

**Psychology Practicum Training**  
**Cambridge Health Alliance/Harvard Medical School**  
**2023-2024**

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**Primary Care Behavioral Health**

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The Cambridge Health Alliance offers advanced practicum training at the pre-internship level. In order to help you get to know this particular practicum better, we provide this overview of what we anticipate offering for the 2023-2024 training year. Some of these program components may be subject to change.

**Practicum Program Description**

The Psychology Practicum offered by CHA's Primary Care Behavioral Health (PCBH) integration program provides experience as an integrated behavioral health professional on a primary care team. CHA screens primary care patients for common behavioral health conditions including depression, anxiety, and addiction, and uses a stepped care model to provide outreach and brief treatment interventions to patients with mild-moderate conditions, and consultation to primary care teams to support their treatment of patients.

The PCBH training experience occurs in the context of multidisciplinary care involving psychiatry, psychology, social work, and the primary care team. Clinical interventions include screening, individual assessment, telephonic monitoring, individual and group treatment using behavioral activation, motivational interviewing, psychoeducation, problem-solving treatment and cognitive behavioral therapy. Supervision meetings and case conferences enhance understanding of the screening, assessment, and intervention process with primary care patients.

**Description of the Primary Care Behavioral Health Program**

Cambridge Health Alliance has achieved a high level of behavioral health - primary care integration. CHA implemented the [\*Collaborative Care\*](#) model of depression care, and SBIRT (Screening, Brief Intervention, and Referral to Treatment) in all 12 of its primary care sites. Our implementation adds a consulting psychiatrist, an integrated therapist, and a care manager to the primary care team. We have deployed new patient and annual screening for depression, anxiety, alcohol use, and drug use. We track patient progress in a mental health registry, and ensure that patients who are not improving receive more aggressive treatments (medication and or psychotherapy). Behavioral health providers are not simply co-located at primary care sites, but are truly integrated into the primary care team.

The National Committee for Quality Assurance's (NCQA) Massachusetts recognized all 12 CHA primary care practices as Level 3 Patient Centered Medical Homes (PCMH), as well as with [\*PRIME certification\*](#). The Massachusetts Health Policy Commission (HPC), in collaboration with NCQA, developed the PCMH PRIME Certification Program, which identifies criteria that are key to integrating behavioral health care into primary care, and certifies practices that meet a majority of these.

## **Responsibilities**

The PCBH practicum trainee will follow up with primary care patients who screen positive for behavioral health (BH) conditions, and accept “warm handoffs” from primary care teams to address BH needs. Under the supervision of psychiatrists, psychologists, and social workers leading the treatment teams, the trainee will assess the patient and determine the appropriate level of care, using CHA’s Stepped Model of Care. The trainee will provide brief individual and group treatment, and monitor assigned patients through telephonic outreach. The trainee will also provide consultation to primary care teams on behavioral health concerns and participate in case reviews with the primary care and behavioral health teams.

## **Yearly Schedule**

This practicum runs from September 1 through June 30. Practicum Trainees receive three (20-hour) weeks of vacation plus hospital holidays. Trainees may not take vacation time in the first and last month of their training year.

## **Weekly Schedule**

For the purpose of helping you anticipate what your weekly activities will be like, we provide this estimation of your twenty-hour weekly arrangement:

- 7 hours brief interventions with individual patients
- 1 hour group therapy
- 1 hour supervision with preceptor
- 1 hour supervision with secondary supervisor
- 1 hour group supervision
- 1 hour case review with psychiatrist, therapists, and care partner
- 4 hours administrative time
- 1 hour professional development seminar
- 1 hour required seminar
- 2 hours elective seminar/Grand Rounds

The current schedule, which is subject to change, is as follows. Trainees are asked to be onsite for three-to-four days per week (for a total of 20 hours per week) in order to enhance continuity of care and training experience. A finalized schedule will take into account the needs of the site as well as the responsibilities of the trainee outside of CHA.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Clinical Case Review</b> (if on site that day; schedule time to connect with assigned primary care team)</p>	<p><b>Clinical Case Review</b> (if on site that day; schedule time to connect with assigned primary care team)</p>	<p><b>Integrated Care Seminar</b> 8:00-9:00 Cambridge Hospital, Cahill 1 Conference Room (optional; 2<sup>nd</sup> Wed)</p> <p><b>Professional Development Seminar</b> 9:00-9:50 Macht Building, Room TBA (required)</p> <p><b>PCBH Peer Supervision</b> 10:00-10:55 10 Beacon St, Cambridge, Room 210 (required; 1st, 3rd Wednesday)</p> <p><b>Brief Interventions in PCBH</b> 11:00-11:55 10 Beacon St, Cambridge Room 210 (required; 2<sup>nd</sup> Wednesday)</p> <p><b>Grand Rounds/Psychiatry Department Staff Meeting</b> 12:00-1:15 Macht Auditorium (required)</p>	<p><b>Clinical Case Review</b> (if on site that day; schedule time to connect with assigned primary care team)</p>	<p><b>Clinical Case Review</b> (if on site that day; schedule time to connect with assigned primary care team)</p> <p><b>Malden Family Medicine Resident Behavioral Health Seminar</b> 10:00-11:30 Malden Family Medicine Center, Room TBA (optional; 1st Fri)</p>

