

**MASSACHUSETTS MENTAL HEALTH CENTER
PSYCHOLOGY PRACTICUM
2023-2024**

The Massachusetts Mental Health Center (MMHC) will offer practicum placements for clinical psychology graduate students in the third year and beyond. The placements may include clinical experience in one of several different placements:

Rapid Access to Flexible Treatment (RAFT)

The RAFT program serves DMH clients who require a higher level of care than standard outpatient services. Treatment is provided on one of two teams a Cognitive-Behavioral Therapy (CBT) team which utilizes principles from CBT for psychosis (CBTp) and Acceptance and Commitment Therapy (ACT), and a Dialectical Behavioral Therapy team. RAFT operates similarly to an intensive outpatient program, providing medication management, individual therapy, group therapy, and case management.

Responsibilities: Advanced Practicum students will be asked to provide individual therapy, intake assessments (diagnostic, risk, psychological upon request of team), co-lead groups; attend team meetings, and case conferences. They will be expected to discuss their clients during team meetings. Teams are multi-disciplinary teams and include licensed psychologists and psychology interns, attending psychiatrists and residents, psychiatric nurses, licensed social workers and an occupational therapist, and trainees of other disciplines.

Minimum number of hours: 20-24 hours

Required days of attendance: Mondays and Fridays are preferable

Supervision and didactics: 2 hours of individual supervision with licensed psychologist. Trainees are expected to attend track-specific didactics (CBT, DBT, case conferences). They are also welcome to attend other didactic offerings that are available to the general MMHC community including weekly grand rounds at MMHC (Weds noon), weekly grand rounds at BIDMC (Thurs noon), and weekly treatment seminars hosted by CEDAR clinic (Fri 2PM).

Number of trainees accepted: 2-4

MI/PSB (Mentally Ill with Problematic Sexual Behaviors)

MI/PSB Program Purpose

The Metro Boston Mental Illness/Problematic Sexual Behavior Outpatient Program (MI/PSB) based at the new Massachusetts Mental Health Center (MMHC) is part of the Massachusetts Department of Mental Health (DMH) statewide initiative designed to address the complex clinical concerns of DMH patients and clients who present with co-occurring major mental illness and problematic sexual behaviors and/or sexual offending behaviors. The MMHC began to offer MI/PSB specific services for Metro Boston DMH clients living in the community in the winter 2003.

MI/PSB Goals

To provide MI/PSB specific assessment and treatment services for DMH clients throughout Metro Boston. To balance the DMH mission goal of enabling client to live, work and participate in their communities with preventing the victimization of others. To provide training, consultation, and case-specific in-services to care providers who with with DMH individuals with MI/PSB issues.

MI/PSB Clinical Services Guiding Principles

1. To provide integrated clinical intervention aimed at both addressing the symptoms of major mental illness and decreasing the occurrence of sexually problematic behavior.
2. To develop a continuum of care model for MI/PSB identified clients that will serve to enhance their quality of life while simultaneously decreasing the risk of sexual aggression.
3. To develop and provide comprehensive, systemically informed and cost effective clinical services for the MI/PSB population based upon the most current research in the field of assessment and treatment of individuals with major mental illness and sexual behavior problems.
4. To determine and aid in the long-term management needs of MI/PSB client's potential ongoing risk to others.
5. To provide MI/PSB clinical services in the least restrictive setting commensurate with public policy.

MI/PSB Training Opportunities

- a. Conducts record reviews and completes comprehensive assessment reports (including psychological testing) to define the treatment and risk management needs of service users.
- b. Assesses the treatment and risk management needs of MMHC service users with histories of significant violence.
- c. Provides case consultation to treatment teams, community providers, and residential program staff through participation in Risk Reviews, incident debriefings, and/or brief written consultations.
- d. Provides individual and group treatment to individuals with MI/PSB or violence histories.
- e. Maintains a clinical record of all case consultations, assessments, relevant treatment materials, and clinical data received from other sources for each client.
- f. Perform additional duties as identified or assigned.

Average direct client contact hours/week: 10hrs

Required total hours/week (e.g., amount of hours per week and time off): 24hrs

Supervision hours/week (at minimum 1 hour of supervision for every 4 direct client contact hours): 2.5hrs

Types of Supervision/Psychotherapy Orientations/Interventions: Individual and group supervision with licensed psychologist. We provide individual and group CBT treatment for DMH eligible clients who have a history of problematic sexual behaviors.

Required days of attendance: Tuesdays and Thursdays

Number of trainees accepted: 1

Digital Clinical at Beth Israel Deaconess Medical Center

The Digital Clinic program serves diverse clients requiring short term therapy based on Cognitive-Behavioral Therapy (CBT). The clinic offers a unique hybrid care model involving face-to-face sessions, and patients also receive support from a coach and the use of a smartphone app to augment care between sessions. The smartphone app is built and maintained by our team, meaning students have the opportunity to customize it to their needs and deliver care tailored to each patient. While the focus is on shorter term care to ensure high levels of access to patients in the community, the clinic can support more longitudinal care to ensure balanced educational opportunities.

Responsibilities: Practicum students will be asked to provide individual therapy including intakes and follow up visits, as well as formulating treatment plans that include working the patient working with a coach and using the smartphone app to gather patient data and assign patient homework. Students will be expected to work as part of the larger clinical team and present cases based on their formulations and digital data as part of weekly rounds. The innovative nature of the clinic lends itself to research opportunities and past students have presented at national meetings and led first author publications around care delivery and the optimal use of technology in treatment.

Minimum number of hours: 20-24 hours

Required days of attendance: Flexible

Supervision and didactics: 2 hours of individual supervision and 1 hour of digital psychiatry / psychology focused team rounds.

Number of trainees accepted: 2-4

Application Instructions:

All placements are from July through the end of June the following year. To apply, applicants should send a letter of interest, ***specifying the sites that they are interested in (RAFT, MIPSB, or Digital Psychiatry)***, a resume, and two letters of recommendation to:

Shirley Yen, Ph.D.
shirley.yen@mass.gov

MMHC is an agency of the Department of Mental Health and an academic division of the Department of Psychiatry at the Beth Israel Deaconess Medical Center/ Harvard Medical School.

Questions should be addressed to Dr. Yen at shirley.yen@mass.gov