

Clinical Psychology - Adult Treatment Practicum Training
South County Psychiatry
Intensive Outpatient Program (IOP)
2024-2025

Practicum Point of Contact: drmeth@scp-ri.com

Introduction

Thank you for your interest in a practicum placement with South County Psychiatry! Our site offers advanced practicum training at the pre-internship level for psychology doctoral students. This placement is designed to provide advanced doctoral students (3rd year or later) with an enriching training experience and a variety of learning opportunities.

Start Date and Duration: July 1, 2024 - June 30, 2025*

*flexible start/end times available, please contact us with questions/concerns

Required Days: 3 days per week, during the hours of 8:30AM - 1:30PM; additional hours outside of program hours are flexible. 16-20 hours per week total.

Compensation: None currently, though please check back with us soon.

Practicum Supervisors:

Molly Meth, PhD
Theresa Morgan, PhD
Kristin Davidoff, PhD
Douglas Long, PhD
Olga Obraztsova, PhD

The Intensive Outpatient Program at South County Psychiatry

The Intensive Outpatient Program (IOP) was founded in May 2023 by a group of values-driven psychologists (and one values-driven psychiatrist) with extensive experience treating patients at higher levels of care. We are excited to say we are currently the only generalist IOP in the state of Rhode Island. The program has also already doubled in size since its inception, due in large part to community demand and word of mouth. Our IOP is housed within South County Psychiatry (SCP), a leading private practice serving Rhode Island and surrounding communities. The program provides intensive, short-term, acute care for people with a wide variety of mental health concerns.

Our training team is comprised exclusively of psychologists at the doctoral level, all of whom come directly from positions at the psychology training consortium at Brown University Medical School. We have extensive training experience with psychology and psychiatry fellows, interns, and externs through these settings. Perhaps most importantly, training has been an integral part of our professional identities since graduate school. We share a commitment to providing a values-based and individualized training experience to trainees rotating through our program.

The IOP was designed exclusively following evidence-based care, and nested within third-wave behavior therapies. Acceptance and Commitment Therapy is the foundational approach to

treatment in the program, with other modalities (e.g., Dialectical Behavior Therapy, Cognitive Behavior Therapy, Exposure and Response Prevention, Prolonged Exposure) utilized as appropriate based on individual patients' needs. Externs applying for this position should have a solid grounding in cognitive behavioral treatment and behavior therapy generally. It is not necessary nor exclusionary to have prior experience with ACT or ACT principles.

We aim to provide client-focused care that supports patients in reconnecting with valued living while coping with mental health needs. To that end, care is delivered via a virtual platform with minimal disruption to the patient's life. Patients attend a combination of individual sessions and group therapy sessions, which includes two 60-minute groups, individual therapy 2-3 times per week, and medication management as needed. The program runs daily from 9:00AM until 12:30PM, with an average length of stay around 4-6 weeks. With training and supervision, externs will be part of a small team that provides care for approximately 18 patients total. The extern will have an individual smaller caseload of patients (2-3), but will treat other patients in the IOP via group therapy. The program is designed so that providers have the opportunity to get to know a reasonable number of patients and the team has high communication which improves the overall milieu.

Population Served

Our program serves a diverse, adult (18+) patient population of all gender identities, with the goal of providing culturally sensitive and inclusive care to all patients. Demographics are generally reflective of the broader Rhode Island community. Common presenting concerns include mood disorders, anxiety disorders, suicidality, personality pathology (e.g., BPD), post-traumatic stress disorder, obsessive-compulsive disorder, among others. Exclusion criteria include individuals who are unable to participate meaningfully in an active treatment setting, and individuals with primary substance use disorders whose concerns are more competently addressed by a dual diagnosis program.

Responsibilities:

1. Review intake assessments, create treatment plans, and function as the individual therapist for a caseload of 2-3 patients, each seen 2-3 times per week
2. Observe, plan, and independently conduct ACT skills and process groups 2-3 times per week
3. Function as an integral member of our multidisciplinary treatment team, including:
 - Participating in daily team consultations
 - Communicating with and providing consultation to colleagues
 - Maintaining consistency in adherence to an ACT-based treatment model
 - Supporting the development of an effective treatment milieu for all patients.
4. Attend 2-4 hours of combined group and individual supervision weekly

Please note that the training process is highly individualized based on trainee needs. It is our intention that you develop knowledge and confidence at the rate which works best for you! Externs come to us from a variety of backgrounds, and therefore vary in the speed and process by which they develop independence in the above responsibilities. To this end, we would almost certainly be providing trainees some combination of: observing clinical care, planning and structuring groups and individual sessions with support, being observed in vivo in their own clinical care, recording clinical care for later review when appropriate, leading/co-leading

groups, and other supervision experiences as appropriate and needed. You will be assigned a primary individual supervisor who you meet with regularly, and whose job it is to work collaboratively to effectively meet your training needs.

