

Center for Early Detection, Assessment, and Response to Risk (CEDAR)



the brookline center
for COMMUNITY MENTAL HEALTH

Advanced Pre-doctoral Psychology Practicum Training Program

CEDAR Clinic and Research Program – Brookline Center for Community Mental Health (BCCMH)

Currently operating as a hybrid (remote & onsite) clinic due to the COVID-19 pandemic

PROGRAM OVERVIEW

The CEDAR practicum training program is an advanced practicum that provides specialized training in assessment and treatment of youth at risk for psychosis and their families. This is a growing area of interest and specialty around the world, as research is highlighting the importance of early intervention for helping young people stay or get back on track in their lives. CEDAR advanced practicum trainees must be advanced students in a clinical or counseling psychology graduate program. The required schedule is 24 hours per week on Mondays, Wednesdays and Fridays from July 5, 2023 to June 30, 2024. Due to the intensity of training offered, candidates must be available for the full year to do this practicum.

The primary objective of this training program is to develop expertise in the early identification, assessment, and treatment of young people showing signs of clinical risk for psychosis spectrum diagnoses (the so called “psychosis prodrome”). Our unique center integrates innovative research, education, and specialized clinical care focused on recognizing and reducing risk for psychosis (see www.cedarclinic.org for details). Each component of the center actively builds upon and strengthens the others. Young people showing possible signs of risk for psychosis can receive assessment, feedback, and treatment through either our CEDAR Clinic. The CEDAR Clinic is recently partnered with The Brookline Center for Community Mental Health (BCCMH) so trainees of the CEDAR Clinic also become trainees of BCCMH.

The CEDAR Clinic is a specialized outpatient clinic that provides integrated care for young people (ages 12-30) who have signs of risk for psychosis, often combined with comorbid concerns, including mood, anxiety, substance, personality, and other diagnosis. The CEDAR Clinic offers a range of treatments, including individual and family therapy, psychiatry, care coordination, and educational and occupational coaching. This practicum provides a unique opportunity to work with a multidisciplinary team to collaboratively conceptualize, plan, and provide treatment for young people with complex and evolving diagnostic presentations, as well

as develop the ability to provide consultation to other providers in the community, including schools, other clinicians and psychiatrists, and families.

Practicum trainees become an integral part of our clinic program, joining our multidisciplinary team of psychiatrists, psychologists, social workers/licensed mental health clinicians, psychiatry and psychology trainees, research assistants, and undergraduate volunteers. Trainees join our multidisciplinary clinic team meetings and seminars. Trainees are supervised by a licensed clinical psychologist and additional supervision by other staff (LICSW, MD, and PhD) faculty associated with the clinic.

The ideal candidate for this position is a graduate student who has completed a couple of practicum placements and seeks specialization in clinical care for early course psychosis spectrum symptoms, particularly someone who is planning a career that involves working with this population.

PRACTICUM TRAINING EXPERIENCES

The following training experiences are available within the CEDAR practicum training program. Supervisors work with each trainee to formulate training goals and to discuss interests. While certain tasks are required for all practicum trainees (e.g., providing individual, family therapy, and intake assessments), others are tailored as much as possible to meet the goals and interests of each trainee.

Assessment

- Complete specialized training to conduct the Structured Interview for Psychosis Risk Syndromes (SIPS), an empirically-supported assessment of clinical high risk for psychosis.
- Conduct clinic intakes and consultations, which involve providing comprehensive diagnostic assessments and consideration of differential diagnosis for young people (12-30) who present to the clinic for an assessment of possible clinical risk for psychosis. The CEDAR Clinic provides rich opportunities for working with youth and families that are richly diverse in ethnicity/culture, race, gender identity, sexual orientation, ability, and clinical presentation.
- Write consultation reports describing results of psychosis risk assessments, and review feedback with young people, families, and other providers.
- Interested practicum trainees may also complete 1-2 integrative psychological assessments, including cognitive, personality, and projective testing, with clients seen in the clinic who would benefit from more thorough testing.

Psychotherapy

- Individual therapy: Carry a caseload of several individual therapy clients with varying symptom presentations. Supervisors work primarily from CBT, ACT, and DBT perspectives but are open to conceptualizing patients from other therapeutic orientations as well (e.g., interpersonal, psychodynamic). Some clients are seen for time-limited

treatment, and some are longer-term clients that trainees may carry for the duration of their training year.

