Rotation Title: Acceptance and Mindfulness-Based Partial Hospital Program

Location: Rhode Island Hospital

Rotation Supervisor(s):
- Catherine D’Avanzato, Ph.D. (Primary Supervisor)
- Mark Zimmerman, M.D.
- Theresa A. Morgan, Ph.D.
- Olga Obraztsova, Ph.D.
- Rawya Aljabari, Ph.D.
- Doug Long, Ph.D.
- Savannah McSheffrey, Ph.D.
- Adriana Hyams, Ph.D.
- Rachel Ojserkis, Ph.D.
- Kristin Davidoff, Ph.D. (faculty appointment pending)
- Molly Meth, Ph.D. (faculty appointment pending)
- Kristy Dalrymple, Ph.D.

1 Overview of the Rotation:
The Acceptance and Mindfulness-Based Partial Hospitalization Program at Rhode Island Hospital (RIH PHP) serves adults aged 18 years and older who present with a range of psychological problems, including mood, anxiety, PTSD, and personality disorders. The primary treatment model is based in Acceptance and Commitment Therapy (ACT), although other empirically supported behavior therapies may also be used as indicated.

The partial hospital runs from 8:00 AM to 1:30PM Monday through Friday, and the average length of stay for patients is 7-10 program days. Patients attend 4 groups per day, providing them with skills in: values and goals clarification; greater acceptance towards difficult feelings and thoughts while engaging in meaningful behaviors; improving interpersonal relationships; and increasing mindfulness and other coping behaviors. Three of the four groups are 30-45 minutes in duration, and the fourth group (interpersonal therapy) is 90 minutes. Patients also receive individual therapy and medication management sessions on a daily basis. Individual therapy sessions are approximately 20-30 minutes each. Three specialty treatment tracks are currently available tailoring ACT for (1) trauma/PTSD, (2) young adult issues, and 3) borderline personality disorder/emotion regulation difficulties.

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 (1) use of functional analysis and other clinical behavior assessments of maladaptive behaviors, (2) use of daily measures in clinical practice, and (3) conducting safety assessments, mental status evaluations, and treatment appropriateness evaluations as indicated.

Effective Intervention: Competencies in this area will be achieved through conducting individual and group therapy with patients in the RIH PHP in accordance with principles of ACT and related behavior therapies. Treatment goals will be operationalized and evaluated over the course of individual and group-based treatments, and modifications to treatments made based on these results.

Consultation: Competencies in this area will be achieved through coordination of care with referring providers, responding to consultation requests from other providers, and regular consultations with multidisciplinary teams both on and off the PHP unit.

Supervision and Teaching: Opportunities may be available for residents to discuss supervision styles, strategies, and important factors in the supervisor/supervisee relationship. The resident frequently has an opportunity to participate in providing direct supervision to other trainees during this rotation.

Research and Scholarly Activities: Supervisors regularly assign readings to trainees in the PHP, particularly at the beginning of the rotation. Residents may also develop a new empirically-based skills group intervention. The RIH PHP is a clinical research setting, and data are regularly reviewed in weekly staff meetings and supervision settings. There may also be opportunities to join staff in research projects, or in some cases, to develop a research project with existing datasets.

Cultural and Individual Diversity: Competencies in this area will be developed through: exposure to diverse patients and families; supervision regarding assessment and treatment considerations relevant to work with diverse populations; and directed readings.

3 Time Commitment: Rotations are 4 months in duration and the minimum hour requirement is 32 hours per week. Residents are expected to be on-site from 8:00 am to 4:00 pm daily, excluding hours spent at required didactics, research placement, or other required Brown activities.

4 Duties & Responsibilities: The clinical psychology resident participates as an active member of the multidisciplinary treatment team. Regular duties and responsibilities include: maintaining an average caseload of 4 patients, consisting of 2-3 30-minute individual therapy sessions daily; leading/co-leading 5-10 groups weekly; attending meetings with the clinical team for supervision twice weekly for discussion of treatment planning, patient progress, group dynamics, and problem-solving; meeting with his/her direct supervisor individually for at least 1 scheduled hour weekly; meeting for group supervision for 1 scheduled hour weekly; and intermittent supervision during the treatment days as needed. In addition, residents will consult as needed during the treatment day with their patients’ psychiatrist and other members of the interdisciplinary care team. Focused experiences in the treatment of trauma, young adult concerns, and personality disorders may also be available depending on interns’ prior training and training goals once interns have mastered general track groups.

5 Time Table: The approximate weekly time table in hours is as follows:

| Clinical staff meetings | 2 |
Clinical psychology residents spend one-half day per week at the clinical psychology resident’s research placement.

6 Methods of Teaching:
The primary modalities of teaching include observation, co-leading groups, supervisory feedback, and one-to-one and group didactic instruction. Reading material is provided on a case-by-case basis. Residents will be observed in-vivo running groups and in individual sessions as needed.

7 Treatment Units of Programs Involved:
The Rhode Island Hospital Partial Hospital Program

8 Supervision:
Catherine D’Avanzato, Ph.D., serves as the primary supervisor on this rotation. Other psychologists who may serve as individual and group supervisors include: Brian Pilecki, Ph.D., Theresa A. Morgan, Ph.D., Olga Obraztsova, Ph.D., Rawya Aljabari, Ph.D., Doug Long, Ph.D., Savannah McSheffrey, Ph.D., Adriana Hyams, Ph.D., Rachel Ojserkis, Ph.D., Kristin Davidoff, Ph.D., Molly Meth, Ph.D., and Kristy Dalrymple, Ph.D. Because the RIH PHP uses a cooperative team model, all clinicians on the unit may also act as temporary supervisors as needed by the supervisee. The director of the program, Mark Zimmerman, M.D., will also provide supervision as needed.

A goal of supervision is to provide an environment that is conducive to learning and provides the necessary support for professional growth, development and attainment of the clinical psychology resident’s personal goals for the internship experience.

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, and a research placement.

10 Designation of Key Liaison Personnel:
Catherine D’Avanzato and Mark Zimmerman, M.D. are primary supervisors responsible for the training and supervision of the clinical psychology residents 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.

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 are considered in an overall determination of resident "competence" at the completion of the internship period.