



Residency (Post-Doctoral Fellowship)

Adult Emphasis Positions

TRAINING GOALS AND OBJECTIVES

The primary aim of the Adult Clinical Psychology Residency Program is to develop autonomous general practitioner psychologists capable of managing common challenges in practice while forming a professional identity as a clinical psychologist. Training focuses on mastery of traditional clinical skills in therapy, assessment, consultation, empirically based clinical decision making, and building upon skills established during the internship year.

RESIDENCY CURRICULUM AND TRAINING ACTIVITIES

The Residency accomplishes the above training goals through various training activities, which are described below.

Outpatient (12 months). Residents engage in three primary activities: (1) Ongoing assessment and treatment of adult outpatients in a community based outpatient setting; (2) Group psychotherapy training via didactic and clinical practice; and (3) Participation in a weekly multidisciplinary team meeting. Caseloads are tailored to personal learning goals and with an effort to ensure exposure to patients with diverse racial/ethnic/cultural backgrounds, diverse clinical presentations, and needs, etc.

Advanced Assessment (6 months)

This rotation is designed to provide the resident exposure to a variety of assessment experiences. During this rotation, an emphasis will be placed on improving the resident's existing skills in psychological assessment and conducting psychological evaluations. The resident also will gain familiarization with and experience performing, bariatric, ADHD, and some forensic evaluations.

Adult Psychology Seminar

Advanced Topics in Psychology Series, 1 hr/wk (12 months). The overall goals of this seminar are to enhance clinical fund of knowledge and general therapy skills, highlight interventions and population specific issues, and build competency in delivering select empirically based treatment for adults.

Ethics and Legal Practices for Psychologists (6 sessions, includes court visit). The purpose of the seminar is to provide exposure to, and information about, the types of court-related experiences psychologists may encounter in practice. Each session is facilitated by experts from mental health and legal fields who present their perspectives on a topic, followed by Q&A and discussion. Relevant Ethical Principles and Code of Conduct will be discussed.

Adult Psychology Didactic

To further Resident training, weekly seminars (2 hours each) will be conducted. Seminar topics will include but are not limited to:

- **Psychotherapy and Case Presentations**
 - The training seminars contain a range of presentations on a variety of clinical issues and interventions hosted by in-house staff and faculty from the professional communities of Philadelphia and outside areas. Frequently, case presentations are included along with didactic material to integrate theory and practice. Content areas include but are not limited to the theory and techniques of cognitive and behavioral therapies, analysis of behavior, acceptance- and mindfulness-based approaches to therapy, brief and solution-focused therapy, recovery-oriented clinical care, trauma informed care, and empirically supported foundations of treatment. The format of these presentations is flexible to better address the needs of the audience and the presenters.

- **Assessment**
 - In didactic lectures, measures of cognitive functioning, personality and psychopathology, screening measures for targeted treatment issues, and structured diagnostic interviews are reviewed. Testing cases are presented to assist in the refinement of the integration of all tests used in answering referral questions and developing an integrated report.

- **Cultural Diversity and Individual Differences**
 - Awareness of, and respect for, cultural diversity and individual differences are addressed throughout all the Resident's clinical rotation experiences and training at Friends Hospital. A minimum of 8 hours of seminar time during the year is devoted to didactic presentations on cultural and individual differences, and

cultural responsiveness. Diversity issues are routinely addressed with the development of treatment plan, as well as by individual psychology supervisors who provide weekly supervision of all assessment and therapy cases.

- **Professional Ethics and Legal Issues**

- Knowledge and understanding of ethical and legal issues is essential to the delivery of psychological services. Thus, training in this area is interwoven throughout the entire Residency training experience. These issues are highlighted in individual supervision, formal case presentations, treatment team meetings, and didactic seminars. Topical issues related to professional ethics are discussed in group supervision on a regular basis with members of the psychology faculty and are covered in readings provided to interns.

- **Professional Practice Issues**

- Given the commitment of the Residency to train students in the practice of clinical psychology, issues of professional practice are highlighted and explored whenever possible. Topics such as ethics, legal statutes, risk management, practice formation and development, medical record documentation, program development, outcome measurement, and service delivery models are covered in several didactic seminars throughout the training year.

- **Special Topics**

- The seminar series addresses special clinical and professional practice topics based on the interests of the current Resident class as well as the prevailing concerns facing the profession. Seminar topics have included motivational interviewing, sexual addiction, substance use and trauma-related treatment using Seeking Safety, CBT-based anger management, CBT for schizophrenia, competency-based supervision, sleep disorders, primary care psychology, and occupational stress.

Supervision Seminar occurs on a weekly basis and is led by Dr. McNaul. This seminar is the mechanism for the provision of formal supervision for both Residents. During formal supervision sessions, Residents will not only have an opportunity to discuss their current case load, but they will also be given an opportunity to discuss a variety of professional issues as they arise during the Residency year.

All Residents are required to receive at least three (3) hours of clinical supervision per week by appropriately credentialed psychologists, with at least two (2) hours of such as individual face to face supervision and one (1) hour of group supervision per week (which will include supervision of a junior member(s) of the profession). Residents will engage in one (1) hour of case conference weekly. Direct observation/video recording is a required part of each evaluation process. Developing individualized training plans, faculty supervisors will explore and guide residents in selecting training opportunities that reflect residents' professional interest and individual career objectives. Faculty supervisors and residents will develop a mutually agreed upon plan which is based on a logical training sequence that includes core training activities that build fundamental competencies as well as individualized areas of interest. The clinical training experience will prepare residents for the independent practice of psychology once he or she becomes licensed.