### **Seminars and Meetings (Required)**

***Clinical Case Reviews:*** Case reviews with the behavioral health and primary care teams are held weekly at each site. PCPs meet with the behavioral health team (psychiatrist, therapists, and care partner) to discuss and consult on mild-to-moderate depression cases listed in a mental health registry.

***Psychology Practicum Professional Development Seminar:*** Trainees from all psychology practicum programs attend this seminar, instructed by the Director of Psychology Practicum Training, Dr. Carolyn Conklin. The seminar addresses professional clinical issues relevant to all practicum-level trainees, such as making use of supervision, vicarious trauma and clinician self-care, organizational dynamics, case formulation and presentation, and preparing for internship.

***Primary Care Behavioral Health Peer Supervision:*** This bi-weekly supervision is attended by all PCBH therapists and trainees. Participants present and discuss cases, as well as address issues related to the theory and practice of therapy in primary care.

***Brief Interventions in Primary Care Behavioral Health:*** Taught by psychologists and social workers experienced working in primary care behavioral health, this seminar provides didactic instruction in specific, brief interventions for a number of presenting concerns (e.g., depression, anxiety, drug and alcohol misuse) commonly seen in primary care. Participants typically include practicum trainees, post-doctoral psychology fellows, and interns from the APA-accredited internship program at CHA. Interventions include behavioral activation, motivational interviewing, problem solving treatment, SBIRT addictions counseling, cognitive behavioral therapy, behavioral medicine, and Wellness Recovery Action Planning (WRAP). Trainees interested in presenting on a topic in which they have expertise, or about which they would like to learn more, are encouraged to do so collaboratively with their supervisor or other staff therapist.

***Psychiatry Grand Rounds:*** Grand Rounds draws speakers on current clinical, theoretical, and research issues and is open to the entire Psychiatry Department.

### **Seminars (Optional)**

***Integrated Care Seminar:*** This monthly seminar introduces trainees to the basics of integrated care, covering various mental health-related challenges that are faced outside a specialty mental health clinic, such as a primary care setting. The seminar pays particular attention to the role of psychiatrists and therapists as consultants to primary care practices and discusses ways in which they can best support patients and capacity build for integrated team colleagues. This seminar also covers health care delivery issues, including access challenges we face with the growing trend of physician shortage. Each month, participants take turns preparing and facilitating the discussion on a selected piece relevant to integrated care. A senior resident or faculty member helps guide each discussion.

***Malden Family Medicine Resident Behavioral Health Seminar:*** The PCBH psychology practicum trainee is welcome to attend this monthly seminar at the Malden Family Medicine Center, co-led by staff psychologist and Primary Care and Behavioral Health Integration Clinical Manager, Dr. Kate Zona, and an attending psychiatrist. This seminar introduces family medicine residents and psychology trainees to a biopsychosocial, multidisciplinary framework for the assessment and treatment of mental health conditions commonly seen in primary care. Participants receive training on prevalence, symptoms, common presentations, associated functional impairment, and treatment within an integrated primary care setting. It is co-led by a psychotherapist and a psychiatrist/psychopharmacologist. Examples of topics discussed include mood and anxiety disorders, eating disorders, insomnia, psychosis and ADHD.

### **Continuing Education**

Continuing Education courses are offered throughout the year sponsored by the Department of Psychiatry alone, or jointly with the Harvard Medical School. These optional courses include nationally recognized speakers on topics such as Psychotherapy, Substance Abuse, Suicide, Women's and Men's Issues, Spirituality, Couples and Family Treatment, Primary Care Behavioral Health Integration, and Psychopharmacology. Practicum trainees may attend these conferences at a scholarship rate as trainees of Harvard Medical School and Cambridge Health Alliance.

### **Supervision and Precepting**

Practicum trainees receive 2.0 hours of face-to-face clinical supervision per week. One supervision hour is with a CHA PCBH psychologist, and one is with an “outside supervisor,” a psychologist who does not work in, but consults to, the integrated care program.

Additional clinical oversight is provided by the team’s consulting psychiatrist. Postdoctoral fellows are also available for collaboration and round out a highly-valued psychology contingent in PCBH.

**Location**

Trainees will conduct clinical work at CHA Windsor Primary Care Clinic, located at 119 Windsor Street, Cambridge MA 02139. Public transportation is available. Wednesday seminars take place in various locations on the Cambridge Hospital campus, located at 1493 Cambridge Street, Cambridge 02139.