



# Clinical Psychology Internship Training Program

2020-2021

Brigham and Women's Hospital  
Department of Psychiatry  
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<https://www.brighamandwomensfaulkner.org/programs-and-services/psychiatry/default>



### Overview

The Department of Psychiatry at Brigham and Women's Hospital (BWH) offers a 12-month, full-time psychology internship for doctoral students in clinical psychology. The training program is centered upon the provision of training within a scientist-practitioner model. Clinical psychology residents are provided with training that is geared to the development of expertise in the provision of clinical care, engagement in clinical scientific endeavors and research activities. The training program aims to provide a generalist approach to training in clinical psychology with opportunities for specialization through specialty tracks and electives. All training activities are centered upon services for an adult population that is served within the institution and affiliated programs.

The training program emphasizes three primary components associated with the delivery of psychological services within an academic medical center including: 1) Collaboration, 2) Connections and 3) Access. First, collaboration represents a central component to service delivery within an interprofessional training environment. Clinical psychology residents will develop expertise in the provision of care that incorporates an interdisciplinary function given roles on multidisciplinary treatment

teams, consultation/liaison services, and opportunities for collaborative care that exist all within a world-renowned academic medical center. Second, the training program is embedded within the Department of Psychiatry that promotes establishing and extending connections with patients using innovative models that aim to integrate technological interventions including telehealth and internet-based services. Third, residents will have an opportunity to engage in service delivery that addresses important areas of expanded access to treatment through brief, interactive and high-impact sessions across both inpatient and outpatient settings.

The BWH internship training program utilizes the APPIC Internship Match Program to match clinical psychology residents and is compliant with all of the rules and regulations of APPIC. For the 2020 APPIC Match, the BWH internship training program will participate as a “Non-member” program as required by APPIC while an APPIC member application is under review by the organization.

### Diversity and Inclusion

The Department of Psychiatry is committed to diversity and inclusion efforts across training activities and institutional structures.

Psychology residents should expect that their psychology training at Brigham and Women’s Hospital will be based within a culturally-informed framework through attention to the cultural formulations of patient presentations, culturally-responsive CBT interventions, and supervision that fosters attention to diversity constructs. Didactics are incorporative of diversity and inclusion themes and interns are offered opportunities to connect to local educational trainings across BWH and Harvard Medical School including an HMS ALANA program for HMS psychology trainees of color led by Treniece Lewis Harris, PhD.

The internship program is based within a department that has an established Psychiatry Diversity and Inclusion Committee that invites faculty and trainees across disciplines to join together in addressing equity issues within the institution. Efforts have included facilitation of openness to diversity dilemmas, educational outreach and collaborations with local academic institutions, colloquia offered within the department and institutional change efforts. The Psychiatry D&I Committee is currently co-chaired by Hermioni Lokko MD and Christopher AhnAllen PhD.

### Training Institutions

#### *Brigham and Women's Hospital*

Brigham and Women's Hospital (BWH) is an internationally-respected and nationally-ranked hospital institution, which is a primary teaching hospital for Harvard Medical School. The institution includes 150 outpatient practices with over 60 psychologists across all campuses who provide care for patients who are from Boston, New England and also over 120 countries. The hospital consistently ranks as a top institution for many specialty areas including cancer, cardiology and heart surgery, gynecology, neurology and neurosurgery, orthopedics and rheumatology. BWH was formed in 1980 when the Harvard Medical School affiliated teaching institutions Peter Bent Brigham Hospital, the Robert Breck Brigham Hospital and the Boston Hospital for Women merged. The hospital maintains training for over 1,100 trainees across over 140 training programs including Harvard Medical School students. Psychiatric services at BWH include specialized treatment centers including addiction recovery, community mental health, depression center, global mental health, and women's mental health services.

