1 **Overview of the Rotation:**

The OCD and Anxiety Disorders Intensive Outpatient Program (IOP) is a specialized program designed to help adults experiencing persistent obsessive compulsive disorder (OCD), intense fears (phobias), panic disorder, agoraphobia, health anxiety (illness anxiety disorder), and social anxiety. Grounded in an exposure-based CBT model of treatment, the program is geared towards people who have not responded to traditional outpatient treatment. Treatment takes place Monday through Thursday, over an average 6-week period. Patients in this program receive individual therapy, daily group therapy, as well as home/community-based exposure and response prevention (ERP), family consultations, and expert psychiatric medication consultation. Clinical psychology residents will participate and receive supervision in all aspects of program procedures. This placement also includes one-half day each week on call in the Patient Assessment Services (PAS) at Butler Hospital, where the clinical psychology resident works with a psychiatrist to triage patients for hospital services.

2 **Achievement of Competencies:**

**Ethical and Legal Standards:** Competencies in this area will be achieved through the demonstration of ethical practice within all clinical, research, and administrative/professional activities, as well as discussion of ethical/legal issues during supervision.

**Professionalism and Self-Awareness:** Competencies in this area will be developed by participating as a professional member of the multidisciplinary team, participating in ongoing educational activities, and reflecting on professional roles and responsibilities within the context of supervision.

**Interpersonal and Communication Skills:** Residents will demonstrate competencies in this area through their participation as a professional member of the multidisciplinary team, including opportunities to communicate data, ideas, recommendations, and feedback to others.

**Assessment and Diagnosis:** Competencies in this area will be developed through conducting comprehensive intake evaluations with patients presenting to the IOP and to PAS. This includes collection of pertinent biopsychosocial data, review of self-report measures, evaluation of mental status and lethality, and review of data from collaborating providers to determine diagnostic and level-of-care determinations.

**Effective Intervention:** Competencies in this area will be achieved through conducting individual, group, and family therapy (when appropriate) with IOP patients. Treatment goals will be operationalized and evaluated over the course of treatment based on data obtained routinely during clinical rounds, and modifications to treatment will be made based on this data.

**Consultation:** Competencies in this area will be achieved through responding to consultation requests from Butler Hospital programs to determine whether ERP may be an
appropriate treatment option. Opportunities for consultation also arise in the form of collaborating with team members in order to generalize skills developed within therapy sessions to other aspects of their IOP treatment and beyond. **Supervision and Teaching:** Opportunities may be available for residents to discuss supervision styles, strategies, and important factors in the supervisor/supervisee relationship. The resident typically does not have opportunities to provide direct supervision to others during this rotation. **Research and Scholarly Activities:** Residents typically do not have opportunities to develop these skills during this rotation. **Cultural and Individual Diversity:** Competencies in this area will be developed through exposure to diverse IOP and PAS patients, supervision regarding assessment and treatment considerations relevant to work with diverse populations, and directed readings, when appropriate.

### 3 Time Commitment:
Rotations are 4 months in duration and the minimum hour requirement is 36 hours per week.

### 4 Duties & Responsibilities:
Regular duties and responsibilities include the following: (1) initial intake evaluations with patients presenting to the IOP. The clinical psychology resident will be responsible for gathering all pertinent biopsychosocial data, reviewing self-report measures and collaborating with referring/other providers for purposes of diagnostic and level-of-care determination, (2) co-facilitate exposure and response prevention groups (3) individual therapy with up to 3 assigned patients, (4) home/community-based ERP sessions and family/couples sessions as indicated as appropriate given the level and experience of the trainee (5) weekly clinical consultation/supervision, (6) daily clinical rounds, (7) consultations for IP and PHP programs with potential referrals to IOP, (8) discharge planning, and (9) review of relevant articles related to evidence-based psychotherapeutic treatment approaches with this population.

### 5 Time Table:
Approximate weekly timetable: patient caseload (6-8 hours), daily team meetings (2 hours), supervision (3 hours). intake evaluations or psychological consultations and documentation (4-5 hours), group therapy (3-6 hours), community-based ERP and family/couples sessions (3 hours), utilization review and discharge planning (4 hours), on call in Patient Assessment Services (4 hours)

### 6 Methods of Teaching:
The primary modalities of teaching include direct observation, role modeling, feedback, and one-to-one didactic instruction, review and instruction of clinical documentation, and reading material. Initial training in conducting community-based exposures will start with shadowing supervisors on or near campus during regular IOP hours. Contingent upon ability to function independently in the community, the resident will have the opportunity to conduct independent off-site exposures, which may occur either during or before regular IOP hours.

### 7 Treatment Units of Programs Involved:
OCD and Anxiety Disorders IOP, Patient Assessment Services

### 8 Supervision:
Dr. Maria Mancebo is the primary supervisor for the rotation. Supervision time is as follows: Half hour daily group consultation/supervision with entire clinical team, 1 hour weekly individual supervision with Dr. Mancebo, as well as group psychotherapy supervision with Dr. Mancebo. Clinical consultation/supervision with multi-disciplinary clinical team is available throughout the day on an as needed basis. Appropriate psychiatric supervision for the resident’s on call experiences in the Patient Assessment Services will be provided by Dr. Rengifo and psychiatrists affiliated with the Admissions unit (PAS).

9 Relationships to Core Programs:
Training reflects the overall philosophy of the Brown Internship Program, which is based on the clinical science model. In addition to the outlined duties and responsibilities specific to the rotation, release time allows for attendance at various seminars, educational opportunities, additional clinical rotations, and a research placement.

10 Designation of Key Liaison Personnel:
Maria Mancebo, Ph.D., is the primary supervisor responsible for the training and supervision of the clinical psychology resident on this rotation.

Lauren Weinstock, Ph.D., Adult Track Coordinator, Alpert Medical School of Brown University Clinical Psychology Internship Training Program.

Elizabeth McQuaid, Ph.D., ABPP, Director of the Alpert Medical School of Brown University Clinical Psychology Internship Training Program.

11 Criteria for Success:
Successful residents will achieve ratings of “Satisfactory Progress” on all competencies that are available within this rotation. Plans will be made for residents to obtain further training, supervision, and/or remediation to address competencies that are rated as “Needs Improvement” or are otherwise identified as areas that require additional emphasis in training. This rotation will be one of several that is considered in an overall determination of resident "competence" at the completion of the internship period.