

LACDMH Psychology Training at Harbor-UCLA Medical Center Adult Outpatient Program

Nature of Setting and Population Served

Practicum students will provide individual and group psychotherapy to adults in the Adult Outpatient Program (AOP) Clinic. The patient population includes various demographic groups presenting with psychiatric diagnoses ranging from moderate to severe persistent emotional problems including mood and anxiety disorders, trauma, emotional dysregulation, and substance abuse. This client population includes individuals who are high utilizers of psychiatric emergency and inpatient services as well as those who have a recent history of justice system involvement. The setting is interdisciplinary, and patients are seen for culturally sensitive, evidence-based mental health treatments and services.

Direct/Indirect Services

The AOP practicum track aims to familiarize student with evidence-based treatments, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT). Opportunity may also be available for exposure to trauma treatment (Cognitive Processing Therapy and Prolonged Exposure for PTSD) and evidence informed approaches focusing on resiliency (e.g., Community Resiliency Model (CRM®)). Trainees will carry a caseload of 6-8 individual clients and lead one outpatient DBT skills training group. As the Adult Outpatient Program provides comprehensive DBT, students will field crisis phone coaching calls at times determined by the student and supervisor (within the student's limits) to provide additional skills training for clients.

Practicum students will also complete weekly intake assessments on new and returning patients to obtain treatment history, make treatment recommendations, and triage for appropriate care. Students will be part of a multidisciplinary treatment team that includes staff in psychiatry, social work, and case management providing for patients' needs in physical health, dental, comorbid substance abuse, housing, financial, educational, work, social, recreational, and legal needs, among others. This approach to community-based treatment and service provision enhances continuity of care and helps ensure that clinical decision-making always has the benefit of relatively complete and up-to-date information for the client.

Supervision and Training

Two hours of required, weekly supervision (individual and group) is provided by licensed clinical psychologists. Supervision will be supplemented with readings and other assignments to deepen and enhance learning; supplemental materials will be assigned for completion during practicum hours. Supervision will include discussion of case conceptualization and treatment model adherence.

Students will attend a two-day training in CBT and a three-day training in DBT as these trainings are offered by LACDMH. Students will be advised of other training opportunities offered by LACDMH and training partners as available.

Required Days

Students are required to be onsite 20 hours per week except for UCLA and USC students who are required to be onsite 16 hours per week; UCLA and USC students, please have your Director of Clinical Training contact Dr. Astrid Reina, Training Director of the LACDMH Psychology Training Program at Harbor-UCLA, if you are interested in applying.

Required days onsite are Mondays and Wednesdays, 8am-6pm; for UCLA and USC students, required days are Mondays and Wednesdays, 8:45am-4:45pm.

Attendance is required in the DBT Case Consultation Team meeting (Mondays 1:30- 3:00 pm), the Adult Trauma Treatment Seminar (Wednesdays 10:00-11:00am), and the interdisciplinary Case Conference Team meeting (Wednesdays 3-4pm). Students must make themselves available (within their limits) for supervised between-session phone coaching for their DBT patients.

Requirements

- Applicants must have a distinct and committed interest in evidence-based Cognitive and Behavioral Therapies.
- Previous psychotherapy experience providing direct services to adults.
- Commitment to culturally sensitive approaches to working with clients.

Preferred Experience

- Previous experience conducting individual and group CBT and DBT or coursework in behavioral interventions (CBT and Third Wave modalities).
- Prior experience in the assessment and treatment of individuals with severe and persistent mental illness.
- Prior experience with Trauma Informed Care/Trauma Specific Services.

Assigned clinical supervisors:

- Janice Jones, PhD
- Dorit Saberi, PhD