



## Trauma in Context Fellowship

**Fellowship Overview:** The **Trauma in Context Fellowship** is embedded within the **Immigrant and Refugee Health Center (IRHC)** and the **REcovery from Stress and Trauma through Outpatient care, Research, and Education (RESTORE) Center** at Boston Medical Center. Fellows will receive specialized training in culturally responsive, trauma-focused assessments, treatments, and research.

The IRHC connects all of Boston Medical Center's existing programs and expertise in immigrant and refugee health care into one central point of entry where any immigrant patient can be connected with all of BMC's medical, mental health and social services that they need in order to heal, rebuild and thrive. The Boston Center for Refugee Health and Human Rights (BCRHHR), the mental health arm of the IRHC, provides comprehensive mental health services including counseling and medication management designed to meet the needs of refugees and survivors of torture, asylum seekers and immigrants.

Based in Outpatient Psychiatry at BMC, the RESTORE Center provides a hub for comprehensive clinical services, research, and clinical training for trauma and related disorders. Evidence-based clinical services include cognitive processing therapy, written exposure therapy, and an abbreviated version of skills training in affective and interpersonal regulation for posttraumatic stress disorder (PTSD). Consultation is provided on the culturally responsive application and adaptation of these evidence-based treatments for our patient populations. The Center also includes therapies to support coping with discrimination-based stress (e.g., stress related to racism, xenophobia, heterosexism, and transphobia).

Boston Medical Center (BMC) is the largest safety-net hospital in New England and treats a diverse patient group with regards to country of origin, language, race, ethnicity, and insurance status. Boston Medical Center is the primary teaching hospital of Boston University School of Medicine. The fellow will receive a Boston University academic appointment as a fellow within the School of Medicine, Department of Psychiatry.

This fellowship is 60% clinical and 40% scholarly activity.

### Fellowship Aims:

1. To provide the Fellow with broad post-doctoral training in the provision of clinical care and conduct of research with patients who have experienced trauma and related disorders.
2. To increase the Fellow's competence in delivering culturally responsive, evidence-based therapies to treat trauma and related disorders among patients from diverse, underrepresented groups.
3. To provide the Fellow with clinical training in writing effective psychological affidavits supporting asylum seekers claim of torture or violence in their native countries.
4. To increase the Fellow's knowledge and competencies with clinical research, with opportunities to pursue independent research projects and/or publications depending on the interest of the fellow.

### Fellowship Timeline

This is a one-year Fellowship. The Fellowship will initiate September 1<sup>st</sup> and conclude August 31<sup>st</sup>.

### Qualifications

1. A PhD or PsyD in psychology
2. Completion of a full-time APA/CPA accredited clinical internship
3. Completion and defense of dissertation prior to start date

### **Clinical Activity Plan (60%)**

The fellow will be integrated into the IRHC and BCRHHR. Sixty percent of the Fellow's time will be devoted to clinically related activities. The Fellow will be expected to maintain accurate records and to document case formulations, assessment results, treatment plans, and progress notes in a timely, concise, and clear manner. Clinical training will include:

#### Immigrant Refugee Health Center (IRHC)

1. Treatment Services (approximately 8 hours per week): The Fellow will provide individual psychotherapy services to patients within BCRHHR. The Fellow will demonstrate clinical competence in working with severely traumatized refugee and immigrant populations, as well as working with an ethnically and racially diverse population. The Fellow will also demonstrate cultural humility and cultural responsiveness in their work.
2. Clinical Assessment (approximately 2 hours per week): As part of their clinical work, the Fellow will conduct assessments that will inform treatment, and clinical affidavits.
3. Membership in Multidisciplinary Treatment Team (2 hours per week): The Fellow will demonstrate the ability to function as an independent clinician within the context of a multidisciplinary team. The Fellow will attend and be an active participant in weekly team meetings focused on clinical case discussions, staff meetings, and didactics.

