

LACDMH Psychology Training at Harbor-UCLA Medical Center Adult Outpatient Program

Nature of Setting and Population Served

Practicum students will provide individual and group psychotherapy to adults in the Adult Outpatient Program (AOP) Clinic. The client population includes various demographic groups presenting with moderate to severe psychiatric diagnoses ranging from, but not limited to: mood and anxiety disorders, emotional dysregulation, substance use disorders, trauma, psychotic disorders, and personality disorders. Additionally, the client population may also present with multiple social determinants of health that impact their overall functioning, such as food insecurity, housing instability, and limited service access.

Direct/Indirect Services

The AOP practicum track aims to familiarize student with evidence-based treatments, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT). Trainees will spend at least 50% of their time on service in direct care to clients and lead one outpatient DBT skills training group. As the AOP provides comprehensive DBT, students may also be asked to field after hours crisis phone coaching calls at times determined by the student and supervisor.

Practicum students will also complete weekly intake assessments to inform the diagnosis of mental health disorders, determine medical necessity and appropriate level of care, and guide treatment planning for clients. Students will be part of a multidisciplinary treatment team that includes psychology, psychiatry, social work, nursing, and case management.

Supervision and Training

Two hours of required, weekly supervision (individual and group) is provided by licensed clinical psychologists and/or a postdoctoral fellow under the supervision of a licensed clinical psychologist. Supervision may be supplemented with readings and other materials, to be completed during practicum hours. Supervision will include discussion of case conceptualization (including attention to intersectional social determinants of health), the delivery of interventions that are consistent with the treatment model, and issues relating to professional development (e.g., the emerging clinician's reflective capacity).

Students may be asked to attend a two-day training in CBT and/or a three-day training in DBT, as these trainings are made available by LACDMH. These trainings may fall outside of assigned practicum days; if so, schedules may be altered for the week to adhere to the maximum number of hours per week discussed below. Students will be advised of other training opportunities offered by LACDMH and training partners as available.

Required Days

Students are required to be on service 18 hours per week except for UCLA and USC students who are required to be on service 16 hours per week.

Required days onsite are Mondays and Wednesdays,

- UCLA and USC students: 8:30am-5:00pm
- All other students: 8:00am-5:30pm

These times include a 30-minute lunch break.

Attendance is required in the

- Clinical Didactic (Mondays 11:00am-12:00pm)
- DBT Case Consultation Team meeting (Wednesdays 10:00am-11:00 am),
- Interdisciplinary Case Conference meeting (Wednesdays 1:00pm-2:00pm).

Students must make themselves available (within their limits) for supervised after hours phone coaching for their DBT clients.

Requirements

- Coursework in behavioral and/or cognitive theory and intervention.
- Applicants must have an interest in and commitment to learning about evidence-based cognitive and behavioral therapies.
- Previous psychotherapy experience providing direct services.
- Commitment to providing just, equitable, and inclusive mental health services for a diverse population in a public sector mental health setting.

Preferred Experience

- Previous experience conducting individual and group CBT and DBT.
- Prior experience in the assessment and treatment of individuals with mental illness.

Assigned clinical supervisors

- Janice Jones, PhD
- Lynette Lau, PhD
- Astrid Reina, PhD

Please have your Director of Clinical Training contact Dr. Astrid Reina, Training Director of the LACDMH Psychology Training Program at Harbor-UCLA, if you are interested in applying.