Advanced Practicum in
Adult Clinical Psychology
2017-2018

Worcester Recovery Center and Hospital
Worcester, MA
**Program Overview:** The Advanced Practicum in Adult Clinical Psychology at Worcester Recovery Center and Hospital (WRCH) is a 25-hour per week predoctoral clinical training program designed to meet the Massachusetts State Board of Registration in Psychology requirements for a supervised advanced practicum and a part-time pre-doctoral internship. Our Practicum welcomes qualified applicants in the third year and beyond of study at accredited graduate and professional schools of psychology who are pursuing Clinical or Counseling Psychology specialization. The practicum program provides supervised clinical experience conducting a variety of clinical evaluations, specialized risk assessments, psychological and cognitive or neuropsychological testing, and individual and group therapy. Advanced Practicum trainees also learn consultation to multidisciplinary teams providing patient-care services within our eight 26-bed Continuing Care Units and two 26-bed Court Evaluation (Forensic) Units. A similar Adolescent Clinical Psychology Traineeship is provided through the two 15-bed University of Massachusetts Medical Center Adolescent Continuing Care Units that are part of WRCH (see separate program description and application process).

WRCH is a state-of-the-art public sector psychiatric hospital that opened in Fall 2012. WRCH replaced inpatient beds from the former Worcester State Hospital, Westborough State Hospital and Taunton State Hospital. The impressive physical space was designed to promote the personal dignity of its patients and a recovery-oriented, person-centered care delivery process. The Advanced Practicum in Adult Clinical Psychology aims to provide high quality clinical training to pre-doctoral students who are interested in serious mental illness and related assessment and treatment services.

**The Program:** The primary goal of the Advanced Practicum is to provide intensive supervised clinical training in evidence-based psychological assessment, consultation and treatment with adults with serious mental illness and wide range of co-occurring psychological and medical disorders. The delivery of professional psychological services is embedded within a recovery-oriented, person-centered culture of care in a public service (state hospital) setting. Trainees develop a range of clinical skills and competencies providing supervised assessment and
treatment of adults in individual and group contexts, consultation to multidisciplinary teams, and participation in one or more treatment program consultation groups (e.g., Cognitive Enhancement and Restructuring program, Dialectical Behavior Therapy program). The training program includes a minimum of two hours of weekly individual supervision, an integrated weekly didactic seminar program to support development of setting-relevant knowledge and skills, a weekly year-long Rorschach Comprehensive System Seminar, and the opportunity to attend various grand rounds lectures at WRCH and/or the neighboring University of Massachusetts Medical Center (individual schedules permitting).

The clinical needs of our adult patients inform a range of assessment and treatment approaches, including motivational enhancement interventions, cognitive behavior therapies (DBT, CBT for psychosis, CBT for insomnia), relapse prevention work, social skills development, and a unique computer-assisted cognitive training program. The clinical and risk assessment needs of patients give trainees the opportunity to gain experience in assessing risks for violence, suicide, sexual behavior issues and fire-setting in addition to providing psycho-diagnostic consultation, substance use, trauma, admissions and annual assessments, and psychological and neuropsychological testing.

On all units, trainees benefit from participation in multidisciplinary rounds and treatment teams. Trainees increase their knowledge base with regard to the nature of public-sector health care and systems issues as they bear upon community placement, service development and integration, and organizational communications and change. The Advanced Practicum is consistent with the American Psychological Association’s (2014) Recovery to Practice initiative: it is designed to train developing psychologists in recovery-based principles and practices and psychosocial/psychiatric rehabilitation.

About Worcester State Hospital and the Worcester Recovery Center & Hospital: The Worcester Recovery Center and Hospital is a large, urban state psychiatric facility for adult and adolescent patients located on the site of the former Worcester State Hospital. Worcester State Hospital was established in 1833, among the first state hospitals for the mentally ill in the country. In many ways, the history of these institutions parallels the history of psychiatric treatment in the United States. Sigmund Freud visited Worcester State Hospital on his only trip to the United States in 1909 and, now more than a century later, the WRCH is taking inpatient psychiatric treatment into the 21st century. Our current capacity of 260 adult and 30 adolescent
inpatients, dramatically lower than the 2,800 patients served in the 1950s, represents a diverse cross section of demographic and cultural-linguistic characteristics and psychiatric disorders. In addition to two adolescent continuing care treatment units, the hospital houses two adult court evaluation units, seven adult rehabilitation units and a unit with a mixed acute and continuing care population of hearing and deaf adults.

Patients at the Worcester Recovery Center and Hospital are empowered to understand and manage symptoms associated with mental illness and to develop personally meaningful recovery and life goals. The overall philosophy is that strengths-based, recovery-oriented and trauma-informed interventions maximize the chances for a successful transition and adjustment to less restrictive alternatives to inpatient care in the community.

