

BHC ALHAMBRA HOSPITAL
A Universal Health Services, Inc. Psychiatric Hospital
Overview of Psychology of Advanced Practicum Program
2022-23

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BHC Alhambra Hospital (BHC = Behavioral Health Care)
4619 North Rosemead Blvd.
Rosemead, CA 91770

LENGTH OF TRAINING: 2-3 half-time doctoral psychology practicum students are selected each training year. The tentative start date is August 19, 2022 ending on August 18, 2023. The training program is 52 weeks, with 3 weeks (69 hours total) time off (this can be modified for practicum students accepted to internships). Practicum program is 23 hours per week over three days, with 20 hours of clinical services; 2 hours of group supervision or 2 hours of Clinical Lecture; and 1 hour of individual supervision. Students can request an earlier start date to end earlier.

Please note that there is mandatory training onsite on Friday, August 19th, 8:00 am to 4:00 pm; Monday, August 22nd, 8:00am to 12:00 pm; Tuesday, August 23rd, 8:00am to 12:00pm; and Wednesday, August 24th, from 8:00 am to 4:00pm. With the first day onsite providing clinical services will be Monday August 29th. For those who can start earlier the same series of training is offered in July (15th, 18th, 19th and 20th).

NOTIFICATION: As determined by SCAPTP Notification

APPLICATION DUE DATE & PROCEDURES: Email CV to Dr. Dadourian (JDadourian@gmail.com) (NO REFERENCES NEEDED). Your questions about the practicum are always welcome by contacting me by email. Please name your CV with your last name and CV (e.g. SmithCV....).

DIRECT AND INDIRECT SERVICES: This training site is an excellent opportunity for graduate students in psychology to learn about severe psychiatric disorders, traumatic stress and learn skills of rapid crisis stabilization for patients hospitalized due to danger to self/ other or gravely disabled. The majority of treatment is group psychotherapy and psychoeducation. There are opportunities to render individual & family discharge planning sessions focused on helping patients in understanding their triggers, symptoms, learning healthy coping skills and establishing social support as well as motivating them in following up with outpatient services. Psychological Assessment (Testing) is limited at this site to screening for mental disorders or identifying severity of mental illness.

ADVANCED PRACTICUM STUDENTS: Advanced practicum students will be given the opportunity to design a clinical experience to enhance specific clinical skills they wish to enhance with Dr. Dadourian, their supervisor. The learning objectives will be discussed during the interview process to ensure the desired clinical skills can be achieved.

ABOUT PROGRAMS:

1. INPATIENT PROGRAMS:

Adult Acute Inpatient: The program focus is to curtail dysfunctional symptoms and establish a level of safety for the patient to be discharged to a less restrictive level of care, i.e. partial hospitalization, outpatient, etc. The age range is from 18 and up. Examples of training opportunities include; co-leading and leading groups, individual crisis intervention, family discharge sessions, Psychosocial Assessments and treatment planning. Primary mode of therapy is group.

Youth Services Acute Inpatient: The program focus is to curtail dysfunctional symptoms and establish a level of safety for the patient to be discharged to a less restrictive level of care, i.e. partial hospitalization, outpatient, residential care, etc. The unit is divided into two separate units, **pediatrics** (5 to 12 years of age) and **adolescents** (13 to 17 years of age). Examples of training opportunities include: co- leading and leading groups, individual crisis intervention, family discharge sessions, Psychosocial Assessments and treatment planning.

2. INTENSIVE OUTPATIENT PROGRAM:

Program focus is to provide a transition period between inpatient and outpatient treatment to assist the patient in learning coping skills so as prevent regression and/or relapse. The age range is from 18 and up. Patients in this program range in symptoms from depression, personality disorders to severely mental ill. Trainees will lead 3 groups per day (10:00, 11:00 and 1:00). Examples of training opportunities include; leading groups, Chemical Dependency Assessment, and treatment planning. Primary mode of therapy is group. Individual psychotherapy is limited to one or two patients per week.

3. EATING DISORDERS PROGRAM:

Stabilization and intensive preventive care include medical and professional nurses monitoring vital signs, laboratory test results, starvation effects and purging and non-purging behaviors with focus on the individual's emotional and nutritional goals. Examples of training opportunities include; leading groups, individual therapy, monitoring meals, Psychosocial Assessments, eating disorders consultants and treatment planning.

PRACTICUM ASSIGNMENTS

Trainees are assigned to a specific program for the year (Inpatient, Intensive Outpatient or Eating Disorders). Trainees can indicate their interest within the Inpatient Program, youth services or adult services.

THEORETICAL ORIENTATION

The theoretical orientation of the hospital is crisis intervention and stabilization-oriented
AdBHC Alhambra Hospital Advanced Practicum 2022-23

drawing from cognitive- behavioral (emphasis on Dialectical Behavioral Therapy/ Acceptance and Commitment Therapy/ Trauma Informed Care) and systems theories. Practicum students will also learn a great deal about psycho-traumatology and addictions as well as the use of psychotropic medications used by the attending psychiatrists in stabilizing patients in acute crisis.

SUPERVISION AND TRAINING

The hospital is committed to provide practicum students with the necessary supervision to meet state licensing and APA requirements as determined prior to the beginning of the practicum. We take great care to assure the trainee has a gradual supportive introduction into this challenging setting. Typically, practicum students serve as co-therapists with a staff therapist. Practicum students receive two- hours of weekly group supervision: for inpatient and eating disorders- Wednesdays 8:00 to 10:00 am and for outpatient program- Thursdays 8:00 to 10:00. Also, they receive one hour of individual supervision.

BHC Alhambra Hospital training program is affiliated with its sister Del Amo Hospital. There will be opportunity to attend our weekly Clinical Educational Series, which are lectures on clinical issues relevant to our psychiatric setting. These trainings are accessible via Zoom.

VACATION & HOLIDAYS

There are three weeks of vacation (69 hours) that must be pre-approved by the program manager. Since the hospital is open 24-7, 365 days a year there are no assumed holidays. All holidays must be pre-approved as with vacations. The Partial Hospital Program operates Monday through Friday and does recognize some major holidays.

COVID 19

All clinical services are in person following the hospital's Covid-19 policies and follow the California Department of Health requirements for Covid-19 vaccines and boosters. If you have concerns, please ask during interview or an email.