



**The Wright Institute
Integrated Health Psychology Training Program
Practicum Program
September 5, 2017 – June 30, 2018**

Description

Since 2004, The Wright Institute's Integrated Health Psychology Program (IHPTP) has been training practicum students (P2 and P3) with clinical psychology skills for best practices in primary care and community health settings. IHPTP offers three training programs: Practicum, Doctoral Internship and Postdoctoral Fellowship.

IHPTP partners with Contra Costa Health Services (CCHS) to provide integrated behavioral health services in their health centers located in Richmond, San Pablo, Martinez, Pittsburg and Concord. Trainees work in the family practice division providing exam-room consultations, screening, assessments, brief evidence-based individual and group interventions, and interdisciplinary collaboration to help an underserved and diverse adult patient population presenting with a wide range of medical and psychosocial issues. Trainees work alongside medical providers to deliver fully integrated, patient-centered care.

Trainees are instructed and supervised within the biopsychosocial model. Training focuses on evidence-based practice and research with a yearlong weekly seminar. Interdisciplinary teamwork, cultural competency; ethics, and professionalism are emphasized throughout the training opportunities. IHPTP trainings include objectives to develop and enhance trainees' competence and appreciation for the importance of cultural context in health, disease and treatment.

Interventions focus on applying evidence-based practices to manage symptoms and helping patients develop knowledge and skills that improve emotional and physical health.

Practicum Weekly Schedule Example

16 hour commitment (20 hours for P3s)

- 4 hr primary care consults alongside medical provider in exam rooms
- 4 hrs Individual Intervention
- 2 hrs Group Intervention
- 1 hr individual supervision
- 2 hr group supervision
- 2 hr training seminar
- 1 hr administrative time
- 1 hr monthly onsite supervised case conference provider meeting

Training Seminar (Weekly)

Students build skills throughout the year in basic assessment, evidence-based treatments, and consultation. Students are trained to review and integrate research findings into their clinical work. Students are taught to develop an understanding of the relationship between psychological factors, cultural factors, social factors, behavior factors, and physical health.

Supervision

IHPTP trainees are supervised in the application of the skills and knowledge acquired in the seminars and in their clinical experiences in both weekly onsite 1 hour individual and 1 hour group supervision by IHPTP faculty.

Health Centers

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

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

North Richmond Center for Health 1501 Fred Jackson Way, Richmond CA 94801

Applications

Please refer to the www.bapic.info/ for information on how to apply to the 2015-16 training year.

Contact

For further information, please contact

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Training Coordinator, Michael Changaris, PsyD at drchangaris@gmail.com