

**LEMUEL SHATTUCK HOSPITAL'S  
METRO BOSTON PSYCHOLOGY TRAINING PROGRAM**

**CLINICAL PSYCHOLOGY FIELD SITE TRAINING  
Forensic/Psychiatric Rehabilitation and Clinical/Health Psychology Tracks**

**2012-2013 ACADEMIC YEAR**

<http://www.mass.gov/shattuckhospital>

**METRO BOSTON PSYCHOLOGY TRAINING PROGRAM  
OF LEMUEL SHATTUCK HOSPITAL**

## **CLINICAL PSYCHOLOGY FIELD SITE, 2012-2013 ACADEMIC YEAR**

**Site Name:** Metro Boston Psychology Training Program of Lemuel Shattuck Hospital

**Address:** 170 Morton Street, Boston, MA 02130

**Directors of Psychological Training:** Ekaterina Burdo, Psy.D., & Robert McMackin, Ed.D.

**Faculty:** Ekaterina Burdo, Psy.D., Cynthia Chase, Ph. D., Lisa Gurland R.N. Psy.D., Robert Jampel, Ph.D., Robert McMackin, Ed.D.,

**Post Doctoral Fellow:** Joshua Smith, Ph.D.

**Type of training:** Metro Boston Psychology Training Program provides Clinical Psychology field site training for both Intern and Practica level students. We offer a broad educational experience with areas of emphasis in Health Psychology and Forensic Psychology. During the training year for 2011-2012, we accepted five intern trainees.

**Internship:** The Metro Boston Psychology Training Program internship training is for those in the 3<sup>rd</sup> or 4<sup>th</sup> year of clinical field placement training. Each part time trainee must complete 1000 hours (generally 25 hours per week, 3 days per week) and each full time student 2000 hours (40 hours per week, 5 days a week). The training starts in September and extends through June.

**Practica:** The Metro Boston Psychology Training Program practica training is for those in the 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> year of clinical field placement training. Each part time trainee must complete 600 to 800 hours (generally 18 hours per week for first year trainees and 20 hours per week second and third year practica trainees, 3 days per week). The training starts in September and extends through June.

**Focus of Training:** Metro Boston Psychology Training Program provides training experiences that are intended to prepare scientist-practitioners for assessment, treatment and rehabilitation of multiply diagnosed patients. Patients have a range of problems that include persistent medical problems, persistent mental illness, forensic issues, neuropsychological problems, and behavioral issues. Intern and Practica trainees participate in a full range of professional activities consistent with the individual's level of development and learning goals. Trainees applying to the Metro Boston Psychology Training Program are asked to declare which area of emphasis they are intending to apply for:

- ❑ **Forensic / Psychiatric Rehabilitation Track-** Psychiatric Rehabilitation with Forensic emphasis (Internship)
- ❑ **Health Psychology Track-** Behavioral Health with emphasis on prevention and treatment of persistent and life threatening illness (Practica or Intern)

**Application procedure:** Candidates interested in the MetroBoston Psychology Training Program should anticipate providing the following when applying:

- Cover letter and C.V.
- Three references
- Writing sample

**Application deadline:** Applicants are encouraged to apply as soon as possible. Please designate which training track you are applying to.

### **Field Site Characteristics**

The Lemuel Shattuck Hospital (LSH) abuts the grounds of the picturesque Franklin Park. LSH is a Public Health Hospital that is certified by the Joint Commission Accreditation for Healthcare Organizations and the Health Care Finance Agency. LSH is charged with the mission of providing comprehensive health care and support services which meet the health and social needs of the Greater Boston Community and the Commonwealth of Massachusetts. The patients and the staff of LSH reflect the racial and cultural diversity that is present in the Greater Boston area.

The Metro Boston Mental Health Units is an intermediate term care psychiatric service administered and staffed by the Department of Mental Health at LSH. It provides care and treatment for 115 persistently mentally ill patients. The primary treatment focus for this service is to engage patients in a Psychiatric Rehabilitative process that will enable them to attain and sustain the highest level of functioning in the least restrictive setting.

The medical inpatient and ambulatory care components of the LSH include: Geriatric-Psychiatric Care Services, Intensive Care Unit, Medical-Behavioral Inpatient Services, Medical and Surgical Services, Dialysis Services, HIV-AIDS Services, Pulmonary Care, Correctional Healthcare, Physical Medicine & Rehabilitation Services, McInnis Health Group (formally Health Care for the Homeless), Integration Program (Mental Health for recently incarcerated), Inpatient Addiction Services, and Ambulatory Care Services.

