



The Wright Institute Integrated Health Psychology Training Program

Doctoral Internship Program - exclusively affiliated, APA-Accredited (on contingency)
(September - August (one-year, full-time 2000 hours) <https://www.wi.edu/training-ihptp>)

The Integrated Health Psychology Training Program (IHPTP) is an APA-Accredited (on contingency) exclusively affiliated internship program of the Wright Institute in collaboration with Contra Costa Health Services (CCHS) Ambulatory Care-Family Practice Division. Interns are assigned to one of the following CCHS health centers located in San Pablo, Martinez, or Pittsburg California.

Training Goals

Goals of the Internship Program include the acquisition of competencies as set forth by the Commission on Accreditation - Profession-Wide Competencies (Section II A, July 2017) in 1) the integration and application of science and practice 2) ethical and legal standards 3) individual and cultural diversity 4) professional behavior 5) professional communication and interpersonal skills 6) assessment 7) treatment planning and intervention 8) supervision 9) consultation and interprofessional /interdisciplinary skills.

Training and practical application of the program's stated training goals spans from the orientation period and continues throughout the year within the yearlong seminars; weekly individual and group supervision, case conferencing, live supervision, and daily clinical experiences obtained in the program's integrated primary care setting. The training program is structured so that it is sequential, cumulative and increases in complexity and breadth over time.

Clinical Training

IHPTP doctoral interns and supervisory staff work in the family practice division of Contra Costa Health Services health centers providing integrated behavioral health services for an underserved, diverse adult patient population to deliver fully integrated, patient-centered care. Services include:

- **Exam room consultations** (warm handoffs, brief functional assessments and screenings, brief interventions and referrals)
- **Brief evidence-based individual intervention** (up to six sessions)
- **Evidence-based Group Intervention** (i.e. stress reduction, depression, grief, trauma, behavioral weight loss)

Interns also participate in a yearlong rotation to gain exposure to specialty clinical services in one of the following:

- **Neuropsychological Assessment Clinic.** (Placement in this rotation will be determined based on level of experience and interest)
- **Chronic Pain Clinic** (Placement in this rotation will be determined based on level of interest)
- **Specialty Access Clinic (HIV and Gender Health)** (Placement in this rotation will be based on interest)

Program Training Seminars

Integrated Health Psychology Training Seminar (Thursdays)

This seminar will use lecture, discussion and case consultation to teach interns how to assess and implement specific evidence-based brief interventions to treat a wide-range of behavioral health problems within an interdisciplinary primary care setting. Students learn the ability to review and integrate and apply research findings into their clinical work through case presentations and teaching a didactic beginning mid-year.



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Diversity & Multicultural Training/Dialogue Series (3rd Thursdays) This seminar provides interns with training in various cultural diversity topics and an opportunity to dialogue around isms, privileges, and systemic oppression. Throughout the class, students will learn skills and interventions for providing culturally sensitive care to patients from diverse cultural backgrounds, underserved and marginalized communities. Interns participate in a two-month diversity training rotation developing and teaching the material in the series. Interns will be required to develop and provide a formal case presentation of one of their clinical cases, using a multi-sociocultural framework that is integrated throughout the case conceptualization and treatment plan.

Psychopharmacology Seminar (Mondays) Interns will be taught the fundamentals of psychopharmacology, including classes of medications dosages, side effects, indications / contraindications, boundaries of scope of practice, how to monitor symptom change and develop skills in working with prescribing clinicians. Interns will gain an understanding of clinical applications of medications through review of current research, learning to evaluate primary research critically, understanding theoretical perspectives in psychopharmacological treatment, and addressing complex treatment issues. Interns will be required to develop and provide a didactic presentation beginning in January.

Supervision Seminar

Three seminars are provided throughout the year to cover key domains of supervision including legal and ethics overview, key supervision competencies, guidelines, relationships, professionalism, diversity, evaluation and feedback. Experiential activities will be included. Interns are given opportunities to role play, practice supervision while being observed by a clinical supervisor and through peer consultation and feedback in the weekly seminar case conference/group supervision.

Case Conference / Group Supervision (Thursdays). The weekly case conference group supervision allows interns to present cases both formally and informally and provide peer feedback and consultation.

