



## **Psychosis Treatment and Recovery Fellowship**

**Description of Site:** The **Psychosis Treatment and Recovery Fellowship** is embedded within the Wellness and Recover After Psychosis (WRAP) Program at Boston Medical Center. The WRAP program includes a variety of services including medication management, weekly group therapy, and individual therapy. The WRAP features a First Episode Group tailored to individuals who have recently experienced an initial episode of psychosis or hospitalization, providing peer support, family education, and therapy directed for substance use disorders. WRAP brings together a multidisciplinary team of psychiatrists, psychologist, nurse practitioners, and social workers collaborating to provide patients with unique therapeutic treatments.

Boston Medical Center is the largest safety-net hospital in New England and treats a very diverse patient group with regard to country of origin, language, race, and insurance status. Fellowship applicants must have a strong interest in working with BMC patients and adapting evidence supported interventions to meet patients' needs and preferences. 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% research/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 experiencing psychosis and related disorders.
2. To provide the Fellow training in evidence based cognitive behavioral therapies to treat psychosis
3. To provide the Fellow with clinical training in psychological assessment, recovery-oriented therapy in individual, family, and group modalities.
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%)**

Sixty percent of the Fellow's time will be devoted to clinically related activities. The fellow will be integrated into the Wellness and Recovery After Psychosis (WRAP) program. This will include providing evidence-based therapies to patients with psychosis and related disorders. Clinical training will include:

1. Treatment Services (18 hours per week): The Fellow will provide group, individual, and family psychotherapy services to patients and their families within the outpatient programs. The Fellow will demonstrate competence in evidence-based cognitive-behavioral therapies to treat a socioeconomically diverse population of patients with first episode psychosis, schizophrenia, bipolar disorder, and substance-related psychosis. Specific interventions may include individual therapy, group therapy, family therapy, and parent psychoeducational groups.
2. Clinical Assessment (5 hours per week): The Fellow will conduct neuropsychological and psychosocial assessments and diagnostic interviews of patients referred to the WRAP clinic. Competences 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 team, referral sources, and community agencies involved with 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 on case formulation, patient and family engagement, and interdisciplinary collaboration between psychiatrists, nurses, psychologists, social workers, peer counselors, and administrative staff.
4. Clinical Documentation: The Fellow will be expected to maintain accurate records and to document case formulations, assessment results, recovery plans, and progress notes in a timely, concise, and clear manner.

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 a clinical supervisor (Dr. Samantha LaMartine) to ensure that the fellow is developing competence in providing evidence- and team-based care to patients with psychosis and their families (1 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 participate in "MAPNET" ([www.mapnet.online](http://www.mapnet.online)) didactic activities, including supplemental supervision from "Navigate" trainers and monthly statewide first episode psychosis community calls (approximately 3 hours per month).

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

Twenty-five percent of the Fellow's time will be devoted to research. The Fellow will participate in the following activities:

1. The Fellow will 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 will work with Drs. Emily Kline and Hannah Brown on funded research studies including the national "EPINET" collaborative (<https://nationalepinet.org/>), and clinical efficacy and implementation trials for parent-focused interventions for adolescents and young adults with psychosis and other emerging mental health difficulties ([www.learnaboutmilo.com](http://www.learnaboutmilo.com)). Other opportunities to collaborate on ongoing research projects depend on the fit of applicants' interests with mentors in the department.

### **Supervision and Evaluation**

Clinical supervision will be provided in the form of one-hour weekly face-to-face individual supervision blocks with licensed clinical psychologists on site (minimum of 1 hour individual, face-to-face supervision weekly). 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 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.