



General Adult Track

**University of Washington School of Medicine
Psychology Internship Program
2024-2025**

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Schedule for the day



Morning Presentation for the Adult Track

- 9:10-9:30 Overview, *Adam Carmel*
- 9:30-10:45 Supervisor and rotation introductions: *Adam Carmel, Ty Lostutter, Kristen Lindgren, Sarah Kopelovich, Adam Kuczynski*
- 10:45-11:00 Break
- 11:00-12:00 Current Resident Q&A
- 12:00-1:00 Lunch on your own

Afternoon Interviews for the Adult Track

- 1:00-3:55 Individual Faculty Interviews (refer to individual schedule sent via email for details and zoom links)
- 1:00-3:55 Optional Drop-in room including current residents and post-doc fellows, faculty intermittently
- 3:55-4:00 Optional closing- Adam will be in zoom Drop-in room for any final questions

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Empirically Based Practice / Clinically Based Research

- 1
Training and supervision
in empirically based
interventions
- 2
Training and mentorship
in research skills

The complex block contains a title and two numbered items. The title is 'Empirically Based Practice / Clinically Based Research'. Item 1 is in an orange box and describes training and supervision in empirically based interventions. Item 2 is in a grey box and describes training and mentorship in research skills.

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Internship Year: Clinical Training Goals and Emphases

Expand range of expertise in empirically based interventions and adapting them for “real-world” settings (breadth)

Increased case conceptualization skills and sophistication, especially in using case conceptualization to guide individualized treatment plan (depth)

Selection of assessment strategies for diagnostic determinations and as indicators of treatment progress

Management of risk behaviors and awareness of ethical/legal issues in outpatient clinic settings

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What will 2024 bring?

Like everyone else, we just don't know.

•Some guesses:

- A mix of telehealth and in-person services

•Some guarantees:

- Access to appropriate PPE for all settings
- Continued high need for mental health services
- Ongoing flexibility and compassion

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Training Sites



Harborview Medical Center:

- 5EC/Mental Health & Addiction Services



UW Outpatient Roosevelt Clinic:

- Outpatient Psychiatry Clinic (OPC)
- Trauma (PE/CPT) and OPC DBT teams



Fred Hutchinson Cancer Center

- Psycho-oncological health psychology
- Collaborative Care interdisciplinary team

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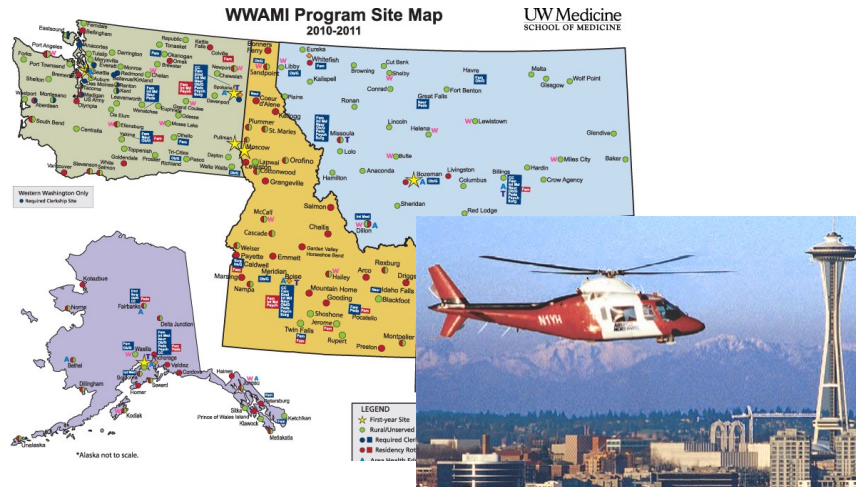
Harborview Medical Center



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Harborview Medical Center

- Level 1 trauma center serving a 4-State region (WAMI)



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Harborview Medical Center

- Center of Excellence for:
 - Orthopedic reconstruction/rehab
 - Neurosciences
 - Adult & Pediatric Trauma
 - Burns
 - AIDS/STD treatment
 - Vision
 - Vascular
 - Behavioral health