#### The RESTORE Center

1. Treatment Services (approximately 8 hours per week): The Fellow will provide individual psychotherapy services to patients and their families within the RESTORE Center. The Fellow will demonstrate competence in the (1) delivery of the three prioritized evidence-based treatments for PTSD (CPT, WET, Abbreviated STAIR); (2) cultural case formulation and presentation during case review.
2. Clinical Assessment (approximately 2 hours per week): The Fellow will conduct psychosocial assessments and diagnostic interviews of patients referred to the RESTORE Center. Competencies gained include: (a) the selection, administration, scoring, and interpretation of psychological tests; (b) integrating data and preparing written reports; and (c) oral presentation of psychological test findings to the patient, and the patient's family.
3. Membership in Multidisciplinary Treatment Team (1 hour per week): The Fellow will demonstrate the ability to function as an independent clinician within the context of a multidisciplinary team. The Fellow will attend and be an active participant in weekly team meetings focused care coordination, case review, and clinic operations.

Opportunities for training in the Therapeutic Assessment & Psychological Testing (TAPT) Service, which includes comprehensive psychodiagnostic assessment for complex psychiatric presentations, personality assessment, and cognitive assessment for inquiries such as intellectual disability, learning disorders, are also possible. Therapeutic assessment (TA) is a highly collaborative model of assessment centered on the values of collaboration, respect, humility, compassion, openness, and curiosity. Through using the standard psych assessment tools and additional inquiry methods, TA works in partnership with the client to define assessment questions, interpret testing data, and draw conclusions together.

### **Didactic Training Activity Plan (15%)**

1. The fellow will meet with their clinical supervisors (Drs. Sandra Mattar and Sarah Valentine) to ensure that the fellow is developing competence in providing evidence- and team-based care to patients with trauma and related disorders (total of 2 hour per week).
2. The fellow will participate in the weekly Fellowship seminar series (3-4 hours per week)
3. The fellow will attend weekly Department of Psychiatry and Medicine Grand Rounds (1 hour per week).
4. The fellow will have the opportunity to attend twice monthly CPT case consultation groups hosted by Dr. Valentine (2 hours / month).

### **Research (25%)**

Twenty-five percent of the Fellow's time will be devoted to research and/or other scholarly activity. The Fellow will have opportunities to participate in the following activities:

1. The Fellow can work with a research mentor toward producing a traditional scientific product in a content area to be determined based on Fellow's research interests. This may include initiating and collaborating on manuscript preparation and submission of journal articles, and panel/poster submissions at a regional or national conference. Use of existing data that has been collected and archived (e.g., by the supervisor) may be available to the Fellow.
2. The Fellow can work with faculty in the IRHC and/or the RESTORE Center on funded research studies.
  - For overview current research projects in Dr. Valentine's research group, see here: <https://www.bumc.bu.edu/prisimm/>
  - Fellows will have the opportunity to participate in a monthly Immigrant & Refugee Health Center Research Consortium, and to participate in ongoing study projects focused on clinical interventions/evaluations in the IRHC.

### **Supervision and Evaluation**

Clinical supervision will be provided in the form of one-hour weekly face-to-face individual supervision with licensed clinical psychologists on site (minimum of 1 hour individual, face-to-face supervision weekly at each site). An additional hourly block of individual, face-to-face supervision will be offered for academic/research supervision. The Fellow also will have access to indirect supervision through participation in weekly team meetings. The Fellow may also have opportunities to provide supervision to Psychology practicum students.

The Fellow and supervisors will develop fellowship goals and learning objectives early on in the year. At the midpoint and conclusion of the Fellowship, the Fellow and supervisors will provide formal performance evaluations of one another. At each point in time, the Fellow will also provide an evaluation of the program relative to the goals and learning objectives of the Fellowship.

### **Resource Requirements**

The Fellow will be provided with the following resources:

1. Individual office space for scheduled, in-person clinic time.
2. A personal desktop computer with internet access
3. Access to copying equipment
4. Clinical space for meeting with patients/clients.