



BRIGHAM AND WOMEN'S FAULKNER HOSPITAL

ADULT INPATIENT PSYCHIATRY
ADVANCED PRACTICUM TRAINING PROGRAM

2022-2023

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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 3 or 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 predoctoral psychology interns through the national APPIC match. Additionally, there is one psychology practicum student at our outpatient psychiatry 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 Partners Healthcare, is located within the Allandale Woods neighborhood of Jamaica Plain, MA. The inpatient psychiatry service (2 South unit) provides acute inpatient psychiatric care to all Brigham and Women's Faulkner Hospital patients including the transfer of Brigham and Women's Hospital patients 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 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 host multiple volunteers who provide peer support, music performances, and pet therapy. Interview rooms with stowaway computers are used for individual and family meetings and videorecording of sessions is a planned component of the training environment for review in supervision. The unit was renovated to expand the number of single occupancy beds, add a secure outdoor terrace and provide aesthetic updates throughout.



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:

- CBT for Insomnia (CBT-I)
- DBT Skills

- Dual Diagnosis Recovery
- Tobacco and Health
- Mindfulness and Meditation
- CBT for Psychosis (CBTp)
- Safety Planning
- Compassionate Mind Training

- **Psychodiagnostic Evaluations:**

Advanced practicum students will complete 3 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, Axis II disorder, quality of obsessive-compulsive symptoms, and personality dysfunction. Evaluations are therapeutic in nature and incorporate empirically-supported instruments for assessment including structured clinical interviews (SCID), intelligence tests (WAIS-IV, WASI-II), objective personality tests (MMPI-2, PAI), cultural identity scales, symptom inventories and self-report scales. Evaluations may be completed in conjunction with a psychology resident 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 either a supervising psychologist or social worker for a second 1-hour session. Additional supervision is provided by doctoral psychology residents 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.

Additional Training Opportunities

BWFH and BWH provide many additional training opportunities for psychology students.

- A weekly Grand Rounds program is offered by Brigham and Women's Hospital Department of Psychiatry on Thursdays at 12pm.
- BWFH also provides a monthly Schwartz Rounds to discuss cases of the care of individuals in the hospital from a humanitarian perspective, which typically occur on the 3rd Wednesday at 12pm. Practicum students are welcome to attend these events.
- The Psychiatry Justice, Equity, Diversity and Inclusion (JEDI) Committee meets on a monthly basis and welcomes trainees to participate in this community including in leadership roles depending on the interest of the student. The Committee meets monthly on Fridays at 12pm.

Additional ad hoc training opportunities for research collaboration with Dr. AhnAllen and other investigators may be possible during the training year including on projects of treatment outcome within inpatient settings, tobacco use in psychiatric populations, 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. It is unclear what modifications will need to be in place at the start of training in September 2022 although it is known that 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.

Application:

Interested doctoral students and faculty are encouraged to contact Dr. Christopher AhnAllen to discuss questions about the training program. Applications for the 2022-2023 training year are due by on January 10th, 2021 per the Massachusetts Practicum Training Collaborative guidelines.

Interested psychology graduate students should submit the following:

1. Cover letter
2. Curriculum Vitae
3. 3 Letters of reference (References should include at least one from an academic source and one from a clinical supervisor)
4. Psychological assessment report (optional)

