

Graduate Training Practica in Psychology at the McLean-Franciscan Child/Adolescent Units

Community Based Acute Treatment (CBAT)
Inpatient Mental Health Programs

Graduate Training Practica in Psychology at Franciscan Children's Outpatient Behavioral Health

The following brochure describes 3 separate training tracks: 1. CBAT, 2. Child & Adolescent Inpatient Mental Health, and 3. Outpatient Behavioral Health. Applicants can choose to apply to 1, 2, or 3 tracks.

1. CBAT

CBAT Program Description:

The Advanced Practicum position is designed for a minimum of (20) hours per week, spread across three days on-site (between the hours of 9am to 5pm), for the full academic year, and requires a clinical, school, counseling, expressive therapy, or related behavioral sciences background. The McLean-Franciscan Community Based Acute Treatment (CBAT) program is a short term (2-3 week average) residential program for children and adolescents ages four to fourteen. Typically, patients are referred as either a step down from a more intensive inpatient hospitalization or from the community as a diversion away from a hospitalization stay. Typical presenting diagnoses include mood disorders, attention deficit disorder, depression, psychosis, anxiety disorders, and posttraumatic stress disorder. We serve a very diverse group of children and families. Within our program, children receive group therapy, individual therapy, family sessions, and psychiatry medication services. The average length of stay for a patient is 2-3 weeks but this varies due to the individual child's needs and discharge placement planning. Services are provided through a multi-disciplinary team, including a medical team (psychiatrist, nurse practitioners and nurses), clinicians (PhD, LICSW and LCSW) and milieu staff.

CBAT Training Opportunities:

The practicum opportunities include carrying an individual therapy caseload of 2-3 cases, running 2-4 therapy groups, consultation and collaboration as part of the multidisciplinary team, family work and the opportunity to participate in system meetings. The theoretical orientations within the program include cognitive-behavioral therapy, dialectical behavioral skills, and acceptance and commitment therapy. The individual and group programs are rooted in evidence-based practices and a strength-based model of care. In addition to direct clinical care, our practicum students receive weekly individual and group supervision. They are also required to attend one of the two multi-disciplinary team clinical rounds. Weekly didactics will occur in conjunction with the McLean-Franciscan Inpatient Program and the Franciscan Children's APA Internship Program, which provides our students with the opportunity to learn about multiple topics from diverse presenters.

2. Child & Adolescent Inpatient Mental Health

Child & Adolescent Inpatient Mental Health Program Description:

The McLean-Franciscan Child and Adolescent Inpatient Mental Health Program offers a practicum placement to graduate students seeking a scientist-practitioner model of psychology training, and operates alongside the Mass General Child Psychiatry fellowship training program and McLean social work training program. The Inpatient Unit is a short-term acute treatment program located at Franciscan Children's, serving some of the most complex cases in severe psychiatric crisis. The program has 32 beds for children and adolescents ages 3-19 (though primarily serving ages 12-18). Multidisciplinary assessment and crisis intervention on the inpatient unit consists of expert diagnostic assessment, psychopharmacological treatment, and mobilization of the child's family and support system. The team is comprised of psychiatrists, social workers, psychologists, nurses, educators, child life specialists, and mental health specialists. Program goals include the restoration of safety, targeting high risk behaviors, reduction of suicidal behaviors, and successful continuation of treatment and recovery outside of the hospital setting. Treatment occurs within the context of a structured therapeutic program, based on a strength-based model of care and includes activities and supports that promote a sense of belong and decrease perceived burdensomeness.

Child & Adolescent Inpatient Mental Health Training Opportunities:

The advanced Practicum position is designed for a minimum of (20) hours per week, spread across three days on-site (between the hours of 9am to 5pm), for the full academic year, and requires a clinical, school, counseling, expressive therapy, or related behavioral sciences background. Training opportunities include group therapy (leading or co-leading 5-6 groups per week), individual therapy in the context of a short-term acute setting utilizing evidence-based interventions (caseload of 2-3), consultation and collaboration as part of the multidisciplinary team, family work, participation in clinical rounds, individual and group supervision, and weekly didactic trainings. Weekly didactics will occur in conjunction with the McLean-Franciscan CBAT Program and the Franciscan Children's APA Internship Program, which provides our students with the opportunity to learn about multiple topics from diverse presenters. Standardized assessment is not a focus of the training program; however, there may be a possibility for students with prior psychological assessment experience to have an opportunity to administer brief personality and/or cognitive assessments on the unit.

