



HARVARD MEDICAL SCHOOL  
AFFILIATE

# Doctoral Internship in Clinical Psychology 2023-2024

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Accredited by: Commission on Accreditation  
American Psychological Association

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## **MCLEAN HOSPITAL/HARVARD MEDICAL SCHOOL DOCTORAL INTERNSHIP TRAINING IN CLINICAL PSYCHOLOGY 2023-2024**

McLean Hospital/Harvard Medical School offers a full-time Doctoral Internship in Clinical Psychology, accredited by the Commission on Accreditation of the American Psychological Association, to eligible fourth-year or higher graduate students enrolled in either APA or CPA Approved clinical or counseling psychology doctoral programs. All interns receive academic appointments at Harvard Medical School in the Department of Psychiatry. This appointment allows access to a wide array of university resources, facilities, and programs.

As the #1 hospital in America for psychiatric care (U.S. News & World Report), McLean Hospital is dedicated to improving the lives of people and families affected by psychiatric illness.

McLean pursues this mission by:

- Providing the highest quality compassionate, specialized and effective clinical care, in partnership with those whom we serve
- Conducting state-of-the-art scientific investigation to maximize discovery and accelerate translation of findings towards achieving prevention and cures
- Training the next generation of leaders in psychiatry, mental health and neuroscience
- Providing public education to facilitate enlightened policy and eliminate stigma

The McLean Hospital/Harvard Medical School internship is committed to providing its trainees with the highest quality clinical, research and supervisory experiences designed to develop the necessary competencies that will prepare them for all types of psychology careers.

The McLean Hospital psychology internship participates in the APPIC Internship Match Program and observes all of its guidelines. The McLean Hospital Clinical Psychology Internship fully affirms the Harvard Medical School [Diversity Statement](#) and the Mass General Brigham [Diversity, Equity, and Inclusion Vision Statement](#). The internship is firmly committed to attracting and training interns from diverse and underrepresented backgrounds. In addition, McLean and Harvard Medical School are firmly committed to equal opportunity for all, regardless and including, but not limited to, socioeconomic status, age, language, national origin, culture, religion, race, ethnicity, sexual orientation, gender identity, or disability.

McLean offers many opportunities to engage in Diversity, Equity, and Inclusion work (see <https://www.mcleanhospital.org/about/dei>). Interns can contribute to the Office of Diversity, Equity, and Inclusion (DEIO), the Anti-racism, Justice, and Health Equity (ARJHE) Taskforce and the Multicultural Psychology Consultation Team (MPCT; <https://multiculturalpsychology.com/mpct/>). Interns are also encouraged to participate in various McLean Hospital and Mass General Brigham affinity groups (Black Excellence, PRIDE@McLean, BIPOC support group).

## **DESCRIPTION OF INSTITUTION**

McLean Hospital is a private, non-profit, psychiatric hospital in Belmont, Massachusetts, a suburban community just a few miles west of Boston. The hospital has 40 buildings on 140 beautiful acres of land. Founded in 1811, McLean is affiliated with Massachusetts General Hospital (MGH), the Mass General Brigham HealthCare System, and is the major psychiatric teaching hospital of the Harvard Medical School. In addition to internships and postdoctoral fellowships in psychology, there are active training programs for psychiatric residents as well as medical, social work, and nursing students. The hospital enjoys a national and international reputation for its excellence in clinical care, teaching, and research. For example, McLean has been named as the nation's #1 freestanding psychiatric hospital for 20 years by *U.S. News & World Report*. It is also ranked in the top five percent of all hospitals receiving National Institute of Health research funds with more than \$45 million of annual research revenues. McLean is accredited by The Joint Commission and licensed by the Massachusetts Departments of Public Health and Mental Health.

McLean offers a full comprehensive care system that includes inpatient, partial hospital, residential, school-based and outpatient services. As a result, the McLean program can provide its interns with supervised training experiences in a broad range of care settings. The McLean Hospital internship has a long tradition of offering the highest quality of comprehensive training designed to prepare students to pursue their future clinical, research and academic objectives. To that end we are very proud that our internship has been recognized by APPIC as a recipient of the Award for Excellence in Clinical Training. Interested applicants are encouraged to visit the hospital's website to learn more about its clinical, research and training activities: <https://www.mcleanhospital.org/>

## **THE INTERNSHIP TRAINING PROGRAM**

### ***TRAINING TRACKS AND PLACEMENTS***

Developing professional psychologists who epitomize the scientist-practitioner model is accomplished by providing opportunities for interns to (1) translate theory into practice; (2) better understand the relationship between evidence-based practice and practice-based evidence; (3) comprehensively assess patients in order to plan and implement effective treatment; (4) recognize the importance of respect in working with patients and colleagues; (5) develop effective therapeutic relationships; (6) be creative in clinical interventions; (7) pursue their research interests, and (8) incorporate social and cultural context into case conceptualization, treatment, and research, while practicing cultural humility.

For the 2023-2024 year, McLean will welcome 10 interns:

- 6 Adult General Psychiatry
- 1 Adult PTSD/Adult General Psychiatry (Split)
- 1 Child/Adolescent Anxiety and Mood Disorders
- 1 Child/Adolescent Acute and Intensive Services for General Psychopathology
- 1 Child/Adolescent Dialectical Behavioral Therapy for Chronic Suicidality and Severe Emotional Dysregulation

#### **A. Adult General Psychiatry (6 positions)**

##### **APPIC: 132311**

Approximately 80 percent of an intern's time is devoted to yearlong intensive clinical training working with a full spectrum of adult psychopathology in the McLean Behavioral Health Partial Hospital Program (BHP). This experience will be augmented by long-term psychotherapy experience in McLean's OnTrack Clinic.

