupational Therapy)</i>	OT Workshop <i>OT Room (Occupational Therapy)</i>	OT Workshop <i>OT Room (Occupational Therapy)</i>		Sunday Service <i>Group Room (Spiritual Care)</i>
5:00pm	<i>Dinner & Fresh Air Kitchen/Terrace</i>	<i>Dinner & Fresh Air Kitchen/Terrace</i>	<i>Dinner & Fresh Air Kitchen/Terrace</i>	<i>Dinner & Fresh Air Kitchen/Terrace</i>	<i>Dinner & Fresh Air Kitchen/Terrace</i>	<i>Dinner & Fresh Air Kitchen/Terrace</i>	<i>Dinner & Fresh Air Kitchen/Terrace</i>
7:00pm	Addiction & Recovery <i>Group Room (AA Volunteers)</i>		Live Musical Session <i>Living Room (Musician)</i>				Live Musical Session <i>Living Room (Musician)</i>
8:00pm	Closing Meeting & Relaxation <i>Living Room (Nursing)</i>	Closing Meeting & Relaxation <i>Living Room (Nursing)</i>	Closing Meeting & Relaxation <i>Living Room (Nursing)</i>	Closing Meeting & Relaxation <i>Living Room (Nursing)</i>	Closing Meeting & Relaxation <i>Living Room (Nursing)</i>	Closing Meeting & Relaxation <i>Living Room (Nursing)</i>	Closing Meeting & Relaxation <i>Living Room (Nursing)</i>
8:30pm	<i>Evening Snack & Fresh Air Kitchen/Terrace</i>	<i>Evening Snack & Fresh Air Kitchen/Terrace</i>	<i>Evening Snack & Fresh Air Kitchen/Terrace</i>	<i>Evening Snack & Fresh Air Kitchen/Terrace</i>	<i>Evening Snack & Fresh Air Kitchen/Terrace</i>	<i>Evening Snack & Fresh Air Kitchen/Terrace</i>	<i>Evening Snack & Fresh Air Kitchen/Terrace</i>