3. Outpatient Behavioral Health

Outpatient Behavioral Health Program Description:

This Advanced Practicum position is designed for a minimum of (20) hours per week, spread across three days on-site (between the hours of 9am to 8pm), for the full academic year. Students from Clinical, School, and Counseling doctoral programs will be considered. Applicants are required to obtain a master's degree in psychology prior starting. Practicum students in the Outpatient Program are housed in Behavioral Health Services (BHS) and will be supervised by Franciscan Children's psychologists and social workers.

Outpatient therapy services are provided to a diverse group of young individuals with a range of presenting problems. Typical patients within BHS have multiple concerns and complicating factors, including possible psychiatric, behavioral, social, and/or medical components. Clinicians in BHS treat children as young as 2 years old and will often work with individuals up to college aged; however, will continue to see patients with developmental disabilities into early adulthood. All patient treatment involves a family component and theory driven interventions chosen from amongst a range of evidenced-based treatment modalities with consideration of clinician training and family need. Therapeutic services are provided in-person and via telehealth based on patient preference and clinical fit.

Outpatient Behavioral Health Training Opportunities:

This practicum placement is part of the McLean-Franciscan collaborative training program. Practicum students in the Outpatient Program carry a culturally, linguistically, and clinically diverse outpatient case load, with a mix of long-term and short-term patients. Practicum students will carry an individual caseload of 12 to 14 cases with the goal of seeing approximately 10 to 12 cases per week. Opportunities to co-lead groups may be available based on number of active groups and individual training goals. Practicum students are supervised in the use of a wide array of conceptual frameworks and theoretical orientations in the development of case formulations and treatment planning. Across all clinical work, an emphasis is put on cultural humility and the development of a strong therapeutic alliance.

In addition to direct clinical care, our practicum students receive weekly individual and group supervision. They are also expected to attend BHS department rounds (unless class schedule does not allow). Weekly didactics will occur in conjunction with the McLean-Franciscan Inpatient Program and the Franciscan Children's APA Internship in Clinical Psychology, which provides our students with the opportunity to learn about multiple topics from diverse presenters. Finally, all trainees across the hospital are expected to participate in the LEND didactic series which focus on training a group of multidisciplinary trainees with a specific focus on supports patients with neuro-diverse presentations.

Application Process:

If interested, applicants have the opportunity to apply to the CBAT, Inpatient and Outpatient programs simultaneously. They can also indicate if they have a strong preference for one program over the other within the letter of interest and/or during the interview process. Please note that expressing interest in multiple programs will not negatively impact the evaluation of your application. The McLean-Franciscan training programs participate in the MPA Practicum Training Collaborative (PTC). The PTC guidelines are as follows:

- Application Deadline: All first-round applications are due by **Monday, January 9th, 2023**. Interviews will take place late January/early February. We plan to conduct interviews via zoom.
- The Uniform Notification Date (notification of offers) this year is **Monday, February 13th, 2023**. Students should have carefully prepared site rank lists and must be prepared to hold single offers for no more than two hours. (No more than one offer may be held at a time).

Application Checklist:

- ☐ Letter of Interest
- ☐ Current CV
- ☐ 2-3 Letters of Recommendation (may be emailed as part of application or from recommenders directly)

***Please email the materials above to Dr. Chelsea Hustus, Dr. Gregory Young and CC Sophia Snow by no later than Monday, January 9th.**

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Gregory Young, PhD, LABA, BCBA (gyoung@franciscanchildrens.org)

CC: Sophia Snow (ssnow@franciscanchildrens.org)