**Postdoctoral Fellowship Program**

**Emphasis Area: Behavioral Medicine**

**Emphasis Area Clinical Supervisors: Diana Jochai, Ph.D., and Astrid Reina, Ph.D.**

***\*Training is currently remote and provided through LAC DMH approved teleplatforms. Any in-person training experiences mentioned below have either transitioned to telehealth platforms or been temporarily paused. Some or all training experiences are likely to shift to in-person during the course of the training year based on LAC DMH and public health guidance for the CoViD-19 pandemic.***

The Behavioral Medicine emphasis area provides advanced training and professional development in behavioral medicine for fellows interested in working in the field of Clinical Health Psychology and in large teaching facilities specializing in the provision of services in the public sector. The clinical populations served in this emphasis area include patients ranging from childhood to older adulthood and from diverse socio-cultural backgrounds; the emphasis area offers a rich experience working within an urban poverty medicine framework, treating minority populations that historically have been underserved, under-represented, and disenfranchised. Development of understanding and integration of social determinants of health is key to the Behavioral Medicine emphasis area.

Fellows receive clinical training experiences in consultation/liaison, psychotherapy, and brief psychological assessment. Over the course of the year, fellows are expected to provide services/treatment to patients, consult with medical providers, participate in case conference, and supervise doctoral students (externs). Fellows in the Behavioral Medicine emphasis area develop advanced clinical management and administrative skills by assuming the role in medical clinics of both the psychology representative and point person for referrals between the mental and medical health care systems on the HUMC campus and in Los Angeles County. They also are taught management and coordination of other trainees and staff (as appropriate) as well as programmatic planning, implementation, and evaluation. In this capacity, the fellows are aided in a stepped progression towards independent practice with attention paid to the nuanced nature of behavioral medicine services.

Fellows in the Behavioral Medicine emphasis train in the following:

**HIV Mental Health**

The fellowship training in Behavioral Medicine/HIV Mental Health offers experiences in behavioral medicine focused on psychiatric and psychological treatment to HIV/AIDS affected and infected individuals living in Los Angeles County. Provision of integrated care services to the HUMC Immunology Clinics is required, wherein the fellow serves as the Los Angeles County Department of Mental Health (LAC DMH) psychology representative on the multidisciplinary team (physicians, nurse practitioners, HIV/Infectious Disease medical fellows, nurses, social workers, case managers). While the fellow interfaces with medical patients and personnel on the HUMC campus, ample opportunities exist for collaborating and providing integrated care services to patients from the following partnering mental health and immunology clinics in the community:

* Los Angeles County Department of Mental Health directly operated HIV Mental Health Services (Harbor-UCLA, Hollywood Mental Health, Long Beach Mental Health, Augustus F. Hawkins Mental Health, Compton Mental Health, Edelman Mental Health Center)
* Los Angeles County Department of Health Service Tom Kay HIV Clinic
* Long Beach Health Department Early Intervention Program
* St. Mary Medical Center, CARE Clinic

Women’s Health

Women’s Health is focused primarily on providing psychological consultation and psychotherapy services to women of various ages and from diverse socio-cultural backgrounds. Patients seen for medical treatment in the following specialties are serviced:

* HUMC Obstetrics (OB) Clinics (low, intermediate, and high-risk obstetrics)Specialty Care Gynecology Clinics:
  + Tumor/Gynecologic Oncology (GynOnc)
  + Urogynecology Clinics (Urogyn)
  + Reproductive Endocrinology and Infertility Clinic (REI)
* OB/Gyn Inpatient

**Additional Medical Populations**

Fellows in the Behavioral Medicine emphasis area will also receive training exposure and/or experiences to the following medical populations depending on availability/need:

* Eating Disorders: Anorexia and restriction, bingeing and purging, and overweight and obesity
* Palliative care
* Pediatrics: Overweight and obesity and endocrinology; inpatient consultation/liaison
* Primary Care

## Behavioral Medicine Emphasis Area Prerequisites

* Prior advanced/significant experience in Behavioral Medicine and Clinical Health Psychology
* Previous experience in the assessment and treatment of persons with severe and persistent mental illness and persons from varied diverse backgrounds
* History of scholarly activity and interest in research; health disparities interests preferred though not required

## Behavioral Medicine Emphasis Area Required Experiences

* 8-10 individual psychotherapy cases
* Gender health evaluations (number to be determined based on patient and system needs)
* Consultation/liaison services (ambulatory and inpatient) to HIV/Immunology, Women’s Health, and Pediatrics
* Rotation of service pager (weekly or every two weeks depending on service needs)
* Attendance and participation in Behavioral Medicine Service meeting

## Behavioral Medicine Emphasis Area Required Supervision (in addition to Core Training Program Required Supervision)

* One (1) hour individual supervision each week with emphasis area primary supervisor
* One (1) hour of individual supervision each week with delegated emphasis area supervisor
* One hour of group supervision/sign-out per week
* Two hours per month of Behavioral Medicine Service Staff Meeting/Case Conference

## Behavioral Medicine Emphasis Area Required Training and Courses (in addition to Core Training Program Required Trainings and Courses)

* Behavioral Medicine Seminar
* Psychiatry Grand Rounds
* Three day DBT training (24 hours)
* One day ACT training (8 hours)

**Behavioral Medicine Emphasis Areas Required LAC DMH Clinical Experience**

Fellows in the Behavioral Medicine emphasis area will receive training in larger systems-focused services, including the following:

* Delivery of treatment to individuals infected and affected by HIV and AIDS presenting to LAC DMH.
* Gender health evaluations for LAC DMH patients.
* Consultation and assessment of treatment needs for patients (lifespan) presenting with disordered eating conditions.

Additionally, other system-focused training opportunities may develop over the course of the fellowship year based on the needs of the clinical populations served and the public mental health system.

**Behavioral Medicine Emphasis Area Elective Courses/Clinical Experiences**

* Rotate as primary evaluator in the Psychiatry ER (in-person)
  + Family Medicine rotation in Lomita Clinic or Gardena High School Medical Clinic (as available)