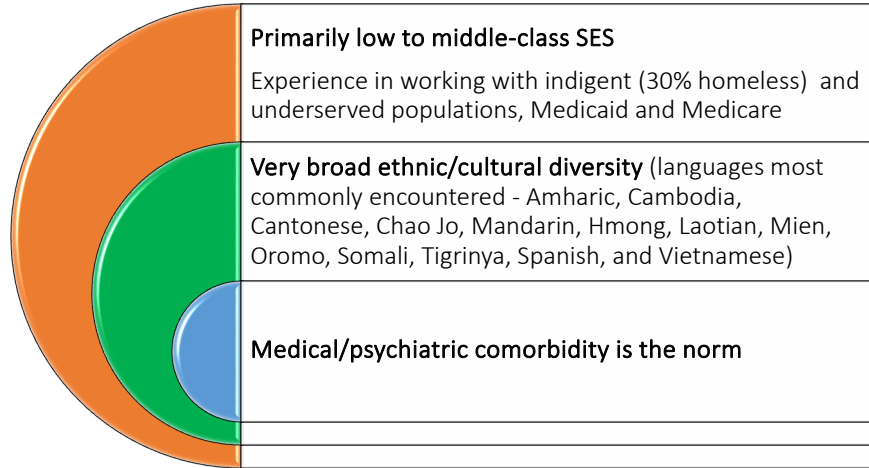


- Safety net provider
 - Provided \$62 million in charity care in 2015 (sharp decline from recent years due to ACA)

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Harborview Outpatient Services

Who are the patients on this rotation?



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Structured Clinical Trainings



- CBT for Psychosis (CBT-p)
- 2 full days of didactic training by Sarah Kopelovich, PhD



- Harm Reduction Treatment for SUD
- 2 partial days of didactic training by Susan Collins, PhD

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Harborview Outpatient Services: 5E Clinic & HMHAS

- 12-14 direct outpatient contact hours per week (three and ½ 8-hour days)
- Remainder of clinical time is spent charting, learning protocols, and in supervision

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Harborview Outpatient Services

What will I learn during this rotation?

Assess behavioral conditions and provide EBTs in outpatient setting

Substance Use

Anxiety, PTSD

Psychosis

Sleep Disorders

Didactic Training

CBTp training

Harm Reduction

Ethical and legal issues

Outpatient Risk Management

WA State Reporting Laws

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Specialized Training in Empirically Based Approaches

- Cognitive Behavioral Therapy for Psychosis (CBT-p) for Schizophrenia, First Break Psychosis
 - SPIRIT Lab training site: <https://uwspiritlab.org/training/>
- Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Hypnosis
- Harm Reduction for SUD
 - HaRRT Center training site: <https://depts.washington.edu/harrtlab/>

Flexibility to emphasize some approaches more than others based on resident preference

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Harborview Outpatient Services

How will I learn all of that?

Minimum of 4 hours of supervision/week

- CBT-I (Dr. McCann)
- CBT-P (Dr. Kopolevich)

Multidisciplinary consultation opportunities

- For outpatient addiction recovery teamwork, Psychiatry Residents 5E
- Psychiatrists, social workers, case managers

Attendings have expertise in a variety of disorders

- PTSD, substance abuse, insomnia, psychosis

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Core Clinical Faculty



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UW Outpatient Psychiatry Clinic Roosevelt Building



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UW Outpatient Psychiatry Clinic



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UWMC Outpatient Psychiatry Clinic