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
8:45a – 8:55a	Opening Meeting <i>Living Room (Nursing)</i>	Opening Meeting <i>Living Room (Nursing)</i>	Opening Meeting <i>Living Room (Nursing)</i>	Community Meeting <i>Living Room (Psychology)</i>	Opening Meeting <i>Living Room (Nursing)</i>		
9:00a – 9:40a	Healthy Thinking <i>Kitchen (Psychology)</i>	Tobacco & Health <i>Kitchen (Psychology)</i>	Relationships & Recovery <i>Kitchen (Psychology)</i>	Peer Support Group <i>Kitchen (Peer Volunteer)</i>	Self Esteem Group <i>Kitchen (Occupational Therapy)</i>	Opening Meeting <i>Living Room 9:30a (Nursing)</i>	Opening Meeting <i>Living Room 9:30am (Nursing)</i>
10:00a – 11:00a					Peer Support Group <i>Kitchen (Peer Volunteer)</i>	Exercise (10:30) <i>Living Room (Occup. Therapy)</i>	Sunday Social <i>Living Room (Nursing)</i>
11:00a – 12:00p	Life Skills <i>Kitchen (Occupational Therapy)</i>	DBT Skills <i>Kitchen (Psychology)</i>	Peer Support Group <i>Kitchen (Peer Specialist)</i>	Dual Recovery <i>Kitchen (Psychology)</i>	Mindfulness and Compassion <i>Kitchen (Psychology)</i>	Health/Wellness <i>Kitchen (Occupational Therapy)</i>	
12:00p	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:45p – 1:15p	Fresh Air <i>Kitchen Terrace</i>	Fresh Air <i>Kitchen Terrace</i>	Fresh Air <i>Kitchen Terrace</i>	Fresh Air <i>Kitchen Terrace</i>	Fresh Air <i>Kitchen Terrace</i>	Fresh Air <i>Kitchen Terrace</i>	Fresh Air <i>Kitchen Terrace</i>
1:15p – 2:00p	Creating Connection <i>Kitchen (Occupational Therapy)</i>	Meaning & Inspiration <i>Kitchen (Spiritual Care)</i>	Stress Management <i>Kitchen (Occupational Therapy)</i>	Afternoon Stretch <i>Kitchen (Occupational Therapy)</i>	Self-Expression <i>Kitchen (Occupational Therapy)</i>	OT Workshop <i>Living Room (Occupational Therapy)</i>	OT Workshop <i>Living Room (Occupational Therapy)</i>
2:00p – 3:00p		Sensory Strategies for Coping <i>Kitchen (Occupational Therapy)</i>		Safety Planning <i>Kitchen (Social Work)</i>		Optional Choice <i>Living Room (Occupational Therapy)</i>	Optional Choice <i>Living Room (Occupational Therapy)</i>
3:00p – 4:00p	OT Workshop <i>Living Room (Occupational Therapy)</i>	OT Workshop <i>Living Room (Occupational Therapy)</i>	OT Workshop <i>Living Room (Occupational Therapy)</i>	OT Workshop <i>Living Room (Occupational Therapy)</i>	OT Workshop <i>Living Room (Occupational Therapy)</i>		
5:00p	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00p – 6:15p	Fresh Air <i>Kitchen Terrace</i>	Fresh Air <i>Kitchen Terrace</i>	Fresh Air <i>Kitchen Terrace</i>	Fresh Air <i>Kitchen Terrace</i>	Fresh Air <i>Kitchen Terrace</i>	Fresh Air <i>Kitchen Terrace</i>	Fresh Air <i>Kitchen Terrace</i>
7:00p – 8:00p	Addiction & Recovery <i>Kitchen (Volunteers)</i>		Live Musical Session <i>Living Room (Musician)</i>				
8:00p- 8:30p	Closing Meeting <i>Living Room (Nursing)</i>	Closing Meeting <i>Living Room (Nursing)</i>	Closing Meeting <i>Living Room (Nursing)</i>	Closing Meeting <i>Living Room (Nursing)</i>	Closing Meeting <i>Living Room (Nursing)</i>	Closing Meeting <i>Living Room (Nursing)</i>	Closing Meeting <i>Living Room (Nursing)</i>
8:30p- 9:00p	Relaxation <i>Living Room (Nursing)</i>	Relaxation <i>Living Room (Nursing)</i>	Relaxation <i>Living Room (Nursing)</i>	Relaxation <i>Living Room (Nursing)</i>	Relaxation 9:15p Movie	Relaxation <i>Living Room (Nursing)</i>	Relaxation <i>Living Room (Nursing)</i>