##### **Primary Clinical Site: Behavioral Health Partial Hospital Program:**

The BHP is a comprehensive service integral to McLean's system of care. It is an insurance-based, multi-disciplinary, psychosocial milieu treatment program that serves the needs of patients from every major diagnostic category in DSM-5. The BHP provides empirically-informed treatments that are adapted to the current state of hospital-based psychiatric care. There are approximately 800+ admissions (~70 admissions per month), with a comparable number of discharges, on an annual basis. The program offers approximately 100 groups per week. Approximately 50% of patients are referred from the McLean inpatient units, with the remainder coming from local hospitals, community mental health centers, private practitioners, and self-referrals. A small, albeit significant, percentage comes out-of-state to McLean for specialized treatment.

Our mission is to help individuals develop skills to improve functioning, mood, and quality of life and to better cope with life circumstances. To achieve this mission, the BHP uses primarily CBT, DBT, and ACT-based approaches for a wide range of problems such as mood and anxiety disorders, personality disorders, thought disorders, and dual diagnoses.

- Interns engage in a variety of professional activities, including individual and group psychotherapy, consultation, assessment, evaluation, and case management.
- Interns play a critical role in the BHP as Program Therapists. In this role, they conduct clinical assessments, formulate intervention plans, and provide individual treatment as members of a cohesive multi-disciplinary treatment team.
- Interns also play a central role in group therapy, which is a major component of

treatment at the BHP. Interns lead, co-lead, and often develop many of the therapy groups. Interns are assigned to groups based on their interests, training, and programmatic needs.

- Interns receive individual and group supervision and are considered to be crucial members of the multi-disciplinary treatment team.

**Research:** There are many opportunities to work with existing data sets or to develop new research studies at the BHP. Additionally, interns can complete research electives with one of the approximately 400 Principal Investigators at Mclean (see <https://www.mcleanhospital.org/research>).

### **Secondary Clinical Site: On Track:**

The Psychotic Disorders Division OnTrack Clinic is an outpatient clinic serving patients newly diagnosed with psychotic disorders including schizophrenia, schizoaffective disorder and bipolar disorder with psychosis. This year-long training experience focuses on longer-term individual psychotherapy. Interns function as individual outpatient therapists and work with patients and their treatment teams to formulate cases, and to develop and implement treatment plans with a focus on evidence-based treatments for psychosis. Individual Resiliency Training (IRT), a comprehensive, module-based program of treatment specifically developed for first episode psychosis, is a core treatment of the clinic. IRT combines elements of cognitive behavioral therapy, motivational interviewing, and personal therapy – all empirically supported treatments for patients with from psychosis.

The total time commitment is 3-4 hours per week for the entire internship year:

- Weekly didactics and group supervision
- Monthly clinic meetings
- Interns will carry a caseload of 1-2 patients beginning in August.

### **Elective Rotations:**

Elective rotations serve to broaden clinical and research training by providing more opportunities to learn about different areas of hospital psychiatry. Rotation schedules will be created and provided based on intern selections at the beginning of the year. Interns will select 3, 12-week electives (clinical and/or research) for the year. Rotations are designed to be approximately 3-6 hrs per week.

### **Clinical Rotations Available 2022-2023:\***

- Clinical Case Management
- College Mental Health Program and Office of Diversity, Equity, and Inclusion (Joint

Rotation)

- Geriatric Psychiatry Division
- Psychotic Disorders Division
- Outpatient Trauma Clinic
- Treatment of Adult OCD
- Klarmann Eating Disorders Program
- Clinical Evaluation Center (adult crisis evaluation)
- Alcohol, Drug and Addiction Treatment Program
- McLean Anxiety Mastery Program (ages 6-19)
- 3East DBT Day Program (ages 14-20)
- OCD for Children and Adolescents (ages 10-18)

\*Additional options may be available; see next 'Research' section for research elective information

## Research:

McLean conducts over \$50 million of research each year, and the hospital's research programs provide opportunities for a diverse group of clinician-scientists to use state of-the-art research design and technology to collaborate in the study of the brain in health and illness. The research programs encompass clinical and translational research programs across the 7 divisions of the hospital, as well as several major research centers – The divisions of the hospital entail: Basic Neuroscience; Psychotic Disorders; Alcohol and Drug Abuse; Depression & Anxiety; Women's Mental Health; Child & Adolescent Psychiatry; and Geriatric Psychiatry. McLean's Major Research Centers include: The Mailman Research Center (basic neuroscience); the McLean Imaging Center; and the Harvard Brain Tissue Resource Center (Brain Bank).

See <https://www.mcleanhospital.org/research>

Interns may establish a working relationship with one of the 400+ principal investigators in the McLean system. Interns can elect to have protected research time (3-6 hours/week) if they opt to complete a research elective. However, many interns are also able to devote time to research outside of an official elective. Research electives may be used flexibly depending on the intern and PI's interests.

Previous interns have been extremely successful in obtaining post-doctoral funding through McLean's internal fellowships, T32s, and writing their own F32s.

Interns have access to research support, such as:

- Grant writing support through hospital-wide seminars (e.g., writing Specific Aims, writing K23) and workshops (e.g. "How to write winning grants")
- Harvard Catalyst - <https://catalyst.harvard.edu/>
- Institute for Technology in Psychiatry (ITP) -

<https://www.mcleanhospital.org/research/mclean-institute-technology-psychiatry>

- Numerous McLean and HMS fellowships that fund post-doctoral research projects
- Opportunities to present work at McLean Research Day / HMS Psychiatry Research Day

Selected examples of Research Rotations Available 2022-2023:\*

- Anxiety and Traumatic Stress Disorders Lab
- Affective Neuroscience of Trauma and Resilience Lab (ANTARES)
- BHP Clinical Research Lab
- Cognition and Affect Research and Education Lab (CARE)
- Division and Alcohol, Drug, and Addiction Research Program
- Geriatric Psychiatry Research Program
- Laboratory for Affective and Translational Neuroscience (LATN)
- Office of Clinical Assessment and Research at the OCDI (OCAR)
- Clinical and Translational Pain Research Lab
- Pediatric Mood, Imaging, and Neurodevelopment (PediMIND)
- Psychotic Disorders Research Program

\*Many additional options are available that are not listed here

## **B. Adult PTSD/General Psychiatry Split (1 position)**

### **APPIC: 132313**

The adult PTSD position is a split position with the adult general psychiatry program. The interns will spend approximately 40 percent of their time devoted to a yearlong trauma and PTSD-focused clinical training and approximately 40 percent of their time devoted to yearlong training at the BHP, including individual and group therapy for a wide range of diagnoses.