The Department of Psychiatry features the Brigham Psychiatric Specialties (BPS) Clinic located at 221 Longwood Avenue within the Longwood Medical Area. The BPS Clinic is within a historic healthcare building previously known as the Boston Lying-In Hospital, one of the first maternity hospitals in the United States in 1832. Today, the BPS outpatient clinic is set in a modern and updated facility that was completely renovated

in 2018. The facility includes a workroom with a bank of computers for trainee use as well as individual clinical meeting rooms that are reserved for clinical care. Gathering spaces for professional meetings, nourishment and interprofessional care are established. All supervisors are located on-site within the BPS outpatient clinic.

### *Brigham and Women's Faulkner Hospital*

The Brigham and Women's Faulkner Hospital (BWFH) is a community hospital located in the Allandale Woods neighborhood of Jamaica Plain, MA, about 3.4 miles from the BWH main campus and the Longwood Medical Area. The hospital, with a total of 162-beds, was founded in 1900 and is situated across street from Harvard University's Arnold Arboretum. In 1998, Faulkner Hospital joined with Brigham and Women's Hospital to form Brigham and Women's/Faulkner Hospitals, which is a member of Partners HealthCare. BWFH offers comprehensive medical, surgical and psychiatric care as well as complete emergency, outpatient and diagnostic services. The hospital's largest inpatient services are internal medicine, cardiology, psychiatry, orthopedics, gastroenterology and general/GI surgery. Effective October 1, 2012, Faulkner Hospital was renamed to Brigham and Women's Faulkner Hospital (BWFH).

The inpatient psychiatry service (2 South unit) provides acute inpatient psychiatric care primarily to Brigham and Women's Faulkner Hospital patients and Brigham and Women's Hospital patients who may be transferred from the Longwood main campus. In addition, the 2 South unit provides care for patients who present for admission to the hospital at various other locations outside the BWH network of facilities.

The 2 South inpatient unit has a capacity to provide care for up to 24 adult individuals within a 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 identity and strives to be attentive to the needs of diverse persons. 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 provided by multiple disciplines including nursing, occupational therapy, chaplain services, social work, and psychology. We also host multiple volunteers who provide peer support, music performances, and pet therapy. New additions to our programming include multiple peer-recovery services by both a peer employees and volunteer. Interview rooms with stowaway computers are used for individual and family meetings. The unit was renovated in 2017 to expand the number of single occupancy beds, add an outdoor terrace and provide aesthetic updates throughout.



### Core Clinical Activity

The structure of the internship program includes a core clinical activity (CCA) of adult outpatient psychotherapy intake evaluations and psychotherapy within the Brigham Psychiatric Specialties (BPS) clinic. The CCA is a 4-hour per week, year-long activity for all residents. Psychology residents will provide individual psychotherapy to a wide range of diagnostically diverse patients in the outpatient clinic. All individual therapy patients will first be seen for an intake evaluation to determine their psychotherapy needs within the clinic. All psychotherapy cases are referred internally within the BPS

clinic from existing providers. Residents will provide long-term treatment for 1-2 patients within their CCA as a means of developing clinical skills to identify and address multiple treatment goals for each individual patient. Opportunities to develop, recruit for and co-lead psychotherapy groups with faculty or other trainees are also available. The BPS clinic provides treatment from a variety of modalities, including (but not limited to) cognitive behavioral therapy, Acceptance and Commitment Therapy, Exposure and Response Prevention, Dialectical Behavioral Therapy, mindfulness-based treatments, and integrative dynamic psychotherapy.

### Specialty Rotations

Psychology residents will be provided with training activities across two specialty rotations, each for 6 months, during the internship year. The specialty rotations include the Cognitive Behavioral Therapy (CBT) rotation and the Inpatient Psychiatry rotation, which are based at Brigham and Women's Hospital and Brigham and Women's Faulkner Hospital respectively.

- *Cognitive Behavioral Therapy (CBT)*

Training within the CBT rotation will focus specifically on the application of both traditional and novel CBT interventions that are delivered for adult outpatients who present to the clinic primarily for mood and anxiety disorders. Additional populations may include those with PTSD, personality disorders, as well as those with complex and comorbid medical illnesses. Modalities of treatment delivery include short-term individual psychotherapy, group psychotherapy and internet-based CBT (iCBT). Residents join an interdisciplinary treatment team including psychiatry and social work to coordinate care for individual patients together.