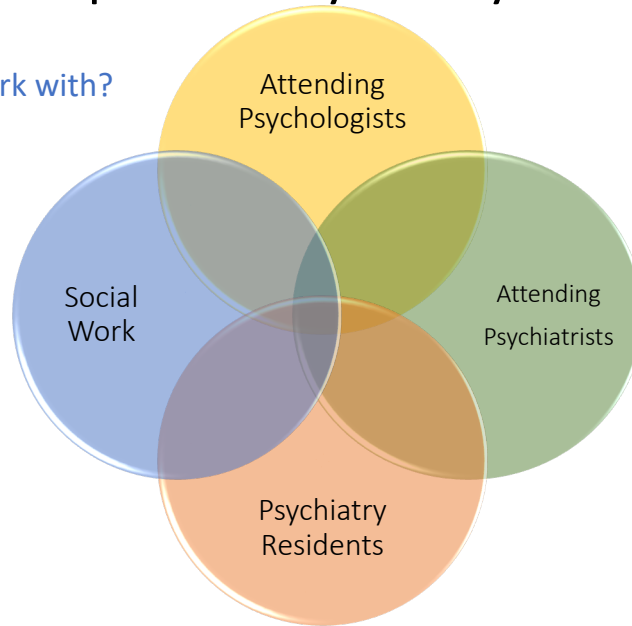
■ Overview

- Main outpatient psychiatry referral source for UW Medical Center (UWMC) patients
 - Mainly UWMC-affiliated patients (most come from other specialty or primary care clinics)
 - Referrals from local providers, hospitals, and the surrounding community
- Over 6,000 visits/year
- Services include: assessment, brief consultation, and evidence-based interventions
 - Provides both psychotherapy and pharmacotherapy

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UWMC Outpatient Psychiatry Clinic

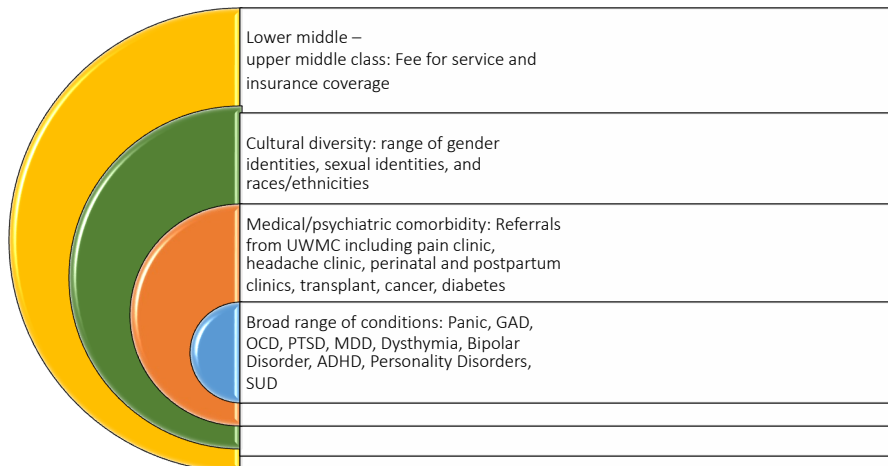
Who will I work with?



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UWMC Outpatient Psychiatry Clinic

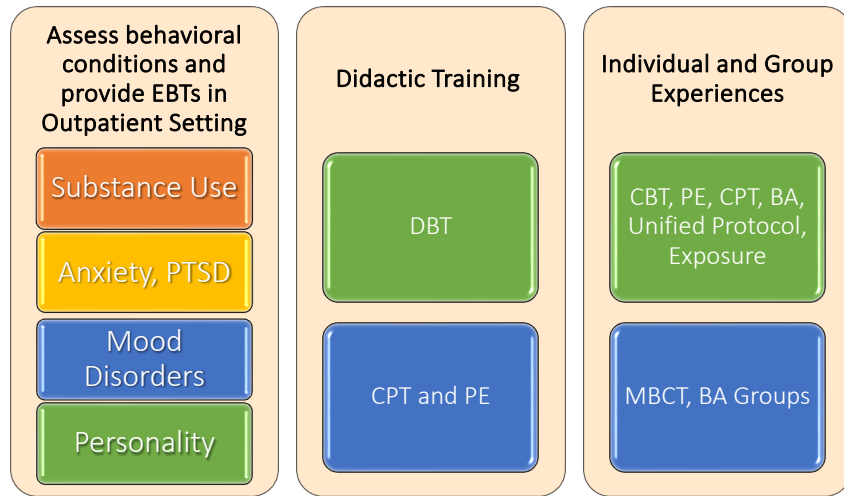
Who are the patients on this rotation?



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UW Outpatient Psychiatry

What will I learn during this rotation?



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Specialized Training in Empirically Based Approaches

- Cognitive Processing Therapy, Prolonged Exposure for PTSD
- Behavioral Activation, Unified Protocol for Mood Disorders
- CBT for ADHD, Insomnia, Pain
- Exposure Protocols for Anxiety Disorders, OCD
- DBT for Emotion dysregulation, Suicidality
 - UW Annual Comprehensive DBT Training:

<https://www.uwcsp.org/annual-comprehensive-dbt-training.html>

Flexibility to emphasize some approaches more than others based on resident preference

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UWMC Outpatient Psychiatry Clinic

How will I learn all of that?