### **Clinical Site: LEADER Program and LEADER MAST Clinic**

The LEADER (Law Enforcement, Active Duty, Emergency Responder) Program at McLean Hospital was established in 2013 following the Boston Marathon bombing. Since that time, the program's mission has been to provide mental health and addiction services that are both evidence-based and specialized for the specific needs of first responders. Housed within this program, the LEADER MAST (Mood, Anxiety, Stress, and Trauma) Outpatient Clinic, is a multidisciplinary outpatient program that offers empirically supported and comprehensive treatments for mood disorders, anxiety disorders, trauma and stressor-related disorders including PTSD, personality disorders, and dual diagnoses. Currently, our clinic serves approximately over 250 patients and continues to grow. Our robust outpatient clinic is comprised of two psychiatrists, one psychiatric nurse practitioner, two psychologists, and five social workers who work closely together and liaise with other hospital programs to support the mental health needs of first responders. In addition, the clinic has provided training for social

work externs, the current psychology intern, as well as psychology postdoctoral fellows.

Clinical services offered in our clinic include individual therapy, group therapy, couples therapy, consultation, and medication management. While treatment is tailored to the individual needs of each first responder, commonly used therapy modalities include CBT and DBT. Specific CBT treatments offered include Cognitive Processing Therapy, Prolonged Exposure, and Seeking Safety, among others. Groups currently available in the clinic include Introduction to PTSD, PTSD Skills, DBT, Seeking Safety, and Conflict Management. In addition, the clinic supports new group development. Current groups in the process of being developed and started include Sleep Skills and Stress Management.

- Interns engage in a variety of professional activities, including group psychotherapy, consultation, assessment, and case management.
- Interns co-lead therapy groups, which are selected based on interests and training goals. All clinical activities are exclusively tailored to the intern's training needs and preferences, and group development and implementation is encouraged and supported by the clinic.
- In addition to other supervision provided through the internship program, interns receive individual supervision with the LEADER MAST program director and attend multi-disciplinary rounds one to two times per week.

**Clinical Site: Behavioral Health Partial Hospital Program:** (See description above)

**Research:** Yearlong PTSD-focused clinical research training in the Neurobiology of Fear Laboratory (Kerry J. Ressler, MD, PhD) and the Neurocardiac Effects of Stress & Trauma Laboratory (Antonia V. Seligowski, PhD).

- Interns are encouraged to engage in NIH-funded PTSD research in several ways:
  - Clinical interviewing
  - Data processing, analysis
  - Manuscript preparation
  - Conference submissions
- Examples of available research data:
  - Blood-based biomarkers (e.g., stress peptides, sex hormones)
  - Genetics and epigenetics
  - EEG
  - (f)MRI

- Psychophysiology (e.g., startle, skin conductance)
- Clinical data (e.g., PTSD symptoms, depression)
- Training in the Clinician Administered PTSD Scale for DSM-5 (CAPS-5)
- Opportunities to administer the CAPS-5 for NIH-funded research studies
- Attendance at a PTSD clinical training workshop (e.g., CPT, PE)
- Support for grant writing
- Financial support to attend one national conference (e.g., ADAA, SOBP)

### **C. Child/Adolescent Anxiety and Mood Disorders Track (1 position).**

*\*\*Of note, one of the following programs is located in Cambridge, MA, about 10 minutes from the main campus. It might be beneficial for the intern to have access to a car as there might be days where the intern will be required to go back and forth from Belmont location to Cambridge location.*

#### **APPIC: 132312**

Core Training Programs: The internship year will be split in three different programs. The intern will spend the first 8 months at the OCD Institute for Children & Adolescents and the McLean Anxiety Mastery Program (MAMP) learning evidence-based treatments for obsessive-compulsive disorder and anxiety disorders in children and adolescents. The intern will spend approximately 16 hours at the OCDI Jr, 15 hours at MAMP, 3-6 hours in a chosen research rotation, and 4 hours in supervision, meetings, and seminars. The last 4 months will be spent at the Belmont Adolescent Partial Hospital Program where the intern will learn about the treatment of mood and anxiety disorders in a partial level of care. During these 4 months, the intern will spend about 26-28 hours at the partial hospitalization program, 3-6 hours at a research rotation, and 4 hours in supervision, meetings, and seminars.

Thus, nearly 80% of an intern's weekly face-to-face hours will be devoted to providing treatment at one of the aforementioned therapeutic programs. The remaining hours will be available for the intern's selected rotations.

