



**Brigham and Women's Hospital**  
Founding Member, Mass General Brigham

BRIGHAM AND WOMEN'S HOSPITAL

ADULT AMBULATORY PSYCHOLOGY  
ADVANCED PRACTICUM TRAINING PROGRAM

2024-2025

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### Training Overview

The psychology advanced practicum training program within Brigham Psychiatric Specialties (BPS) at Brigham and Women's Hospital (BWH) is designed to provide 3<sup>rd</sup> or 4<sup>th</sup> year doctoral students in psychology with an enriching 9-month (September through May) placement to develop expertise in psychological treatment within hospital-based outpatient psychiatry services. 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. Ideal candidates will have established foundational knowledge in theory and clinical experience and are seeking an advanced placement to focus on integrating prior learning; a primary goal of the training year is to build confidence in the trainees' individual clinical style with increased autonomy in delivering high quality patient care.

Within the BPS ambulatory psychology service, practicum trainees will provide individual psychotherapy to a wide range of diagnostically diverse patients. 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.

Practicum trainees' activities in training will include provision of individual psychotherapy to approximately 6-8 patients per week, co-lead outpatient groups in areas of DBT and trauma/PTSD, membership on an interdisciplinary treatment team, weekly supervision, and opportunities to

attend Psychiatry Grand Rounds at BWH. Opportunities are also available to develop, recruit for and co-lead psychotherapy groups with faculty or other trainees. Faculty outpatient group offerings may include: Introduction to DBT, Trauma Education Group, CBT for Anxiety, CBT for Perinatal Anxiety, and others. Clinics provide treatment from a variety of modalities, including (but not limited to) Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy, Exposure and Response Prevention, Dialectical Behavioral Therapy, and mindfulness-based treatments. Trainees can expect that there will be an emphasis within case conceptualizations, delivery of interventions, and discussions in supervision that are culturally-based and responsive.

BWH'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 psychiatrists, psychiatry residents, clinical social workers, social work interns, and medical students.

For 2024-2025, BWH will provide training for one psychology advanced practicum student. Additionally, there is an advanced practicum student focused on inpatient care at Faulkner and there are psychology interns within our hospital setting at both Brigham and Women's Hospital and Brigham and Women's Faulkner Hospital.

### Settings

The BPS outpatient clinic at 221 Longwood Avenue, Boston 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. Following mergers with other various hospitals in the Longwood Medical Area in 1980, it became part of Brigham and Women's Hospital. 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 and nourishment are included.

### Required Training Days/Times:

Students will set their on-site and remote schedule in collaboration with their primary supervisor. Required in-person times: Thursdays 12-2 (BWH at 221 Longwood, Boston) & Fridays 11-3 (BWFH at 1153 Centre St, Jamaica Plain).

### Supervision

Primary supervision is provided by licensed clinical psychologists within BPS. Practicum students will be offered two weekly individual supervision hours by the faculty and one weekly individual supervision provided by a predoctoral psychology intern. The intern receives supervision of supervision by faculty psychologists. In addition, group supervision may be integrated into the supervision plan as indicated. Practicum students receive supervision with primary supervisor focused on integrating evidence-based treatment with trauma informed/responsive care emphasizing relational and intersectional considerations.

### 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 (5<sup>th</sup> 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.

#### *20/20 Ambulatory Academic Conference*

These 1-hour monthly meetings are an opportunity for the providers within the ambulatory psychiatry service to gather around a specialty topic of interest. Presenters provide a 20-minute academic presentation followed by a 20-minute case discussion Q&A for attendees. Attendees including psychologists, psychiatrists, social workers, nurses and trainees across these disciplines.

### Training Modifications Following COVID-19

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

At this time, modifications to the training program have included revising some training experiences for practicum students to be a blend of virtual/in person including clinical care, interdisciplinary team meetings, supervision, seminars, etc. Virtual services include encrypted institutional Zoom individual and group psychotherapy sessions. On-site clinical training opportunities are available and have been arranged for virtual care services. The hospital has vaccination policies for employees and in the past have instituted mask policies for staff and visitors.

### How to Apply

Interested doctoral students and faculty are encouraged to contact Dr. Jessica Lazar with questions about the training program. Applicants are invited to upload required materials following this link: <https://redcap.partners.org/redcap/surveys/?s=KPR34TCDJ49AA34K>

### **Required materials include**

1. Cover letter
2. Curriculum vitae
3. 2 Letters of reference (References should include at least one from a clinical supervisor)

*No more than 2 recommendations will be reviewed*

Applications for the 2024-2025 training year are due by **5pm on January 8<sup>th</sup>, 2024** per the Massachusetts Practicum Training Collaborative guidelines.