The Lemuel Shattuck Hospital has a longstanding commitment to fostering training and is a major training site in the Boston area for all professional disciplines including Psychology, Psychiatry, Social Work, Rehabilitation, Nursing and Medicine. The theoretical orientation of the psychology training is multi-modal, and employs a variety of approaches in treating patients, including but not limited to, cognitive-behavioral, rehabilitation psychology, systems and dynamic psychotherapy. The model of professional training and education provided by Metro Boston Psychology Training Program is intended to prepare students for the practice of professional psychology. With its' diverse staff and clinical population and affiliation with the MultiCultural Psychology Training Program at Boston University Medical School, the Metro Boston Psychology Training Program maintains a solid commitment to cultural competence in clinical practice. In addition to preparing students for entry level practice by means of a broad clinical training experience, this training site can also offer emphasis in the areas of forensic psychology and health psychology. The primary training method is experiential which includes direct service to patients, mentoring, didactic exposure integration of theory and applied practice, role modeling, and supervision.

### **Location:**

The Lemuel Shattuck Hospital is located in Jamaica Plain (within the grounds of Franklin Park) a southwest section of Boston. It is conveniently reached by public transportation (Orange line stop at Forest Hills Station or Bus) or by car via the Washington Street, the Arbour Way or Morton Street to Forest Hills circle. The hospital provides a free shuttle bus from the Orange line stop at Forest Hill Station to the hospital and there is no charge for parking at the hospital. If you would like directions and further information about Lemuel Shattuck Hospital it can be found on the world- wide- web at:

<http://www.mass.gov/shattuckhospital>

### **TRAINING PROGRAM:**

#### **a) Direct Clinical Experience:**

- Approximately 50% of placement time is expected to be clinical time (see attached examples of typical schedules)

**d) Seminars/Clinical Conferences:**

- Medical Grand Rounds (1 hr./week- Tuesday 12:00-1:00 p.m.)
- AIDs/HIV Conference (1 hr/week – Monday 12:00-1:00 p.m.)

**c) Specific Duties expected of Psychology Trainees:**

1. Approximately 50% clinical service time. Engage in a variety of diagnostic and treatment experiences
2. Attend and participate in scheduled supervision (i.e. individual supervision, group supervision)
3. Attend and participate in scheduled didactic training
4. Perform required administrative and procedural tasks associated with clinical care.

**d) Supervision:**

- All supervision is provided by licensed psychologists
- Supervision is offered in both individual and small group modalities
- Training goals are consistent with curriculum goals
- Supervision required by the Metro Boston Psychology Training Program will meet or exceed guidelines established by Psychology Graduate Programs.

**e) Research opportunities:**

Opportunities are available for interns to participate in ongoing research and/or to develop research projects within the guidelines of hospital and Department of Public Health/ Department of Mental Health policies. Interns should approach Dr. Burdo as soon as possible to make their interests known. Research areas that the Department of Psychology is currently involved include: Wellness Project, Arts in Health Care, Persistent Mental Illness and Healthy Behaviors.

**Supervisors of Psychology Trainees:**

<u>NAME</u>	<u>Training Track Emphasis</u>	<u>License #</u>
Dr. Ekaterina Burdo	Forensic/ Psychiatric Rehabilitation	8920
Dr. Cynthia Chase	Health Psychology	2156
Dr. Lisa Gurland	Health Psychology	4083
Dr. Robert Jampel	Forensic/ Psychiatric Rehabilitation	1632
Dr. Robert McMackin	Health Psychology	3317

**Hospital Wide Training Opportunities:**

<u>Training</u>	<u>Topics Covered</u>	<u>Time and Frequency of Meetings</u>	<u>Instructor</u>
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Aids/HIV Conference	Variety of Psychiatric & Medical topics	1 hr./week Monday 12:00	Varies
Medical Grand Rounds	Variety of Psychiatric & Medical topics	1 hr./week Monday 12:00	Varies
Substance Abuse Conference	Topics relevant to treating Substance abuse and public sector	Annual, Day long conference	Varies
Forensic Tour	Bridgewater State Hospital West Roxbury District Court	At convince of facility	Dr. Burdo

**Other training opportunities available to Psychology Trainees:**

Both the Shattuck Hospital and Metro Boston Psychology Training Program may schedule additional training opportunities depending on needs that arise. In addition, the Departments of Public Health and Mental Health offer a variety of training opportunities in the Boston area.

Lemuel Shattuck Hospital and Psychology Department Orientations are required of all in-coming trainees.

**Training Tracks and Emphasis:**

There are two primary training tracks offered by Metro Boston Psychology Training Program the **Health Psychology track** and the **Forensic / Psychiatric Rehabilitation track**.

**Clinical/Health Psychology Training** is offered to Psychology Trainees who are in their Practica and Intern level of training. Each trainee is assigned to a treatment team, under the direct supervision of the team psychologist and this modality is used to provide training opportunities in the application of Health Psychology principles in assessment, treatment and rehabilitation for the multiply diagnosed patients they will encounter.