Yearlong Clinical Rotation Opportunities

Interns participate in a yearlong rotation to gain exposure in one of the following specialty clinical services:

- **Chronic Pain Clinic** This training rotation was established to develop skills in assessment, treatment and interdisciplinary treatment of chronic pain. Interns in this rotation will be assigned to a weekly chronic pain clinic paired with a medical provider who is a specialist in chronic pain management and develop integrated treatment plans to address patient care needs. Interns in the pain rotation will be given weekly group supervision and trainings (Mondays) on pain interventions and assessment and frequent onsite direct supervision.
- **Neuropsychological Assessment** This rotation allows interns to develop skills in clinical neuropsychology assessment through clinical interviews, test administration, scoring and interpretation and communication of findings through report writing and patient feedback. All supervision is live in this rotation and is designed to increase skills and competencies gradually throughout the rotation.



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- **Specialty Access Clinic Rotation** This training rotation was established to allow interns to develop skills in assessment, brief intervention, and interdisciplinary collaboration and consultation. These clinics serve populations who have historically had significant barriers to accessing medical and mental health care.
 - o **Gender Health Clinic** (1st Friday monthly). CCHS is designated as a leader in healthcare equality by the Human Rights Campaign Foundation (HRC), the largest national organization advocating for lesbian, gay, bisexual and transgender rights. Interns work as part of an interdisciplinary team to deliver comprehensive integrated healthcare.
 - o **Positive Health Clinic** (weekly) CCHS provides primary care to people living with HIV/AIDS. Interns work alongside positive specialists in family practice to deliver comprehensive integrated healthcare to patients with HIV positive status.

Supervision

Interns are supervised by IHPTP faculty in the application of skills and knowledge acquired in the orientation, weekly seminars and clinical onsite experiences. Supervision includes 3 hours weekly onsite individual supervision 2 hours group supervision/case conferencing.

Example of Weekly Schedule - 44 hours

- 8 hrs primary care consults with medical provider in exam rooms
- 8-12 hrs individual intervention
- 2 hrs group intervention
- 6-8 hrs yearlong clinical training rotation
- 5 hrs individual and group supervision (primary and delegated) includes live supervision
- 4 hrs training seminars
- 6 hrs Research / Preparation / Administrative / Patient Outreach

Hours based on clinical rotation assignment

Partnering Health Centers of Contra Costa Health Services <http://cchealth.org/>

West County Health Center 13601 San Pablo Avenue, San Pablo, CA 94806

Martinez Health Center 2500 Alhambra Ave Building 1, Martinez CA 94553

Miller Wellness Center 25 Allen Street, Martinez CA 94553

Pittsburg Health Center 2311 Loveridge Road, Pittsburg CA 94565

IHPTP Clinical Faculty

Temre Uzuncan, PsyD Training Director, Clinical Supervisor

Michael Changaris PsyD Clinical Training Officer, Clinical Supervisor

Emma H. Wilson, PhD Program Evaluation Coordinator, Clinical Supervisor

Franca Niameh, PsyD Diversity Committee Chair, Clinical Supervisor

Rachel Greenberg, PsyD Quality Assurance Coordinator, Clinical Supervisor

Lauren Gent, PsyD Clinical Supervisor

David Velleman, PsyD Clinical Supervisor

Nina Eisenberg, PhD Clinical Supervisor

Katherine Plambeck, PsyD Clinical Supervisor

Rebecca Chandler-Humphries DPhil, PsyD Trauma Specialist Clinical Supervisor



**The Wright Institute
Integrated Health Psychology Training Program**

Nitu Hans, PhD Neuropsychological Assessment Clinical Supervisor
Nancy Chen, PsyD Neuropsychological Assessment Coordinator, Clinical Supervisor
Sara Storm, PhD Postdoctoral Resident, Site Liaison

Benefits

Stipend is \$25,000 inclusive of health benefits. In addition to the federal holidays, interns receive 10 days of time-off for the year.

Applicants

IHPTP is a 12-month, full-time APA-accredited exclusively-affiliated doctoral internship site and a member of the Association of Psychology Postdoctoral and Internship Centers, APPIC. Please refer to APPIC website <http://appic.org/> for instructions to apply.

Note: only applicants from the Wright Institute will be considered.

IHPTP is specifically looking for highly motivated, self-aware clinicians who are eager to work with a diverse community with complex medical and psychological needs. We seek applicants who have strong basic skills in standard assessment, limited neuropsychological assessment, brief intervention and group therapy skills in addition to the personal characteristics necessary to function in the internship. Our selection criteria are based on goodness-of-fit with our practitioner-scholar model. We look for intern applicants whose training goals match sufficiently the training IHPTP provides. Applicants from diverse backgrounds and identities are encouraged to apply.

Contact Temre Uzuncan, PsyD Training Director at tuzuncan@wi.edu

*Questions related to the program's accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation American Psychological Association
Phone: (202) 336-5979 Email: apaaccred@apa.org Web: www.apa.org/ed/accreditation*