



## The Wright Institute

### Integrated Health Psychology Training Program IHPTP

Doctoral Internship Program - exclusively affiliated, APA-Accredited

September 2022 – August 2023 (one-year full-time, 2000 hours)

#### 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 is an APA-Accredited exclusively affiliated internship program of the Wright Institute in collaboration with partnering community health organizations throughout the San Francisco Bay Area.

#### Training Goals

Goals of the Internship Program include the acquisition of competencies in preparation for practice in health service psychology (HSP) as set forth by the Commission on Accreditation - Profession-Wide Competencies 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 trainees and supervisory staff work in participating 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** (up to six sessions) **evidence-based individual intervention**
- **Evidence-based Group Intervention** (i.e. stress reduction, depression, grief, trauma)

#### Program Training Seminars

- **Integrated Health Psychology Training Seminar** 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.
- **Diversity & Multicultural Training/Dialogue Series** 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** 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 Series** 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**

The weekly case conference group supervision allows interns to present cases both formally and informally and provide peer feedback and consultation.

### **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 1.5 hours group supervision.

### **Example of Weekly Schedule**

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

### **Benefits**

Stipend is \$27,700. The stipend includes \$1,200 to contribute to intern's health insurance premiums. In addition to the federal holidays, interns receive 12 days of personal 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, neuropsychological assessment (for neuropsychological assessment rotation only), 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. Interns who are matched with IHPTP will be required to submit health screening / drug screening / fingerprinting and background checks prior to start date. Contact Temre Uzunca, PsyD Training Director at [tuzuncan@wi.edu](mailto:tuzuncan@wi.edu)

**Internship Admissions, Support and Initial Placement Data** Information about Internship Admissions, Support and Initial Placement Data, can be found on our website <https://www.wi.edu/training-ihptp#internship> at the bottom of the Internship Section.

*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](mailto:apaaccred@apa.org) Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation)*