The Worcester Recovery Center and Hospital is affiliated with the neighboring University of Massachusetts Medical School and serves as a major training site for psychology (APA) interns and trainees, psychiatry residents, medical students, nursing students, and social work and occupational therapy trainees. Weekly and monthly clinical and research lecture series and special clinical and research presentations provide a lively, intellectually stimulating environment with ample opportunity for discussion and learning.

**Training Structure:** The adult training program is an unpaid, part-time experience (25 hours in a three day work week), for twelve months beginning on July 6, 2017 and ending on June 29, 2018. There are three weeks of vacation with a total traineeship time of approximately 1250 hours for each academic year. This traineeship meets all Massachusetts requirements for a year of Advanced Practicum training, as well as pre-licensure requirements for a part-time internship. Importantly, it is not part of the separate APA-accredited internship jointly operated by the Worcester Recovery Center & Hospital and University of Massachusetts Medical Center.

**Clinical Experiences:** Each trainee is assigned to one or more multidisciplinary teams on one of the hospital’s continuing care or court evaluation/forensic units where, under the supervision of the unit’s consulting psychologist, the trainee conducts Psychology admission and annual assessments, specialized risk evaluations, community meetings, and individual and/or group therapy. Trainees spend one-to-two hours per week as a therapist/coach in the Cognitive Enhancement and Restructuring Therapy (CERT) program helping patients progress through a series of computer-assisted cognitive tasks designed to remediate cognitive deficits commonly
associated with schizophrenia-spectrum disorders and other major mental illnesses. The program promotes the active use of cognitive restructuring interventions to support development of more adaptive and efficacy-supporting self-statements to motivate recovery-engagement. Trainees will also participate as co-leaders in one or two recovery and treatment groups (e.g., Person Centered Care, Dialectical Behavior Therapy, Relapse Prevention Planning, Dual Recovery/Substance Use/SMART Recovery). Trainees are expected to conduct at least three full batteries of standard cognitive or neuropsychological and personality (structured self-report inventories and performance-based) tests and write integrated assessment reports. This competency is supported by one hour or more of weekly testing supervision, assessment-focused seminar modules conducted early in the weekly didactic seminar program, and a year-long weekly, 90-minute, case-oriented testing (Rorschach) seminar. Lastly, trainees typically carry an individual therapy caseload of 2-4 individuals, some of which may extend over the course of the entire training year (i.e., longer term treatment).

While Trainees are not selected for and are not assured specialized training as part of the generalist advanced practicum program offered, there are opportunities for some Trainees to gain relatively more experience and training in the evaluation of court-involved/forensic status patients, neuropsychological testing, motivational interviewing, Dialectical Behavior Therapy, cognitive restructuring for PTSD, Cognitive Behavior Therapy for Psychosis, evidence-based dual recovery intervention, assessment and treatment of individuals with Mental Illness/Problematic Sexual Behavior and program development and evaluation. WRCH has a diverse patient population including a significant Spanish- and non-English speaking patient cohort and the state’s Deaf Inpatient Services unit (which includes ASL).

**Supervision and Seminars:** Trainees have a minimum of two hours of individual supervision each week for psychotherapy and psychological/neuropsychological testing. Additional supervision is provided for unit-based work such as admission assessments (including substance use assessments) and more comprehensive specialized assessments of risk for violence, suicide, and fire setting. All supervision is conducted by licensed clinical psychologists and mental health clinicians credentialed as hospital staff. Trainees may also receive additional supervision from APA psychology interns under the guidance of hospital staff psychologists. Trainees are required to participate in a weekly 90-minute Rorschach (personality assessment) seminar on Fridays and a 90-minute Clinical Issues (didactic) Seminar on Tuesdays. The Clinical Issues Seminar covers a wide variety of topics relevant to the assessment and
treatment of adults with serious and persistent mental illness, and consists of some sessions designed exclusively for trainees and other sessions presented jointly to trainees and APA program interns. The Advanced Practicum begins with a comprehensive three-week orientation program in July, including a hospital orientation and orientation to the Psychology Department’s workflow, administrative/documentation procedures, and a range of foundational clinically focused seminar modules related to the mental status exam, understanding and working with people with psychosis and other schizophrenia-spectrum disorder/SMI, diversity issues in assessment and treatment, positive behavior support interventions, family interventions and treatment, and evidence-based assessments including admission/annual, violence, suicide, fire-setting, and problematic sexual behavior risk assessments and mitigation interventions.

In accordance with the Massachusetts Board of Registration for Psychology, four hours of structured learning activities on issues related to racial/ethnic bases of behavior with a focus on people of color are offered. Structured and informal opportunities occur for learning consultation skills and applied fundamentals of program development/evaluation. Individual trainee time permitting, trainees may also participate in selected offerings from Psychiatry Grand Rounds at the UMass Medical School (Thursdays, 12-1pm,) and at the Worcester Recovery Center and Hospital (typically Tuesday afternoons) from September to June.

