



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

BRIGHAM AND WOMEN'S HOSPITAL

ADULT AMBULATORY PSYCHOLOGY  
ADVANCED PRACTICUM TRAINING PROGRAM

2025-2026

Jessica Lazar, Psy.D.

221 Longwood Ave, Boston MA 02115

JLLazar@mgb.org

<https://www.brighamandwomens.org/psychiatry>



### Training Overview

The psychology advanced practicum training program within Brigham Psychiatric Specialties (BPS) at Brigham and Women's Hospital (BWH) is designed to provide doctoral students in psychology in their 3<sup>rd</sup> or 4<sup>th</sup> + year with an enriching 9-month (September through May) placement to develop a skillset delivering psychological treatment within hospital-based outpatient psychiatry services. The program is designed 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 theoretical formulations and direct clinical experiences who are seeking an advanced placement to focus on integrating prior learning of evidence-based care. 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 to patients with trauma-related disorders. Specific interest is preferred in: treating trauma-related disorders, navigating care in health systems while offering accessible and culturally-responsive treatment, and integration of evidence-based treatments (e.g. DBT, CBT, ACT).

Within the BPS ambulatory psychology service, practicum trainees will provide individual and group psychotherapy to patients reflecting the diversity of a hospital-based setting. Trainees will receive generalist training with a subspecialty focus on treatment for trauma-related disorders.

There are opportunities for additional focus on specific populations or subspecialties of interest. All individual therapy patients complete 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 training activities 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 of an interdisciplinary treatment team, weekly supervision with psychology faculty, tiered supervision with a psychology intern, weekly psychology seminars, and Psychiatry Grand Rounds. Trainees who are interested in research also have the opportunity to develop and present a poster for the annual Harvard Psychiatry Research Day.

Trainees interested in developing their group therapy skills have opportunities to design, recruit for, and co-lead psychotherapy groups with faculty or other trainees. Trainees are expected to colead a Trauma 101 Education group and Intro to DBT psychoeducational group with their primary supervisor. Additional opportunities to co-lead outpatient groups with faculty may include: CBT for Anxiety, CBT for Perinatal Anxiety, CBT for Depression, Coping with Medical Illness, CBT for ADHD, and others. The BPS psychology faculty provide treatment from a variety of modalities, including (but not limited to) Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Exposure and Response Prevention, and mindfulness-based treatments. Trainees can expect that there will be an emphasis on culturally-responsive, intersectional and trauma-informed care within case conceptualizations in supervision and delivery of interventions. Applicants who have experience and ongoing interest in group therapy dynamics, including process-style groups, are encouraged to apply.

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 2025-2026, BWH will provide training for one psychology advanced practicum student. Additionally, there is an advanced practicum student with a focus on inpatient care at Brigham and Women's Faulkner Hospital (BWFH) and psychology interns within the hospital setting completing rotations at both Brigham and Women's Hospital and Brigham and Women's Faulkner Hospital in our APA accredited internship program.

### 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 upon the start of the year. Much of these can be flexible, however, there are some **required days and times; required in-person times include Thursdays 9-3** (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 faculty members and one additional weekly individual supervision provided by a predoctoral psychology intern. The intern receives tiered supervision by a psychology faculty member. Group supervision may be integrated into the supervision plan as indicated. Practicum students receive individual supervision with their 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.

### *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.

### *Trauma Specialty Series*

Psychology integrates a Trauma Specialty Series into the psychology seminar training. These seminars capitalize on the expertise across clinicians within BHW who work patients impacted by trauma histories. Topics will focus on trauma-informed care within interdisciplinary hospital systems, feature evidence-based treatments for PTSD (e.g. DBT for PTSD, CPT, PE, EMDR, IFS), and identify clinical approaches when working with patients who have complex trauma and associated personality features.

### *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.

### *Grand Rounds*

The Department of Psychiatry offers a weekly 1-hour Grand Rounds educational event for all department faculty, staff and trainees. Starting in fall of 2024, this will be in collaboration with MGH,

and include an additional 30 minutes for discussion following the presentations. 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 expertise. Presenters provide a 20-minute academic presentation followed by a 20-minute case discussion Q&A for attendees. Attendees include psychologists, psychiatrists, social workers, nurses and trainees across these disciplines.

### Training Modifications Following COVID-19

The training program has undergone modifications following 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. The hospital has vaccination policies for employees and has instituted mask policies for staff and visitors when necessitated by risk.

Modifications to the training program have included a shift to virtual interview processes as well as revision of the training schedule and experiences to reflect the blend of virtual and in-person activities that have become typical in an ambulatory setting; this includes clinical care, interdisciplinary team meetings, supervision, seminars, etc. Virtual services include encrypted institutional Zoom individual and group psychotherapy sessions. Many on-site clinical training opportunities can be arranged for both virtual care and in-person services.

## How to Apply

Applicants are invited to upload required materials by following this link:

<https://redcap.partners.org/redcap/surveys/?s=KPR34TCDJ49AA34K>

Application deadline for the 2025-2026 training year: **5pm on January 6<sup>th</sup>, 2025** per the [Massachusetts Practicum Training Collaborative guidelines](#). Applications received after this time and date will not be reviewed.

## Required application documents

1. Cover letter
  - a. In the first paragraph, applicants should indicate:
    - i. Current year in graduate program (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, etc.)
    - ii. Current practicum year (e.g. Practicum 3, Practicum 4, etc.)
  - b. Applicants are encouraged to highlight experiences and interests that are relevant to the specific areas of focus for the training program
2. Curriculum vitae
  - a. Relevance of content weighted more heavily than document length
3. 2 letters of reference
  - a. Preferred references from clinical supervisors
  - b. Required minimum 1 reference letter from a clinical supervisor
  - c. No more than 2 recommendations will be reviewed

## Questions?

Interested doctoral students and faculty are encouraged to contact Dr. Jessica Lazar if seeking information about the application process or training program that are not described within this document.