



The Wright Institute Integrated Health Psychology Training Program IHPTP Practicum Program

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 comprised of a team of licensed psychologists, a practicum training program, an APA-accredited internship and a postdoctoral fellowship residency and is exclusively affiliated with the Wright Institute in collaboration with partnering community health organizations throughout the San Francisco Bay Area.

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 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 evidence-based individual intervention** (up to six sessions)
- **Evidence-based Group Intervention** (i.e. stress reduction, depression, grief, trauma)

Program Training Seminars

- **Integrated Health Psychology Training Seminar** 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.



[Type here]

- **Diversity & Multicultural Training/Dialogue Series** 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 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 postdoctoral 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.

Practicum Weekly Schedule Example

(16 hours for P2s, 20 hours for P3s, 12 hours for P4, supplemental training also available)

P2s commit to 16 hours per week and are required to be onsite 2 days per week

P3s commit to 20 hours per week and are required to be onsite 3 days 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.

Contact

For further information, please contact Temre Uzuncan, PsyD Director tuzuncan@wi.edu