The intern will gain experience in the following domains:

- Training and practice of exposure and response prevention (ERP) therapy through participation at MAMP and OCDI JR.
- Training and practice in acceptance and commitment therapy (ACT), which promotes a willingness to accept difficult thoughts and emotions, instead of avoiding, and increasing motivation to engage in treatment.
- Conducting individual, group, and family therapy within a specialized treatment program
- Experience co-leading groups at the Belmont Partial Hospital with adolescents with a full spectrum of psychopathology
- Experience conducting safety evaluations and crisis intervention plans
- Training in some of the dialectical behavioral therapy skills with the goal of providing skills coaching to patients in need

- A wide variety of didactic special topic seminars
- Comprehensive clinical and research supervision

### **Clinical Sites:**

#### **OCDI Jr.**

Location: Belmont Campus, 115 Mill St. Belmont MA, 02478

The OCD Institute for Children and Adolescents OCD (OCDI Jr) is a state-of-the art residential treatment program for children ages 12-18 with OCD and related disorders. The residential program allows children to live on the premises and receive intensive treatment in both individual and group settings. This program is designed for children with moderate to severe OCD and comorbid conditions who have had limited access or success with past treatment. At OCDI Jr., we value a collaborative approach with children and families taking an active role as members of the treatment team. OCDI Jr. utilizes evidence-based treatment, including exposure and response prevention (ERP), acceptance and commitment therapy (ACT), and cognitive behavior therapy (CBT) as part of multi-modal treatment with medication therapy.

- Interns receive training in assessing, conceptualizing, and treating complex OCD and comorbid presentations
- Specific training in Exposure and Response Prevention (ERP) coaching across a variety of different OCD and anxiety presentations.
- Interns may also engage in co-therapy (individual and family) with one of our licensed clinical psychologists
- Interns are invited to join rounds, which occur twice per week.
- Opportunities to run evidence-based groups and engage in OCD-specific assessments are also available.

#### **MAMP (McLean Anxiety Mastery Program).**

Location: 799 Concord Ave, Cambridge, MA, 02138 (McLean Hospital satellite clinic); hybrid format, with Mondays in person.

MAMP provides individualized treatment to children and adolescents ages 6 to 19 who present with social anxiety, specific phobias, panic attacks, separation anxiety, agoraphobia, and obsessions and compulsions. Our outpatient clinic provides group-based, intensive cognitive behavior therapy (CBT) sessions with an emphasis on exposure and response prevention (ERP). These treatment methods help kids and teens learn the skills they need to understand and manage their fears and anxieties. Treatment is delivered primarily in a group format in order to enhance motivation and learning through observation of and interaction with fellow group members. To provide individualized attention during exposure activities, our program has a high staff-to-child ratio.

Interns will have opportunities to provide treatment for children with anxiety disorders and/or OCD as well as co-morbid diagnoses in an intensive outpatient group-based format. The intern will be responsible for carrying one patient's case at a time, and will conduct the initial diagnostic interviews, develop their treatment plan, run family meetings, and lead exposures and other interventions to further the patient's treatment.

Below are additional experiences:

- Lead psychoeducation skills groups
- Co-facilitate exposure and response prevention (ERP) groups
- Co-conduct diagnostic interviews
- Participate in rounds
- Join pre-group team check-ins
- Co-lead family meetings
- Collaborate with an interdisciplinary team to coordinate patient care during program admission and develop discharge plans

### **Belmont Adolescent Partial Hospital Program**

Location: Belmont Campus, 115 Mill St., Belmont MA 02478

The Belmont Adolescent Partial Hospital Program provides intensive, short-term, and highly focused psychiatric care for teens and young adults through age 19 with emotional and behavioral difficulties. Groups and structured activities involve skills training, team building, and recreational therapy. These pursuits enhance daily living skills, build self-mastery and esteem, and provide a sense of autonomy and membership in a community. We offer a full range of services, including assessment and consultation, group therapy, skills training, medication evaluation, and family therapy.

The intern will carry one case at a time and will be responsible for treatment planning, family and individual therapy, contact of collaterals, and disposition planning.

Other opportunities:

- Crisis evaluation and safety planning
- Leading or co-leading therapeutic groups
- Skill coaching of patients when necessary
- Utilization of DBT and ACT therapies
- Participation in clinical rounds
- Didactic opportunities

### **D. Child/Adolescent Acute and Intensive Services for General Psychopathology (1 position).**

*\*\*Of note, these programs are located in Middleborough, MA which is not accessible by public transportation. The intern will need to have access to a car as some of the rotations and seminars will take place in the main campus in Belmont, MA.*

**APPIC: 132315**

Core Training Programs: The intern will spend the first 4 months at the McLean SouthEast adolescent inpatient unit, gaining experience with safety and crisis evaluation and working with suicidal or highly acute patients. During these first 4 months the intern will spend 28-30 hours in the inpatient unit (with a combination of direct care, didactics, and meetings), 3-5 hours in their selected research rotation, and 3 hours in supervision. The intern will then spend 8 months at the McLean SouthEast Acute Residential Treatment Program and the Partial Hospital Program, utilizing Dialectical Behavioral Therapy as a core treatment modality for adolescents with anxiety or mood disorders. During these months, the intern will spend 26-28 hours in the ART/PHP, 3-6 hours in their selected research rotation, and 4 hours in supervision, meetings and seminars.

Nearly 80% of the weekly intern's face-to-face hours will come from treatment provided at the different therapeutic programs. The rest of the hours will be a combination of the intern's selected rotations.

The intern will gain experience in the following domains:

- Conducting psychological assessments, including projective measures
- Specific training in Dialectical Behavioral Therapy
- Providing individual therapy and family therapy
- Leading and co-leading therapeutic groups
- Crisis evaluation and safety assessment
- Development of treatment plans

**Clinical Sites:****McLean SouthEast at Oak Street Adolescent Inpatient Program**

Location: 52 Oak Street, Middleborough, MA, 02346

The McLean adolescent inpatient program treats adolescents up to 19 years old, of all developmental abilities and diagnostic categories. The breadth of the treatment population on the inpatient child and adolescent psychiatric program and the corresponding ability to individualize high quality psychiatric crisis care are defining characteristics of the program. Multidisciplinary assessment and crisis intervention on the inpatient child and adolescent psychiatric unit consists of expert diagnostic assessment, psychopharmacological treatment, and mobilization of the child's family and support system. Program goals include the restoration of safety and successful continuation of treatment and recovery outside of the hospital setting. These goals must be met rapidly, within the typical parameters of managed care.