### **Training Goals and Objectives**

The training provided for the Health Psychology track is focused on specific competency areas that enhance skill acquisition and use. The training is focused on helping trainees attain competency in five specific domains: Clinical Assessment, Intervention/treatment, Diversity and Professional Skills and Ethics. The task of helping you attain competence in the five domains is shared by you and your supervisors. The training program is designed to help trainees gain experience, receive supervision and instruction and demonstrate each competency.

### **Broad Training Experience with Emphasis:**

- Trainees will be assigned to a primary service and the psychologist on that service will be the primary supervisor.
- A range of clinical assessments and treatment modalities will be offered...
- A broad range of clinical experience will be offered in a context of a multicultural/multiracial population, a team model of treatment, and a Health Psychology model of care.
- Accommodations will be considered if students wish greater emphasis in certain treatment areas or treatment modalities.

### **Training opportunities Health Psychology Track:**

**Clinical Assessments-** Initial Psychological Assessment, Mental Status Assessment, Violent Behavior Assessment.

**Psychotherapy-** Individual treatment and Group treatment.

**Behavioral Treatment-** Individual Behavioral Plans

**Risk Assessment and Treatment-** Evaluation and treatment of patients with histories of self- injurious behavior and histories of aggression toward others.

### **Specific Duties expected of Psychology Trainees:**

1. Approximately 50% direct clinical service time. Engage in a variety of diagnostic and treatment experiences (Initial Psychological Evaluations, individual psychotherapy & group psychotherapy, Treatment Team meetings, milieu activities, multidisciplinary clinical groups)
2. Attend and participate in scheduled didactic training (i.e. Department and Hospital Orientation).
3. Attend and participate in scheduled supervision (i.e. individual and group supervisions)
4. Perform required administrative and procedural tasks associated with clinical care.

### **Multidisciplinary Clinical Groups:**

- Team meetings (one hour per week)
- Community meetings (one half hour per week)

- Unit clinical rounds (one half hour per day)

**Supervision:**

Supervision in Health Psychology track is provided by:  
Robert McMackin, Ed.D.; Lisa Gurland, R.N., Psy. D.; Cynthia Chase, Ph.D.

**Supervision & Training Activity:**

<u>Activity</u>	<u>Content Covered</u>	<u>Time of Meetings</u>	<u>Supervisor</u>
Group & Individual therapy	Skills development, Health Psychology prevention & intervention techniques, Group process and logistics	1 hr./week	Dr. McMackin Dr. Gurland
Assessment	Initial Psychological Assessment, Mental Status, Risk Assessment, Behavioral Assessment	1 hr./week	Dr. McMackin Dr. Gurland
Neuropsychological Assessment	Neuropsychological Screening	PRN	Dr. Chase

**Application Criteria**

**1. Specific skills or requirements students should have before considering this field placement:**

There are specific skills and interests that will be given special consideration when a candidate is applying to this training program, which include:

- Interest in treating those with persistent mentally illness and chronic medical conditions
- Interest in Health Psychology issues in a mental health setting
- Interest in working and learning in a multi-disciplinary environment
- Interest in working and learning in a multi-cultural clinical setting
- Knowledge of and interest in psychological testing and diagnostic assessment?
- Knowledge of and interest in group treatment
- Knowledge of and interest in treating substance abuse

**2. Intern criteria for application to this track :**

Candidates applying for intern level of training are expected to have completed the required course work in administering and scoring the W.A.I.S.- IV and projective instruments (Rorschach, T.A.T., etc.).

**3. Scheduling requirements :**

All trainees are expected to be available to participate in training requirements offered on Tuesday. The remainder of the schedule is per arrangement with supervisors.

All part time candidates accepted to Health Psychology track are expected to be on-site three days per week, Tuesday, two other days.

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**Forensic / Psychiatric Rehabilitation Psychology Training** is offered to Psychology Trainees who are in their Internship level of training. Each trainee is assigned to a treatment team, under the direct supervision of the team psychologist and this modality is used to provide training opportunities in the application of assessment, treatment and rehabilitation for all the patients residing on the psychiatric inpatient units.

## **Training Goals and Objectives**

The training provided for the Forensic / Psychiatric Rehabilitation track is focused on specific competency areas that enhance skill acquisition and use. The training is focused on helping trainees attain competency in seven specific domains: Clinical Assessment, Forensic Assessment, Intervention/treatment, Rehabilitation, Diversity, Clinical Research and its Practical Application, and Professional Skills and Ethics. The task of helping you attain competence in the seven domains is shared by you and your supervisors. The training program is designed to help trainees gain experience, receive supervision and instruction and demonstrate each competency.