- *Inpatient Psychiatry*

Training with those who experience serious, acute psychiatric symptoms will include a primary focus on individual and group psychotherapy for psychiatric inpatients who are receiving treatment within the 2 South inpatient unit.

Residents are expected to provide intensive individual therapy for 1-2 patients at

a time and are providing this treatment daily. Group psychotherapy training includes various evidence-based approaches that are adapted for the inpatient care setting including CBT, ACT, DBT, and other recovery-based interventions. Residents are also provided with training in psychological assessment including structured clinical interviewing, psychological testing and report writing. Psychology residents will provide treatment with an interdisciplinary treatment team setting including nursing, psychiatry, occupational therapy, social work and other allied health professionals.

### Electives

Psychology residents are required to choose two electives for specialized training during the year. One elective will be arranged for each specialty rotation whereby the resident is primarily based given the training institution (BWH, BWFH). Electives are offered for 4 months during each rotation and begin during the 3<sup>rd</sup> month of training to allow time for residents to integrate into their specialty rotations. The following electives are planned for the 2019-2020 training year:

- *Behavioral Medicine (BWH)*

Opportunities to engage in psychotherapy services for those with co-morbid medical illnesses are available in an outpatient psychiatry service setting including individual psychotherapy and group psychotherapy that incorporate CBT, ACT and mindfulness-based interventions. Opportunities to collaborate with Consultation/Liaison and Medical Psychiatry staff are available as well as opportunities to engage in psychotherapy services in a primary care setting and women's mental health.

- *Gender Diversity Clinic (BWFH)*

This clinic within the Department of Psychiatry provides individual assessment and treatment services for outpatients who identify as a gender minority including genderqueer, transgender, and other identifications. The purpose of the clinic is to provide services that address gender dysphoria as well as



myriad other mental health needs. Coordination with other medical services is an important aspect of training in this clinic.

- *DBT Treatment Services (BWH/FH)*

Psychology residents may have the opportunity to co-lead DBT skills groups for patients with emotion regulation difficulties. These groups are provided on a weekly basis on both the inpatient unit and within outpatient services.

- *Serious Mental Illness (BWFH)*

Opportunities to engage in psychotherapy services for those with serious mental illness are available within the inpatient and outpatient psychiatry service including individual psychotherapy and group psychotherapy that incorporate CBT, ACT and recovery-based interventions. Availability to partner with peer specialists are available as well on a variety of initiatives.

- *Addictions (BWFH)*

Addiction services include inpatient substance use treatment, outpatient individual and group therapy as well as a short-term partial hospital program. Psychology residents may have an opportunity to provide dual diagnostic services to address addictions including tobacco, alcohol, opiate and other drugs of use.

- *Neuropsychology (BWH/FH)*

The Center for Brain Mind Medicine at BWH provides comprehensive evaluation and treatment of patients presenting with cognitive and behavioral difficulties. While training provided in this 4-month rotation is not sufficient preparation to practice as a clinical neuropsychologist, psychology residents will benefit from a deeper understanding of the practice of neuropsychology, including the role of assessment, the interpretation of neuropsychological evaluations, an awareness and appreciation for how a patient's cognitive status can impact treatment, and how to work with patients and caregivers within a multi-disciplinary medical setting. Residents should ideally have completed some coursework and a practicum in neuropsychology. Residents will have the

opportunity to observe/participate in neurological and neuropsychological evaluations, participate in clinical teaching rounds to discuss complex cases, and participate or co-lead groups that focus on either cognitive rehabilitation or caregiver support).