- Family therapy: There is a significant emphasis on family treatment in the CEDAR Clinic, and learning to work with families is an important focus of this practicum. Practicum trainees work with families of their individual clients and may also carry separate family therapy case(s). Practicum supervisors have extensive experience with evidence-based family psychoeducation treatments such as family-focused treatment.
- Groups: There may be opportunities to co-lead a group through the clinic (depending on availability).

Consultation

- Write consultation reports and provide consultation feedback to clients and (when appropriate) to families, clinicians, and schools; feedback may include differential diagnosis, discussion what psychosis and risk for psychosis are, and recommendations for treatment.

School Coordination and Case Management

- Many clients are experiencing declines in school and/or work functioning, and benefit from supports that may range from writing letters to school, speaking to school staff about options and recommendations for supporting the client, attending IEP meetings, and providing documentation supporting taking a medical leave.
- Trainees may also be involved in other aspects of clinical care for their clients, including referral to partial hospital programs, involvement in hospitalization, and referral to other services for clients who leave the clinic

Clinical Research

- The CEDAR Clinic has a close relationship with the Psychosis Research Group of BIDMC at MMHC, which has several studies focused on understanding early psychosis and developing effective treatments. Practicum trainees who are particularly interested in research may choose to learn to provide assessments and/or treatments for certain research studies at our center.

Potential Seminars and Didactics

Didactic Activity	Description	Frequency
CEDAR Clinic Team Meeting	Weekly meeting including all CEDAR clinic staff to discuss and coordinate client care.	Mondays 9:30-11
Massachusetts Mental Health Center Grand Rounds	Variety of speakers related to clinical and research relevant to work at MMHC.	3x per month Wednesdays 12-1
CHR Clinical Coordination and Diagnostic Committee Mtg	Weekly meeting coordinating referrals and shared cases across CHR research and clinical programs, as well as weekly case presentations and discussion of diagnostic eligibility for participation in research	Fridays 9:30-11

CEDAR Therapy Seminar	Interactive, applied seminar that covers topics relevant to treatment in the CEDAR Clinic, including psychosis symptom assessment, suicide/violence risk assessment and treatment, working with schools, diversity/ cultural competence, and multiple treatment modalities including CBT, CBT for psychosis (CBT-p), ACT, and DBT	Fridays 2-3 PM
Brookline Center Training Opportunities	*Clinical seminars focused on a variety of topics, including Conversations about Race and Racial Equity, Motivational Interviewing, and Short-Term Therapy	Various days

APPLICANT QUALIFICATIONS

Required Qualifications

- Currently enrolled in a psychology doctoral program
- Interest in gaining specialized training in early detection and intervention for psychosis spectrum symptoms
- At least 1 year of previous practicum clinical experience
- Clinical experience providing assessment and/or cognitive behavioral treatment for children, young adults, and/or individuals with psychosis
- Available for the full training year (July 1 2021 -June 30 2022), on Mon, Weds, Fri from 9-5

Preferred Qualifications

- At least 1-year prior experience working with individuals with psychotic disorders
- 2 or more years of previous practicum or other relevant clinical experience providing clinical assessments and cognitive behavioral treatment for youth or young adults
- Experience conducting structured clinical assessments (e.g., SCID, SIPS) and neuropsychological testing
- Demonstrated experience and interest in working with diverse youth (race, ethnicity, gender, sexuality, etc.)
- Fluency in another language

APPLICATION PROCESS

We adhere to the Massachusetts Practicum Training Collaborative (MPTC) guidelines for practicum applications. We will begin reviewing applications in December 2020 and will accept applications until **Monday January 9, 2021**. Please only apply for this training experience if your schedule permits you to be available 24 hours/week, on Mondays, Wednesdays, and Fridays. Applications should include the following materials:

- Cover letter/letter of interest
- Curriculum vitae (CV)

- 2 letters of recommendation
- Writing sample (clinical writing, such as a de-identified testing or intake report)

Selected applicants will be invited for interviews in January; we will notify all applicants of their application status by the middle of January. We will abide by the uniform notification guidelines and notify interviewed applicants whether they have an offer, waitlist, or rejection on **Monday February 13, 2021** beginning at 8am.

Please email applications to:

Amanda Weber, Ph.D.

Psychologist at CEDAR Clinic

Email: amandaweber@brooklinecenter.org

Phone: 857-707-3462