

Advanced Psychology Practicum Trainee posting

Massachusetts General Hospital

Resilience Evaluation-Social Emotional Training (RE-SET) Program, CHR for Psychosis Resilience and Prevention Program (RAPP)

The RE-SET and RAPP Programs at MGH are currently **seeking 1 advanced practicum trainee for the upcoming training year (9/3/24-8/31/25) to train across both programs.** There is the option for the trainee to begin the practicum on 7/1/24 if preferred. The trainee must be enrolled in a psychology doctoral program and have *at least two years* of previous clinical practicum experience. Trainees must commit to 24 hours per week throughout the training year with consistent availability on Tuesdays and on Thursday afternoons. Availability on Fridays from 2-3 pm is strongly preferred.

The RE-SET Program is a clinical high-risk for psychosis (CHR-P) outpatient service within the Psychosis Clinical and Research Program (PCRP) and Resilience and Prevention Program (RAPP) at MGH. The PCRP provides clinical outpatient services for individuals at various stages of recovery and range from prevention and early intervention for those ages 12-30 displaying clinical high-risk for psychosis (Resilience Evaluation-Social Emotional Training, RE-SET), early intervention for individuals 13-35 with a Schizophrenia Spectrum Disorder within the first three years since onset (First-Episode and Early Psychosis Program, FEPP) and adults with more chronic Schizophrenia Spectrum Disorders (Recovery and Ongoing Care, ROC).

The Resilience and Prevention Program (RAPP) conducts research that includes testing whether teaching certain techniques associated with resilience may be protective. Resilience Training, a manualized, evidence-based intervention (Resilience Training, see Burke et al, 2020; DeTore et al., 2022) focused on three main skills (self-compassion, mindfulness, and mentalization) that has shown to improve resilience is provided for college students by RAPP and has recently been adapted to be provided in virtual reality for college students, at-risk youth and healthcare providers. The RAPP program also trains community members to become certified trainers of the LIFE intervention (Clausen et al., 2023), an evidence-based intervention teaching mindfulness, emotion recognition, and CBT skills to middle school students. As part of research, RAPP also conducts structured diagnostic, symptom, and functioning measures in adolescents and college students at risk for mental illness, with continued training and supervision across several research projects.

More information about RAPP can be found here: <https://www.resilienceandprevention.com/>

More information about RE-SET can be found here: <https://www.resilienceandprevention.com/re-set>

Advanced Psychology Practicum trainee activities and training objectives include:

- Becoming immersed in providing clinical assessment and intervention in an outpatient mental health setting that specializes in treating individuals across the lifespan experiencing a continuum of psychosis and psychosis-risk conditions
- Co-facilitating group therapies (emphasis in CBT, DBT, ACT, trauma-informed approaches, executive functioning skills for work and school) for RE-SET clients. Trainee will also have opportunity to participate in FEPP group, Recovery in Practice, which entails accompanying clients who are in early recovery with psychosis into the community on social outings and teaching life skills
- Providing individual therapy and family education and support for individuals who are at clinical high-risk for psychosis

- Administering symptom, cognition, and functioning measures within RE-SET, including the Structured Interview for Psychosis Risk-Syndromes (SIPS)
- Administering structured diagnostic, symptom, and functioning measures within a range of research studies within RAPP
- Co-facilitating Resiliency Training groups within RAPP. This includes Resilience Training for college students: <https://www.resilienceandprevention.com/resiliencetrainingcollegezoom>, Virtual Reality Resilience Training for college students and health care providers: <https://www.resilienceandprevention.com/onlineresiliencetraining>, and Resilience Training for Teens in local high schools
- Training members of local communities in Massachusetts to become certified providers of RAPP's LIFE intervention, a resilience-boosting skills intervention for young adolescents: <https://www.resilienceandprevention.com/life>
- Administering standardized LEAP assessments for clients in the First-Episode and Early Psychosis Program (FEPP) at various timepoints in their treatment, sharing feedback with treaters and maintaining data and tracking within REDCap <https://www.mapnet.online/measures>
- Participating in multidisciplinary RE-SET and FEPP weekly clinical rounds and RAPP research meetings

Trainee will receive:

- Two hours of weekly supervision, with at least one hour of individual supervision from a licensed clinical psychologist
- Direct supervision from licensed clinical psychologists through co-leading psychosocial group interventions at RE-SET and RAPP
- Training in the administration of the Structured Interview for Psychosis-Risk Syndromes (SIPS) and other assessment measures

Trainee will participate in:

- Weekly RE-SET and FEPP clinical rounds
- RAPP research meetings (includes study planning, recruitment troubleshooting, clinical discussions, etc.)
- PCRP specific didactics, RAPP research seminars, MGH Department of Psychiatry Grand Rounds, and weekly CHR-P focused seminar affiliated with CEDAR/Brookline Center

Applicant Requirements:

- Currently enrolled in a psychology doctoral program
- At least two years of previous clinical practicum experience
- A demonstrated interest in working with adolescents, young adults, and families who are facing significant mental health difficulties, including psychosis
- Must be knowledgeable of and adhere to the American Psychological Association's (APA) Ethical Principles of Psychologists and Code of Conduct as well as HIPAA.
- Maturity, professionalism and ability to work well within a multidisciplinary team; an openness to a training year where one will have direct exposure and provide supervised interventions with individuals displaying at times active psychotic symptoms and emotional dysregulation in an outpatient setting
- Previous experience with cognitive testing and diagnostic clinical assessment preferred

- Have experience with and willingness to provide telehealth and in-person mental health interventions

Our site follows PTC guidelines for applications and offer notifications

Application Deadline: Monday, January 8th, 2024

Applications preferred starting in mid-December 2023

Notification of offers will begin at 8:00 AM on Monday, February 12, 2024. An offer can be held for up to two hours.

In order to apply, please submit a cover letter, 3 letters of recommendation, and current CV to:

Lauren Utter, Psy.D.

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