The inpatient therapeutic program introduces cognitive-behavioral, sensorimotor, expressive, and psychoeducational techniques that show some evidence base for reducing suicidal behaviors; increasing emotional regulation and distress tolerance; decreasing depressive,

anxiety and thought disorder symptoms; and increasing outpatient treatment and medication compliance. Other evidence-based therapeutic techniques employed include elements of Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), Acceptance & Commitment Therapy (ACT), guided relaxation & mindfulness, applied behavioral analysis, and psychoeducation regarding mental health and psychiatric medication. Interventions are delivered individually and in a group format.

The structure and sequence of activities for each intern will be determined with the site supervisor/training director at the start of the training year to enable the development of a structure that appropriately meets the intern's needs/goals as well as the needs of the units. However, each pre-doctoral intern can expect that their training experience will include:

- Group therapy
- Individual intervention/therapy
- Interdisciplinary consultation
- Brief assessment/diagnostic and neuropsychological evaluation
- Behavioral support
- Safety and risk assessment, planning and intervention
- Progress monitoring
- Literature review and evaluation
- Case presentations, individual/group supervision, and didactics

### **McLean SouthEast Acute Residential Treatment Program/Partial Hospital Program**

Location: 23 Isaac St., Middleborough, MA 02346

The McLean Adolescent Acute Residential Treatment Program (ART) and associated partial hospital program (PHP) are located at the McLean SouthEast Isaac Street campus. The ART is a 22-bed, short-term residential treatment program and the in-person PHP currently has up to 12 patients enrolled. Both programs serve a population of culturally and diagnostically diverse adolescents, across spectrums of gender and sexuality. Patients experience a variety of psychiatric and psychosocial challenges, including suicidal and non-suicidal self-injurious behaviors, mood and anxiety disorders, substance misuse, psychosis, and trauma reactivity. Treatment is intensive and multidimensional and typically lasts about two weeks. The program's primary modality is DBT. Patient and caregiver skills groups and milieu coaching support the acquisition and application of DBT skills. Group programming also includes a variety of process-oriented and ACT-based groups. Every patient is assigned a primary clinician who provides individual therapy, family therapy, and case management. The primary clinician works closely with a patient's trained DBT educator and psychiatrist or nurse practitioner throughout their admission.

The intern will join our collaborative multidisciplinary team working across both residential and partial levels of care. They will be the primary clinician for up to two patients at a time. They will lead treatment groups and participate in our weekly DBT consultation team. The intern will also be responsible for three neuropsychological assessments in their 8-month rotation at the

ART/PHP. Opportunities to join existing research endeavors may also be available.

Training experiences at the ART/PHP include:

- Assessing, conceptualizing, providing individual and family therapy, and coordinating all aspects of treatment for up to two patients at a time
- Follow cases from the ART to the PHP if they step-down internally to continue to support treatment goals as patients transition home
- Develop and lead weekly therapeutic groups
- Present and participate in bi-weekly rounds
- Collaborate with the ART/PHP treatment team and other involved systems, including schools, outpatient providers, and state agencies, to facilitate disposition planning
- Complete psychological evaluations, including projective measures
- Involvement in outcome monitoring and program research
- Participate in DBT consultation team

**E. Child/Adolescent Emotion Dysregulation and Dialectical Behavioral Therapy (1 position).**

*\*\*Of note, these programs are located in Arlington, MA. The intern will need to have access to a car as some of the rotations and seminars will take place in the main campus in Belmont, MA.*

**APPIC: 132314**

Core Training Programs: The intern will spend 8 months at the 3East Partial Hospital Program, receiving training in Dialectical Behavioral Therapy (DBT), running groups and carrying cases. The intern will then spend 4 months in one of the 3East residential programs, providing skills coaching to patients, running therapy groups and participating in meetings and didactics. During the first 8 months the intern will spend 26-28 hours at the partial, 3-6 hours in the research rotation, 4 hours of supervision, additional meetings and seminars. During the 4 months at a residential program the intern will spend 27-30 hours on the unit, 3-5 hours in their research rotation, 4 hours of supervision, and additional meetings and seminars.

Nearly 90% of the weekly intern's face-to-face hours will come from treatment provided at the different therapeutic programs.

The intern will gain experience in the following domains:

- Implementation of adherent and comprehensive DBT
- Effective identification of target behaviors and development of treatment plans to address complex clinical presentations
- Conducting individual and family DBT therapy
- Family DBT interventions

Clinical Sites:

### **3 East Partial Hospital Program.**

Location: 6 Claremont Ave., Arlington MA 02476

The PHP focuses exclusively on teaching the core curriculum developed by Marsha Linehan in her Skills Training Manual. Our population includes adolescents and young adults (ages 14-early 20's) who are emotionally stable enough to live at home while receiving their treatment. The PHP specifically targets four skill areas: (1) tolerating and managing distress, (2) using effective interpersonal skills, (3) learning ways to regulate emotions more effectively, and (4) using mindfulness skills to accurately identify emotions, thoughts and urges as well as to remain in the present moment. The goal of the DBT PHP is to assist the students LEARN and GENERALIZE the skills to their home, social, and school life. We work with the students and their families to use the skills so they can avoid hospitalization and ultimately to live a life worth living.

The DBT program is a 4-6 weeks treatment program that also incorporates a parent skills group weekly, skills coaching for students and parents as they are learning to use the DBT skills, individual therapy two times per week, family therapy sessions weekly, and psychopharmacological consultation with a psychiatrist.