Additional Opportunities Available:

South County Psychiatry is a rapidly growing psychiatric practice serving the larger east coast community. We currently have active programs in Intensive Outpatient Treatment (IOP), Family and Couples Therapy, Outpatient Treatment, Neuropsychological Assessment, and Weight Management. SCP is active in developing additional programs as provider interest and community needs change.

As supervisors at SCP, we are motivated to provide a positive and comprehensive training experience introducing externs to opportunities in private practice settings, particularly given the paucity of such sites in doctoral training. We also expect that your interests will grow and expand over the process of your time with us. In fact, we support and anticipate this! Therefore, externs who are performing well and who express interests outside of the IOP experience may request to learn more about research or treatment in any of these areas (or others) outside of their regular practicum hours. In these cases, we will do our best to facilitate opportunities in the larger SCP practice in whatever capacity is appropriate and aligns with training needs.

This training experience will be a good fit for you if you are... interested in learning more about ACT; you love nerding out about behaviorism; you have (or are willing to develop!) a high tolerance for interesting presentations, comorbidity, and people generally; you have an interest in learning about how we translate the evidence-base to real-world clinical work; private practice intrigues you; you like the idea of working with a team in clinical work; and/or you are alternately intimidated, nervous, and excited by learning group treatment models.

At our IOP you will learn how to initiate clinical progress with patients quickly, and flexibly meet their treatment needs in a higher level of care – which can be very different from traditional weekly 50 minute sessions. Hopefully this sounds exciting and interesting to you!

Values Statement

We are ACT providers, and as such we would be remiss if we did not include a clear statement of values. (If you aren't sure why that makes sense yet, please apply for our externship position!). So, without further ado...

We pledge to make values a consistent touchstone of our clinical practice, training experiences, and professional identities. We aim to hold these values both lightly and seriously, and to not lose our sense of humor in the process.

We care deeply about providing evidence-based, compassionate care of the highest quality to people in our community who need support when they are hurting the most.

We aim to normalize and reduce stigma in seeking mental health treatment, and to provide recovery-based care to people in need.

We believe this care should be widely available and provided with sensitivity to issues of diversity, discrimination, and individual experience. To this end we are committed to providing care to individuals from all gender, race, ethnic, and other identities that is integrative, inclusive, pro-social and anti-discriminative in its provision.

As noted above, we believe these values also apply to the training experience. We share a dedication to providing a superb, comprehensive, compassionate, and thorough training experience to externs and other trainees operating within our team. We value supporting trainees' developing independence, and actively valuing their contributions to our programs as developing providers.

We take care of the team. We look out for each other. We celebrate our individual and collective successes and examine our failures, both as professionals and as people. We provide a safe place to ask for help and support, and offer it freely, genuinely, and wholly.

We actively look out for those who are at risk by dint of their role or designation within an organization or society. We believe the latter often applies to trainees and patients in our care. Therefore, it is our responsibility to advocate for those in training or treatment, knowing they often cannot speak for themselves within the current system.

We share a commitment to clinical research and evidence-based practice in both training and provision of clinical care. It is our belief that as providers, we should strive to consistently deliver treatment that is clearly linked to evidence-based processes of change, in service of patient benefit and values, and consistent with our values as an organization.

Because the evidence-base is constantly growing and changing, we therefore reiterate our commitment to learning and growth, and to holding ourselves accountable to these values as an IOP community.

***A Note on Virtual Treatment/Provision of Telehealth Services:**

Our intention is to provide high quality, personalized, and superior training in ACT and IOP level care in an increasingly preferred and common telehealth format. We offer patients clinical assessment using a virtual format. As such, your training experience will also be fully remote. Trainees who do not have access to a private setting with a stable internet connection may request office space in our Cranston location. Please let your supervisors know your needs and we will accommodate to the best of our ability.

Consistent with our commitment to integrative research and clinical care, our group was one of the first research programs to publish data comparing in person and virtual care. Our findings suggest that remote treatment: increases access to people who may not otherwise have presented to treatment; increases patient attendance and retention in treatment; and results in comparable outcomes to in-person treatment (Zimmerman et al., 2021). However, we have been unable to

find similar studies on the experience of supervision and training in a virtual format, and recognize this may present challenges to trainees seeking a different experience.

To Apply:

Please direct any questions to our Director of Extern Training at drmeth@scp-ri.com

If interested, please email the following materials to Dr. Meth at the email address above. Put “IOP Practicum Application” in the subject line, and ensure all files are clearly labeled with your name in the file name. For example, “CV_JSmith”

- Curriculum Vita
- Letter of interest
- Letters of recommendation (2)
- Transcripts (unofficial)

Deadline: Applications will be accepted until 1 January, and reviewed on a rolling basis as long as the position is available.

Interviews will be conducted annually in January.