Minimum of 4
hours of
supervision/week

- Individual supervision (Drs. Lindgren, & Bedard-Gilligan)
- One hour of CLS group supervision with psychiatry residents
- Orientations are predominantly CBT

OPC DBT Specialty
Clinic

- 2-day DBT workshop (Drs. Comtois & Carmel)
- Weekly DBT seminar for 6 months
- One hour of individual DBT supervision
- One hour of DBT consultation team (Drs. Comtois and Reeves)

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Core Clinical Faculty



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UWMC Outpatient Psychiatry Clinic

- 12-14 direct outpatient contact hours per week (3 and ½ 8-hour days)
- 4 hours DBT Training
 - ½ day a week doing DBT training, sessions, supervision, and consultation team
- Remainder of clinical time is spent charting, learning protocols, and in supervision

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Structured Clinical Trainings



- **Kate Comtois, Ph.D.**
 - DBT UW Resident Training Program
 - 2 day workshop followed by a 1.5 hour weekly seminar for 6 months



- **Kristen Lindgren, Ph.D. and Michele Bedard-Gilligan, Ph.D.**
 - 2 day workshop in Cognitive Processing Therapy for PTSD
 - Monthly CPT consultation group meeting

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Fred Hutchinson Cancer Center



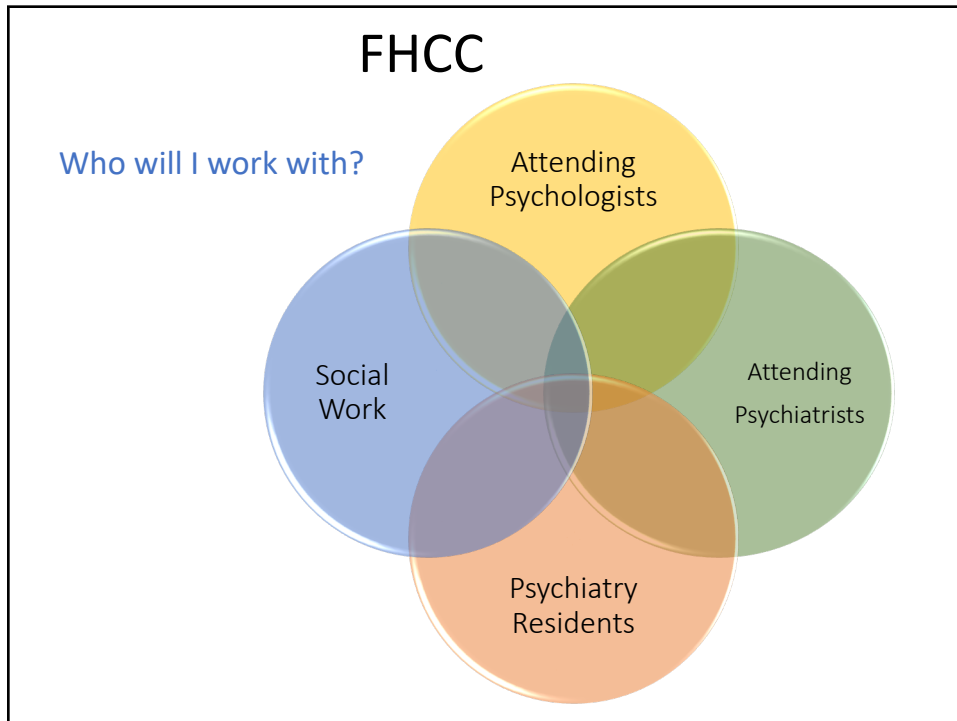
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FHCC