The interns will receive the following experiences:

- Training in dialectical behavioral therapy
- Running therapeutic groups
- Participation in consultation team
- Carrying 1-2 patients' cases at a time, which includes developing a treatment plan, collaborating with schools, outpatient providers, and state agencies, to facilitate disposition planning.
- Providing mentorship to younger trainees

### **3 East Residential Programs: Browning and Merck**

Location: 3 and 6 Claremont Ave., Arlington, MA 02476

The residential programs provide short term, intensive DBT treatment for individuals 13 to 22 years old. Historically known as "the girls program" and "the boys program", both programs accept residents across the gender spectrum and the names now reflect the buildings in which the programs are located. Common presenting problems include chronic self-harm, suicidal thoughts and behavior, impulsivity, depression, anxiety, disordered eating, alcohol and drug abuse, and trauma/post-traumatic stress disorder (PTSD).

The residential programs offer 6-12 week admissions and receive referrals from around the US and the world. Residents engage in intensive DBT skill acquisition and application in the classroom, participate in individual (2x/week) and family therapy (1x/week), and have access to 24 hr skills coaching while in the program. The residential schedule also incorporates recreational activities and outings on the weekends to help residents generalize skills in outside

settings.

Training experiences at the residential programs include:

- Attending skills classes
- Leading or co-leading therapy groups
- Participating in DBT consultation team
- Providing skills coaching for residents
- Participating in parent-focused programming (including weekly parent group and two-day workshops)

### **Research Rotations for the Child/Adolescent Internship**

Each track is complemented by three 12-week rotations in one or more of our research opportunities. Rotation schedules will be based on an intern's selections at the beginning of the year, and research time will be protected. Rotations are designed to be approximately 3-6 hours per week.

Child/Adolescent research labs and opportunities:

- Pediatric Mood, Imaging, & NeuroDevelopment Program ([www.PEDIMIND.org](http://www.PEDIMIND.org)), a team of psychologists and psychiatrists led by Daniel Dickstein MD (Chief, Division of Child/Adolescent Psychiatry, McLean Hospital) focusing on symptom, behavior, and brain mechanisms of child mental illness.
- Program-specific data and mentorship from OCDI JR, MAMP, and the BAPHP
- Child Division-wide Child and Adolescent Routine Evaluation (CARE) Initiative (broad-based psychopathology assessments and follow up data from all McLean Child Division programs, including MAMP, OCDI JR, BAPHP, 3 east dialectical behavioral therapy continuum, and McLean Southeast inpatient/residential/partial programs).
- Data Science and Computational Medicine in the Division of Child and Adolescent Psychiatry Lab led by Alex DeNadai PhD, focusing on big data approaches to the diagnosis, treatment, prevention, and prediction of child and adolescent mental health disorders.

The intern will have the following opportunities:

- Training in the administration, scoring, and interpretation of key assessment measures, including the Children's Yale-Brown Obsessive Compulsive Scale (CYBOCS-II) and Self-Injurious Thoughts and Behavior Interview (SITBI).
- Grow their research methodology skills, including data analysis and interpretation, using extant data available in their program placement and/or with research groups in McLean's Division of Child Psychiatry
- Opportunities to present data at local and national conferences (with funding to present data at 1 national conference) and also submit resultant manuscripts

- Mentorship from McLean’s world-class team of clinician/researchers, including on starting/maintaining an academic and/or research career in child mental health.

## ***MENTORING AND SUPERVISION***

### **A. Advisor**

Each intern meets weekly with their assigned advisor to discuss training goals, professional development, and general concerns regarding the training experience.

The McLean training program makes every effort to support the intern’s professional and personal development. These issues are addressed throughout the training year by didactic and process-oriented seminars as well as individual meetings with advisors and supervisors.

### **B. Individual Supervision**

Each intern is assigned 2-3 clinical supervisors who have individual weekly meetings with the trainee.

Much effort is directed to help interns match cases with supervisors (e.g., supervisors designated for short-term, time-limited treatment, other supervisors for longer-term dynamically oriented therapy).

At the BHP, interns attend weekly one-hour program therapy rounds that are designed to provide close group supervision of their individual clinical work at the partial program. Specifically, interns receive supervision regarding thorough assessment, treatment planning, report writing, treatment provision, and communication of recommendations to the treatment team. Interns also attend weekly multi-disciplinary team rounds in which the larger treatment team (e.g., psychiatrist, case manager, nurse manager, mental health counselors) meets to discuss cases, formulate treatment plans, and determine aftercare.

Additional supervision is available for interns who have a particular interest in a specialized area (e.g., a particular diagnostic category or treatment approach).

### **C. Supervision for Group Psychotherapy**

Training for group therapy begins with interns observing groups led by senior staff, co-leading with staff, and didactic seminars. Didactics include a foundation in conceptualizations of group therapy, BT/CBT applied in group formats, empirically supported treatments, group process techniques and protocol development. Once interns begin leading their own groups, supervision is oriented to troubleshooting, problem solving, and advancing group leadership competencies. Didactic seminars and clinical supervision continue throughout the year. Senior staff members often observe interns leading groups. This experience provides trainees with the opportunity for direct supervision and feedback.

## **D. Ongoing Faculty Collaboration**

Interns interact with numerous clinical faculty on a daily basis, thus offering many direct supervisory and role modeling opportunities. All interns regularly attend rounds and case conferences led by clinical faculty, which serve as rich training experiences.

### ***DIDACTIC SEMINARS***

To augment clinical training, interns will participate in didactic seminars on Mondays and Tuesdays at 3pm. Listed below are the seminars for the current 2022-2023 year.