<https://www.brighamandwomens.org/neurology/cognitive-and-behavioral-neurology/center-for-brain-mind-medicine>

### Supervision

Primary on-site supervision for at least 4 hours per week is provided. Licensed clinical psychologists provide weekly individual (3 hours) and group (1 hour) supervision arrangements. Ad hoc supervision is provided as needed throughout the week to support developing treatment plans for individual therapy cases, reviewing progress toward treatment goals as well as planning and discussing group psychotherapy sessions.

Residents will each provide up to 6-months of supervision (half-hour to one-hour per week) of supervision to a psychology extern student from a local doctoral training program in psychology who is completing an externship at BWH/BWFH. Supervision-of-supervision will be provided for the psychology resident.

### Research

All psychology residents will be provided with 4 hours per week for research activities in conjunction with research programs at BWH/BWFH. Residents are provided with access to join active research programs within and in collaboration with the Department of Psychiatry. Alternatively, residents may choose to develop a small program evaluation or research project. Residents are expected to develop a research product at the end of the training year that may include, but is not limited to, a research manuscript, grant proposal, paper or poster presentation. Financial support is available

for residents to pursue presentation of research activities and products at local and national conferences.

### Core Educational Activities

A total of 4 hours per week are dedicated to core educational activities to complement the clinical care training of the internship program.

#### *Psychology Seminar*

A weekly psychology seminar is provided for all psychology trainees including psychology residents and externs. Additional attendance may include other mental health trainees within psychiatry. 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.

#### *Case Consultation Series*

Residents attend and present, as indicated with their treatment teams, to external case consultants who come to BWFH 2 South and provide case consultation. These 1-1.5 hour sessions on the unit 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.

#### *Additional Training Opportunities*

BWFH and BWH provide many additional training opportunities for psychology residents. A weekly psychiatry grand rounds is provided for all psychiatry faculty, staff and trainees at Brigham and Women's Hospital or Brigham and Women's Faulkner Hospital.

Both training institutions also provide a monthly Schwartz Rounds to discuss cases of the care of individuals 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.

Other activities include a monthly Women's Mental Health Journal Club and monthly meetings of the BWH Psychiatry Diversity and Inclusion Committee. All trainees are invited!

### Mentorship

All clinical psychology residents are connected with a non-evaluative Brigham Mentor within the Brigham Health institution to support their professional development throughout the year. Residents are connected with a mentor at the beginning of the year and meet with the mentor on a regular basis throughout the year. Mentorship is identified as an important professional relationship in clinical psychology and residents will be offered opportunities to develop new mentorship relationships with their Brigham Mentor as a means of supporting their training and professional success throughout the program.

### Eligible Applicants

Doctoral students in psychology from Clinical Psychology and Counseling Psychology are invited to apply for the internship. Students from both PsyD and PhD doctoral program will be considered eligible for application consideration. Applicants should have completed a minimum number of AAPI hours is 300 total and applicants should have a minimum of 3 graduate training years prior to beginning internship. Applicants from APA or CPA-accredited institutions are encouraged to apply.

To apply for the Brigham and Women's Hospital Clinical Psychology Internship Program, please submit an application through the APPIC website ([www.appic.org](http://www.appic.org))

using the **AAPI Online** via the **Applicant Portal**. All applications must include a completed AAPI form, verification from the Academic Director of Clinical Training of readiness for internship training, curriculum vitae, all graduate transcripts and three letters of recommendation (including at least one letter from a clinical supervisor).

**For the 2020-2021 internship training year, all applications are due Monday December 2, 2019 11:59 PM EST.**

#### Stipend and Benefits

A total of 2 full-time, one-year internship positions are available for the 2020-2021 training year. The annual salary/stipend for the full-time internship training is \$27,000. Additional benefits include 20 days of vacation, 6 sick days, paid holidays, as well as educational leave time for use to attend conferences, dissertation associated work and other educational/professional needs. Psychology residents on internship are eligible for benefits including health insurance arranged through the hospital.

Academic appointments as a Clinical Fellow in Psychology within the Department of Psychiatry at Harvard Medical School will be solicited from the institution.

**The 2020-2021 internship program begins on July 1, 2020 and ends on June 30, 2021.**

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