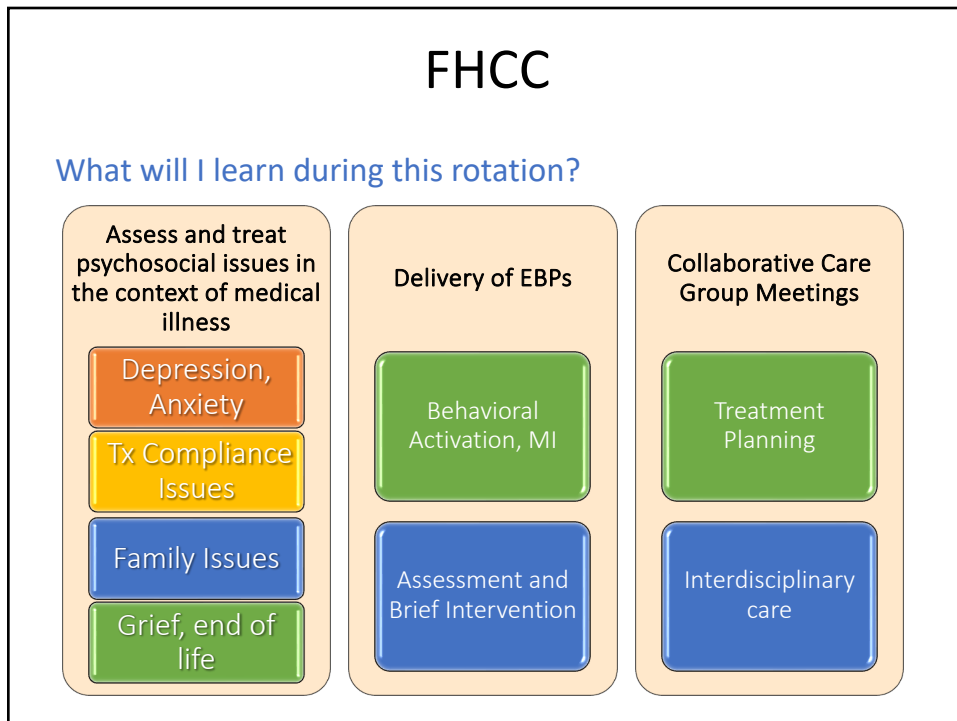
■ Overview

- FHCC is a comprehensive cancer clinic of UW Medicine, Fred Hutchinson Cancer Research Center, and the Seattle Children's Hospital, and provides care for patients with a wide variety of malignancies in various stages of treatment.
- Residents will provide direct consultation to the FHCC clinics under supervision and will evaluate and treat a range of psychosocial issues that arise in the context of medical illness.
- Participate in a collaborative care model reviewing and managing patient cases using a multidisciplinary team.

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FHCC

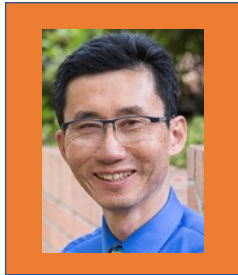
How will I learn all of that?

Minimum of 2
hours of
supervision/week

- Individual supervision (Drs. Lostutter & Brechbiel)
- One hour of Collaborative Care Group Meetings

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Core Clinical Faculty



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Research, Grant Writing, and Professional Development

Internship is primarily a clinical year, but.....

Research informs clinical care

- Empirically supported treatments and supervision
- Monthly journal club (led by Dr. Katherine Walukevich-Dienst)

Focus on continuing to grow scientist practitioners

- Grant writing seminar- mix of didactic teaching and hands-on practice (2 hrs/wk)
- Dedicated research time (4 hrs/wk)

Professional development

- Grant writing seminar and didactics
- Committee devoted to professional growth
- Faculty Mentorship
- Post-doc fair & Career fair

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Adult Track Structure

	primary	M	T	W	Th	Fri
Resident #1	OPC	OPC DBT	OPC	SCCA	Research	OPC
Resident #2	HMC	OPC DBT or trauma care	HMC	HMC	Research	HMC
Resident #3	SCCA	SCCA	SCCA	HMC	Research	SCCA

- Primary Site 3 days a week
- Secondary site 1 day a week
- Thursdays are Research Day and Didactics Seminar
- We are leading with the options of 1) 12 month structure listed above, or 2) a 6 month rotation model with all 3 sites. Or a 3rd option TBD based on incoming cohort.
- Zoom meeting with the 3 incoming residents to determine assignments

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Questions?

(And feel free to email Adam at adultpip@uw.edu as well)