Rotation Title: Women’s Partial Hospital Program Rotation

Location: Butler Hospital

Rotation Supervisor(s):

Ellen Costello, PhD (Primary Supervisor)

Heather Schatten, Ph.D.

1 Overview of the Rotation:
The Women’s Partial Program (WPP) at Butler Hospital utilizes Dialectical Behavior Therapy (DBT) to treat women presenting with a range of psychiatric disorders. The focus of treatment is emotional and behavioral dysregulation that interferes with optimal functioning. The majority of women treated in the WPP have histories of trauma. Many meet criteria for borderline personality disorder or other Axis II diagnoses. Common presenting problems include mood, anxiety, impulse control and substance abuse problems.

2 Achievement of Competencies:

Professionalism: Competencies in this area will be developed through participation in clinical activities, administrative/professional roles, supervision, and ongoing educational activities throughout the rotation.

Assessment and Diagnosis: Competencies in this area will be developed through conducting comprehensive diagnostic evaluations of individuals presenting to the Women’s Partial Hospital Program. This may also include differential diagnosis of anxiety, affective disorders, and substance abuse disorders. Competency in safety assessments, experiential avoidance and use of maladaptive behaviors to manage mood will be honed in the WPP.

Effective Intervention: Competencies in this area will be achieved through conducting individual and group therapy with women in the WPP in accordance with DBT principles.

Consultation: Informal consultation to the multi-disciplinary staff on the resident’s areas of expertise will be made in team meetings.

Evaluation: Competencies in this area will be developed through operationalizing treatment goals for individual and group-based treatment, and evaluating progress toward those goals over the course of treatment. Resident may be involved in on-going program evaluation.

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 has an opportunity to participate in providing direct supervision to other trainees during this rotation.

Strategies of Scholarly Inquiry/Research Skills: Supervisors regularly assign readings to trainees in the WPP. There are also opportunities to join staff in minor research projects or
to develop a brief research project during this rotation. In lieu of this, residents may develop a new, empirically-based skills group intervention.

**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, excluding hours spent at a research placement.

### 4 Duties & Responsibilities:
Regular duties and responsibilities include the following: 1) Meeting with the multidisciplinary team for discussion of treatment planning, patient progress, group progress, and problem-solving, 2) conducting occasional post-discharge DBT skills classes over the course of the 4 month rotation on Tuesdays from 5:15 to 7:00 PM 3) teaching 8-10 psycho-educational skills groups per week 4) carrying a daily caseload of 2 patients for individual DBT 5) participating in daily team huddle to familiarize the team with new patients, clinical updates on returning patients, and group issues 6) participating in the training and supervision of WPP trainees.

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical staff meetings</td>
<td>2</td>
</tr>
<tr>
<td>Treatment planning and preparation</td>
<td>4</td>
</tr>
<tr>
<td>Conducting skills groups</td>
<td>9</td>
</tr>
<tr>
<td>Individual therapy and clinical documentation</td>
<td>6</td>
</tr>
<tr>
<td>Formal and informal supervision</td>
<td>4</td>
</tr>
<tr>
<td>Research</td>
<td>4</td>
</tr>
<tr>
<td>Other educational activities</td>
<td>2</td>
</tr>
<tr>
<td>Clinical support services</td>
<td>1</td>
</tr>
</tbody>
</table>

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 role modeling, feedback, and one-to-one didactic instruction. Reading material is provided on a case-by-case basis, when indicated.

### 7 Treatment Units of Programs Involved:
The Women’s Partial Hospital Program and the clinical psychology resident’s research placement.

### 8 Supervision:
Ellen Costello, Ph.D., the Director of the Women’s Partial Program, and Heather Schatten, Ph.D, are the psychologists who supervise clinical psychology residents on this rotation.
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:
Ellen Costello, Ph.D. and Heather Schatten, Ph.D. are responsible for the training and supervision of the clinical psychology resident on this rotation.

Lauren Weinstock, Ph.D., Adult Track Coordinator

Elizabeth McQuaid, Ph.D., ABPP, Director, Brown 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 are considered in an overall determination of resident "competence" at the completion of the internship period.