**Program Training Faculty & Faculty Interests:**
Each of the professional psychologists and clinicians providing training and supervision is a generalist, though each also emphasizes particular areas of clinical interest and professional competencies.

*Daniel R. Lambert, PhD*, Director of Psychology; Clinical Leadership, Program Development & Evaluation, Implementation of EBTs for people with Serious Mental Illness, Exner’s Comprehensive System for the Rorschach, Cognitive Enhancement & Restructuring.

*Anthony J. Giuliano, PhD*, Co-Director of Psychology Training; Clinical Neuropsychology/ Psychological Assessment, Cognitive Behavior Therapy for Psychosis, Cognitive Training

*John P. Terry, PhD*, Co-Director of Psychology Training; projective testing; therapy and client value systems; treatment of persons with dual disorders (major mental illness and substance abuse); spiritual issues of those with severe and persistent mental illness

*Elizabeth Anderson, PsyD*, Trauma-Informed Care & Treatments, Dialectical Behavior Therapy, Substance Use Treatment
Rebecca Hanson-Richardson, PhD, Dialectical Behavior Therapy, CBT for Psychosis, CBT for Anxiety & Treatment Resistant Depression, Trauma-Informed Treatments
Gregg Januszewski, PsyD, Faith-Based Recovery, Optimism, Dual Diagnosis Treatment, Individual Psychotherapy
Peter LaCanfora, PsyD, Mental Illness/Problematic Sexual Behavior program
Ben Mathews, LMHC, Substance Use Treatment Programming, Motivational Interviewing, Person-Centered Care, Relapse Prevention and Recovery
Jennifer A. O'Leary, PhD, ABPP, Treatment of Severe and Persistent Mental Illness, CBT for Psychosis, Psychosocial Rehabilitation, Individual and Group Psychotherapy
Gregory Plante, PsyD, Motivational Interviewing, Recovery-Based Psychological Practice, Trauma-Informed Care, Recovery-Oriented Relapse Prevention
Meredith B. Ronan, PsyD, Positive Behavior Support consultation and programming, Cognitive Behavior Therapy for Psychosis, Psychological Assessment
Katie Treiber, PhD, Consulting Clinical Neuropsychologist; Cognitive Enhancement & Restructuring Program Coordinator; Clinical Neuropsychology
Alan Bodnar, PhD, Emeritus Faculty; Projective testing, individual psychotherapy, relapse prevention, cognitive style and team problem solving
John Sweet, PhD, Emeritus Faculty; Violence Risk Assessment; Recovery-Oriented Relapse Prevention Planning, special program consultation
Michael B. Gaskell, PsyD, Postdoctoral Fellow in SMI/Positive Behavior Support Programming

Selection of Candidates: The Advanced Practicum is open to up to 8 students in their third year and beyond of doctoral studies in a clinical, counseling or professional psychology program at a regionally accredited professional or educational institution. Completion of substantial course work in psychological testing, including the WAIS-IV/WISC-V and Rorschach, and/or neuropsychological assessment is preferred. Candidates should have some experience, in courses or in clinical settings, writing integrated psychological or neuropsychological assessment reports. Given the heavy emphasis on assessment, efficiency and quality of clinical case formulation and writing is highly valued.

Evaluation: Each trainee will develop an individualized contract with the program in collaboration with their primary and secondary supervisors at the beginning of the training year. Each trainee will be evaluated twice during the practicum year, at mid-year and at the end of the
year, and will have the opportunity to evaluate the advanced practicum program both in writing and in an exit interview at the end of the training year.

**Application:** Please send a cover letter, curriculum vitae, three letters of reference and two psychological or neuropsychological testing reports to:

Anthony J. Giuliano, Ph.D.
Co-Director of Psychology Training
Worcester Recovery Center and Hospital

Electronic submissions are preferred; please send to: anthony.j.giuliano@state.ma.us. If you must use conventional mail, please address your application materials to the attention of Anthony Giuliano, PhD, Psychology Department, Worcester Recovery Center & Hospital, 309 Belmont Street, Worcester, MA 01604. (For adolescent training program information, please contact Brian Denietolis, PsyD at 508.368.3756.)

Applications will be accepted starting on December 1, 2016; application deadline is noon on **Tuesday, January 3rd, 2017.** Interviews will be conducted in January. In accordance with the Massachusetts Practicum Training Collaborative (PTC), notification of offers will be made on **Monday, February 6th, 2017.** Inquiries about the program are encouraged and should be directed to: anthony.j.giuliano@state.ma.us or 508.368.3323.