## **Broad Training Experience with Emphasis:**

- An emphasis on Forensic Psychology is part of the training experience.
- Trainees will be assigned to a primary unit on the psychiatric service, Metro Boston Mental Health Units and the psychologist on that unit will be the primary supervisor.
- A range of clinical assessments and treatment modalities will be offered inclusive of individual and group treatment; evaluations, and standardized cognitive and personality testing.
- A broad range of clinical psychology experience will be offered in a context of a multicultural/multiracial population, a team model of treatment, and a psychiatric/rehabilitation model of care.
- Accommodations will be considered if students wish greater emphasis in certain treatment areas or treatment modalities.

## **Training opportunities Forensic / Psychiatric Rehabilitation Track:**

**Clinical Assessments-** Cognitive testing, Personality testing, Mental Status Assessment, Suicidality Risk Assessment.

**Psychotherapy-** Individual treatment and Group treatment.

**Behavioral Treatment-** Individual Behavioral Plans and Skill Development group treatment.

**Forensic Services-** Evaluation and treatment of patients with court commitments, Competence to Stand Trial Restoration training.

## **Specific Duties expected of Psychology Trainees:**

1. Approximately 50% direct clinical service time.
2. Engage in a variety of diagnostic and treatment experiences (psychological test batteries, Initial Risk Assessments and Risk Assessment Updates, individual psychotherapy & group psychotherapy, treatment team meetings, milieu activities, multidisciplinary clinical groups)
3. Attend and participate in scheduled didactic training (i.e. Department and Hospital Orientation, MediTech Training, Forensic Training, Clinical Seminar).
4. Attend and participate in scheduled supervision (i.e. individual and group supervisions)
5. Perform required administrative and procedural tasks associated with clinical care.

## **Multidisciplinary Clinical Groups:**

- Team meetings (one and a half hours per week)
- Community meetings (one half hour per week)
- Unit clinical rounds (one hour per day)

### **Supervision:**

Supervision in Psychiatric Rehabilitation Forensic track is provided by:  
Ekaterina Burdo, Psy.D., and Robert Jampel, Ph.D.

### **Supervision & Training Activity:**

<b><u>Activity</u></b>	<b><u>Content Covered</u></b>	<b><u>Time of Meetings</u></b>	<b><u>Supervisor</u></b>
Forensic Issues & Assessment	Mental Health Law, Forensic Evaluations, Civil Commitment, Guardianships	1 hr./week	Dr. Burdo
Group Psychotherapy	Group process and logistics	1 hr./week	Dr. Jampel, Dr. Burdo
Individual Psychotherapy & Assessment	Individual Tx., Mental Status, Violent Behavior Assessment, & Initial Psychological Assessment	1 hr./week	Primary Supervisor
Psychological Testing	Administration, scoring & Write-up for Projective & Cognitive assessments	1.5 hr. plus / week	Dr. Jampel
Joint DPH and DMH Clinical Seminar	Clinical Case Presentations, Psychological Theory, Psychotherapeutic Interventions, Systems Theory and Practice	1 hr. /week	Dr. Gurland, Dr. Jampel Dr. Burdo

### **Application Criteria**

#### **Specific skills or requirements students should have before considering this field placement:**

There are specific skills and interests that will be given special consideration when a candidate is applying to this training program, which include:

- Interest in treating the persistently mentally ill
- Interest in forensic issues in a mental health setting
- Interest in working and learning in a multi-disciplinary environment
- Interest in working and learning in a multicultural clinical setting
- Knowledge of and interest in psychological testing and diagnostic assessment
- Knowledge of and interest in group treatment
- Knowledge of and interest in treating substance abuse

#### **Intern criteria for application to this track :**

Candidates applying for intern level of training are expected to have completed the required course work in administering and scoring the W.A.I.S.- IV and projective instruments (Rorschach, T.A.T., etc.).

**Scheduling requirements:**

All trainees are expected to be available to participate in training requirements offered on Tuesday and Friday.

All part time candidates accepted to Psychiatric Rehabilitation Forensic Psychology Track are expected to be on-site three days per week, Tuesday, Friday and one other day.

**Candidates interested in Forensic / Psychiatric Rehabilitation Track contact:**

**Dr. Ekaterina Burdo**  
**Metro Boston Psychology Training Program**  
**Metro Boston Mental Health Units**  
**Lemuel Shattuck Hospital**  
**170 Morton Street**  
**Boston, MA 02130-3782**  
**617- 971-3888**  
[Ekaterina.Burdo@DMH.state.ma.us](mailto:Ekaterina.Burdo@DMH.state.ma.us)

**Candidates interested in Health Psychology Track contact:**

**Dr. Robert McMackin**  
**Metro Boston Psychology Training Program**  
**Lemuel Shattuck Hospital**  
**170 Morton Street**  
**Boston, MA 02130-3782**  
**617- 971-3888**  
[Robert.McMackin@.state.ma.us](mailto:Robert.McMackin@.state.ma.us)