



The Wright Institute
Integrated Health Psychology Training Program
Practicum Program
September 4, 2018 – June 28, 2019

Description

Since 2004, the Wright Institute's Integrated Health Psychology Training Program (IHPTP) has provided a much-needed and highly sought after clinical psychology training experience in primary care. IHPTP, an APA accredited traineeship is exclusively affiliated with the Wright Institute in collaboration with Contra Costa Health Services ([CCHS](#)) the health department of Contra Costa County California. Practicum students are assigned to [CCHS](#) federally qualified health centers located in Richmond or San Pablo.

Training Goals

Goals of the training 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) consultation and interprofessional /interdisciplinary skills.

Specific activities are linked to practicum level of training and competencies for practicum training are graded in complexity throughout the year

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. Practicum Students are evaluated two times per year to assess their progress in obtaining the above goals and objectives. (Refer to Wright Institute Portal Evaluation)

Clinical Training

IHPTP trainees 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)

Program Training Seminars

- **Integrated Health Psychology Training Seminar** (Thursdays) This seminar will use lecture, role-play and discussion to teach trainees how to assess and implement specific evidence-based brief interventions techniques to treat a wide-range of behavioral health problems within the primary care setting and how to work effectively on interdisciplinary teams.
- **Diversity & Multicultural Training/Dialogue Series** (3rd Thursdays of the month) This seminar provides to students at all levels with training in cultural and diversity issues which

includes, but not limited to race, ethnicity, culture, national origin, language, age, gender, gender identity, sexual orientation, religion, disability, and social-economic status. Students will develop the ability to integrate awareness and knowledge in various diversity topics and will have 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 backgrounds, underserved and marginalized communities, with an integration of multicultural and health psychology practices.

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

Supervision

Trainees are supervised by IHPTP faculty and postPracticum residents in the application of skills and knowledge acquired in the orientation, weekly seminars and clinical onsite experiences. Supervision includes 1 hour weekly onsite individual supervision and 1 hour group supervision/case conferencing.

Partnering 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

Practicum Weekly Schedule Example

16 hour commitment (20 hours for P3s)

P2s commit to 16 hours per week and are required to be onsite 2 days per week including Thursdays and one evening clinic per week

P3s commit to 20 hours per week and are required to be onsite 3 days per week including Thursdays and one evening clinic per week.

- 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
- 2 hr administrative time

Applications

Please refer to the www.bapic.info/ for information on how to apply to the 2018-19 training year.

Contact

For further information, please contact

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