#### **A. Core Seminar Series (All interns)**

- Clinical Supervision
- DEI and Multicultural Psychology
- Acceptance and Commitment Therapy
- Dialectical Behavior Therapy
- CBT for Serious Mental Illness
- Suicide Assessment
- Leading Groups
- Biological Approaches to Treatment

#### **B. Adult Special Topics Seminars**

- Dissemination
- Negotiation
- Narcissistic Personality Disorder
- Research on Borderline Personality Disorder
- Eating Disorders
- Substance Use
- Setting up a Private Practice
- Resilience
- Motivational Interviewing
- Spirituality and Treatment
- Autism Spectrum Disorder
- Neurobiology of Schizophrenia
- Overview of BPD and Associated Treatments
- Trauma Treatment
- Compassion Focused Therapy
- Suicide Research
- Leadership

- Family Treatment in the Partial Hospital

### C. Child/Adolescent Special Topics Seminars

- Group Therapy
- CBT for kids
- Racial disparities within the health care system
- Gender identity
- Acceptance and Commitment Therapy
- Play therapy
- Working with suicidal patients
- Autism: a strength-based approach
- School-based mental health
- Family therapy
- Pediatric sleep disorders
- Using exposure response prevention with adolescents

Interns are also encouraged to attend hospital-wide case conferences, consultations and McLean Hospital Grand Rounds.

## ***INTERN SUPPORT***

### **A. McLean-Based Support**

**Advisor:** As described above, each intern is assigned to one of the co-directors of training who will serve as their advisor throughout the year.

In weekly meetings, the emphasis is on professional development including optimizing the intern's training experience, decisions about electives, career planning (e.g., options for postdoctoral training or job search) and problem solving. Additionally, the advisor and intern continually review the intern's progress to ensure that the training objectives are being met.

**Professional and Personal Development Seminars:** Throughout the year, McLean offers a range of seminars to address issues such as professional identity, balancing professional/personal life, self-care, and the experience of working with difficult or challenging patients.

**Training Group (optional):** The task of the Training Group is to learn about your experience as trainees as you take up your roles in the various groups in the McLean system: the trainee group, the partial program, the psychology training program, and the institution.

**Evaluations:** Interns are first formally evaluated early in the year (November) with the aim of being proactive in identifying areas that may require added training opportunities to either resolve problematic issues or help facilitate more advanced experiences for enhanced skill development. In addition, a second formal evaluation is scheduled for later in the year (March/April) that is designed to provide interns with feedback on their progress towards meeting training objectives as well as progress towards achieving their post-internship career goals. Both evaluations are in addition to the ongoing evaluative feedback offered by the advisor and supervisors throughout the year.

## **B. Harvard Medical School Support**

**Harvard Medical School ALANA Mentoring Program (African American, Latino/a, Asian and Native American):** This association is organized and lead by Treniece Lewis Harris, PhD. It is supported by the Harvard Medical School Department of Psychiatry and involves trainees from all of the Harvard training sites. Regular meetings are held to address a wide range of professional growth and support issues. ALANA typically meets once a month.

## **C. Mass General Brigham Support**

Employee Assistance Program

[https://partnershealthcarehr.service-now.com/hrportal?id=ph\\_kb\\_article&sys\\_id=03db920edb28834012783c8f9d9619bb](https://partnershealthcarehr.service-now.com/hrportal?id=ph_kb_article&sys_id=03db920edb28834012783c8f9d9619bb)

Human Resources

<https://partnershealthcarehr.service-now.com/hrportal>

## ***INTERN PROFILE***

Given their wide range of interests and diverse backgrounds, it is difficult to characterize the “typical” McLean intern. All possess outstanding academic backgrounds, substantial research productivity, and career objectives that are in the areas of traditional academics and/or academic medicine. They are people with high energy, a strong work ethic, substantial flexibility, and a genuine desire to expand their professional competencies by pursuing top-notch training in a complex and sophisticated clinical setting.

McLean graduates have achieved an outstanding record of career achievement. A demonstrative sample finds them in senior academic, administrative, clinical and research positions at such outstanding institutions as Barnard College, Baylor University, Brigham and Women’s Hospital, Children’s Hospital/Boston, Duke University, Drexel University College of Medicine, Emory University School of Medicine, Harvard College, Harvard Law School, Harvard Medical School, Hunter College, Johns Hopkins University, Lewis and Clark College, Massachusetts General Hospital, McGill University, McLean Hospital, Menninger Clinic, Michigan State University, Mississippi State University, Mount Holyoke College, National

Institutes of Mental Health, Rutgers University, Temple University, UCLA, Universities of Indiana, Louisville, Maryland, Massachusetts/Boston, Miami, Michigan, Montana, Pennsylvania, South Florida, Texas, and Washington, University of the South, Southern Illinois University, Stanford University, Western Psychiatric Institute and Clinic, and Yale University.

Each year, many interns stay at McLean for post-doctoral training. For example, all six members of our 2020-2021 class continued in either research or clinical post-doctoral fellowships at McLean Hospital/Harvard Medical School. In short, we are very proud of our former interns' professional accomplishments as scientist-practitioners and look forward to training other such high caliber students.

**COMMENTS FROM FORMER INTERNS\***

*“The McLean internship provided me with an invaluable training experience working in a multidisciplinary setting with patients suffering from a wide variety of psychopathology.”*

*“A unique balance exists between the rigorous demands of intense group and individual therapy and the rich intellectual environment of a premiere teaching hospital.”*

*“Countless clinical and research opportunities ensured me of the experience I was looking for in an internship.”*

*“Really rounded out my training and helped me to achieve my goal of obtaining a highly competitive academic position.”*

*“The most humane and supportive training environment I have experienced in my graduate education.”*

*“The relationship I had with supervisors, peers and patients during internship filled critical gaps in my training.”*

## **PSYCHOLOGY TRAINING FACULTY**

### **A. Supervising Clinical Faculty**

Beard, Courtney, PhD – (University of Georgia)  
Co-Director of Psychology Internship Program  
Director of Cognition and Affect Research and Education (CARE) Lab  
Associate Professor in Psychology, Department of Psychiatry Harvard Medical School

Best, Stephanie G., PhD – (Harvard University)  
Assistant Psychologist, Behavioral Health Partial Program, McLean Hospital  
Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Björgvinsson, Thröstur, PhD, ABPP – (Queens University)  
Director of Behavioral Health Partial Program, Co-Director of Psychology Training  
Associate Professor of Psychology, Department of Psychiatry, Harvard Medical School

Brenner, Kurt G., PhD – (Northwestern University Medical School)  
Assistant Psychologist, McLean Hospital  
Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Carol, Emily, PhD (University of Colorado Boulder)  
Clinic Director-Support, Treatment, and Resilience (STAR) Program  
Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Cronin, Denice, PsyD – (William James College)  
Staff Psychologist, McLean Hospital; Clinical Instructor in Psychology, Department of  
Psychiatry, Harvard Medical School

Crosby, Jesse, PhD – (Utah State University)  
Clinical Associate in Psychology, McLean Hospital  
Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Crowley, Mary Ellen J., PhD – (Ohio University)  
Clinical Associate in Psychology, McLean Hospital; Clinical Instructor in Psychology,  
Department of Psychiatry, Harvard Medical School

Elkins, R. Meredith, PhD – (Boston University, Boston, MA)  
Co-Program Director, McLean Anxiety Mastery Program (MAMP), McLean Hospital;  
Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Fabrett, Fairlee, PhD – (Arizona State University)  
Director of Training and Staff Development, Simches Division of Child and Adolescent

Psychiatry; Director of the Post-Baccalaureate Child and Adolescent Clinical Fellowship at McLean Hospital; Assistant Psychologist, McLean Hospital; Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Faber, Tanya, PsyD – (Rutgers University)

Program Director, LEADER Mood Anxiety Stress & Trauma Clinic, McLean Hospital  
Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Faro, Alyssa, PhD – (Clark University, Worcester)

Clinical Director, McLean Hospital; Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Fraire, Maria, PhD – (Virginia Tech, Blacksburg)

Program Director, McLean Hospital; Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Hamilton, Tessa N., PhD, NCSP (Northeastern University)

Staff Psychologist, Adolescent Inpatient Psychiatric Unit McLean Hospital;  
Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Harkins, Melanie H., PsyD – (University of Antioch, Keene)

Clinical Program Leader, McLean SouthEast Partial Hospitalization Program

Jaffee, William, PhD– (SUNY, Stony Brook)

Clinical Associate in Psychology, McLean Hospital; Instructor, Department of Psychiatry, Harvard Medical School

Kuller, Andrew, PsyD, ABPP – (Massachusetts School of Professional Psychology)

Senior Clinical Team Manager, Behavioral Health Partial  
Assistant Professor in Psychology, Department of Psychiatry, Harvard Medical School

Lewandowski, Kathryn E., PhD – (University of North Carolina, Greensboro)

Director of Clinical Programming, OnTrack, Mclean Hospital  
Associate Professor in Psychology, Department of Psychiatry, Harvard Medical School

Magovcevic, Mariola, PhD – (Clark University)

Staff Psychologist, McLean Hospital; Instructor in Psychology, Part-Time, Department of Psychiatry, Harvard Medical School

McHugh, R. Kathryn, PhD – (Boston University)

Associate Psychologist, McLean Hospital  
Associate Professor in Psychology, Department of Psychiatry, Harvard Medical School

Meade, Amy, PhD – (Clark University)

Clinical Associate in Psychology, McLean Hospital; Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Moran, Lyndsey, PhD - (University of Washington)

Director, Dialectical Behavior Therapy Program, Boston Child Study Center

Nota, Jake, PhD ABPP - (Binghamton University)

President, Overbrook Counseling Services, P.C.; Staff Psychologist, McLean Hospital, Obsessive Compulsive Disorder Institute; Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Parks, Susan, PhD – (University of Pittsburgh)

Assistant Director of the Child and Adolescent Testing Service at McLean Hospital; Clinical Instructor, Department of Psychiatry, Harvard Medical School

Precht, Anna, PsyD – (George Washington University, Washington, DC)

Program Director, McLean Hospital; Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Ronningstam, Elsa, PhD – (University of Stockholm, Sweden)

Psychologist, McLean Hospital; Associate Professor of Psychology, Department of Psychiatry, Harvard Medical School

Saad, Rima, PhD – (Drexel University)

Associate Psychologist, McLean Hospital; Assistant Professor of Psychology, Department of Psychiatry, Harvard Medical School

Schrock, Matthew, PhD – (University of Louisville)

Co-Director of Psychology Training Program, Head Psychologist, Behavioral Health Partial Program, McLean Hospital; Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Seligowski, Antonia, PhD – (Northern Illinois University)

Coordinator PTSD track, Assistant Neuroscientist, McLean Hospital  
Assistant Professor in Psychology, Department of Psychiatry, Harvard Medical School

Szymanski, Jeff B., PhD – (Northern Illinois University)

Clinical Associate in Psychology, McLean Hospital; Clinical Instructor in Psychology, Harvard Medical School

Tellides, Cathy, PhD - (McGill University)

Clinical Associate in Psychology, McLean Hospital; Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Yepez, Ana F Trueba, PhD- (Southern Methodist University)  
Assistant Psychologist in the Division of Geriatric Psychiatry at McLean Hospital;  
Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Weiss, Rachel, PhD – (Temple University)  
Associate Director of Psychology Training Program, McLean Hospital  
Instructor in Psychology, Department of Psychiatry, Harvard Medical School

Zuckerman, Marc J., PhD – (University of Miami, Coral Gables)  
Senior Clinical Team Manager, McLean Hospital; Clinical Instructor in Psychology,  
Department of Psychiatry, Harvard Medical School

## **B. Potential Supervising Research Faculty**

Many PIs have supervised interns and post-doctoral fellows. Please check out McLean's list of investigators:

<https://www.mcleanhospital.org/research/investigators>