

Program Descriptions

Specialty Experiences (6 Months – 1 Year Commitment)

Autism Center

At the Autism Center, you would have access to and be a part of a multidisciplinary diagnostic team, which includes psychologists, speech-language pathologists (SLP), occupational therapists (OT), a family resource specialist, and a developmental pediatrician. Also, we have an applied behavior analysis (ABA) program on site, which would allow consultation with a Board Certified Behavior Analyst (BCBA) as needed and some exposure/education opportunities about ABA. You may also be able to work alongside a team of mental health providers who engage in counseling services as well as caregiver trainings.

Interns in the “shadowing track” may have opportunities to observe and participate in ABA day treatment programming to assist development of behavioral intervention skills and knowledge of Autism-related behaviors and developmental norms. Interns would have opportunities to observe and possibly participate in psychological evaluations, which would include cognitive, emotional-behavioral, and Autism Diagnostic and Observation Schedule-(ADOS-2) testing. As part of the multidisciplinary team, interns might be able to observe other diagnostic evaluations with an SLP and OT. Interns would participate in a weekly clinical staffing with the multidisciplinary team to give them an opportunity to listen to and provide evaluation case reviews.

Interns who are assigned to the Autism Center for testing would be expected to develop competency in their understanding of developmental norms and in conducting psychological evaluations on children potentially on the Autism spectrum. Ages may range from 18 months to 9 years of age. Psychological testing activities at the Autism Center may include participating in a multidisciplinary screening session, conducting psychological testing, scoring testing data, writing evaluation reports, and providing feedback following the completion of the multidisciplinary testing process. Preference will be given to interns who have already received training from certified trainers on the ADOS-2, and who have experience interacting with and who have a strong interest in working with children on the Autism spectrum.

DBT Team

This is a comprehensive program that includes one hour of therapy and two hours of skills group weekly. The group capacity is 10 members, and there are currently two skills groups held virtually. New members are enrolled approximately four times per year. The group covers four modules of treatment: mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance skills. The year of treatment is followed by a Graduation Group; however, the Graduation Group is currently on hiatus. Interns typically participate in the DBT consultation team and observe and/or assist with the facilitation of a skills group (minimum four hours commitment per week, typically Wednesdays from 12:00 PM – 4:00 PM). Interns have the opportunity to take individual therapy clients, depending on training and interest.

Connection Center

The Connection Center is Burrell’s open access point for clients (ages 2 years old through the lifespan) desiring to be connected to Burrell services. Clinicians at the Connection Center conduct an initial assessment provide a provisional diagnosis, create an initial treatment plan, and refer clients for the services that are most appropriate for their treatment goals. In addition to conducting initial assessments, clinicians also provide bridge therapy for higher acuity level clients. These bridge sessions are designed to be a “bridge” while the client is waiting for connection to long-term outpatient care, and are focused on development of coping skills, reinforcement or development of social support, and developing of therapy readiness.

Interns matched with Connection Center would have the opportunity to conduct initial assessments, complete bridge therapy, and be involved in a newly-minted therapy readiness skill group. Connection Center rotations focus on clinician development of motivational interviewing skills, effective rapport building, assessment across the lifespan, and DEI-informed practice. Interns typically complete a continuous 8-hour shift in Connections weekly during their match. There are flexible scheduling opportunities as the Connection Center is open Monday-Thursday, from 8:00 AM – 8:00 PM, and Fridays from 8:00 AM – 5:00 PM.

RecoverED

Clients at RecoverED will have access to Individual and Group therapies with providers who have received specialized training in evidence-based practices for treating clients with eating disorders. The RecoverED program will utilize a multidisciplinary team, including therapists/psychologists, registered dietitians, and psychiatric providers. In addition we also offer services through our Community Psychiatric Rehabilitation Center (CPRC) and Healthcare Home (HCH) programs for eligible clients. We will work closely with a client's primary care physician to monitor medical stability, and to ensure that their treatment encompasses every aspect of their life.

When clients begin working with their Outpatient team at The RecoverED program they can expect to meet with their therapist 1-2x/week, registered dietician weekly, and psychiatric provider as recommended. RecoverED also has an Intensive Outpatient Program (IOP) which runs for 12 hours per week.

Interns would be expected to develop competency in their understanding of working with the eating disorder population. Interns would have the ability to work in program development, as well as the opportunity to co-lead groups both in Outpatient and in our IOP programs (adults and youth). The time commitment is variable dependent on enrollment in the Intensive Outpatient Program, preferably 4+ hours per week.

Chronic Pain

Chronic pain is one of the most common reasons adults seek medical care. People often think of pain as a purely physical sensation. However, pain has biological, psychological and emotional factors. To treat pain effectively, we must treat all of these aspects.

Burrell Behavioral Health's outpatient department has developed a chronic pain treatment team to help meet the complex needs of clients who experience chronic pain. Eligible clients have chronic pain as a focus of treatment, such as chronic pain syndrome, pain disorder with related psychological factors, or a somatic symptom and related disorders, especially if the referral is coming from a pain clinic. Clients may also be seeking presurgical psychological evaluations for spinal surgery/SCS/pain pumps. Interns placed with the Chronic Pain team will complete program-specific training, maintain a caseload of 2 individual therapy services per week, and participate in monthly peer review/consultation meetings. Opportunities for group therapy and/or shadowing presurgical evaluations with this population may be also be available.

55+ Services

According to the APA, by 2030 there will be a need of 5,790 more geropsychologists to provide services for older adults. Interventions range from individual and group therapies, to neuropsychological evaluations, and/or community collaboration for improving access to resources.

Burrell Behavioral Health's outpatient department has developed a 55+ treatment team to help meet these needs. Eligible clients are age 55 or older. In addition to a mental health condition, client has a chronic health condition (conditions that last one year or more and require ongoing medical attention and/or limit activities of daily living) OR client has not had primary care services within the past year. Interns placed with the 55+ team would complete geriatric clinical services training, maintain a caseload of 2 individual therapy services per week, and participate in monthly peer review/consultation meetings. Opportunities for group therapy and/or shadowing neuropsychological evaluations with this population may be also be available.

Be Well Bridge

Be Well Bridge, a program of Be Well Initiatives, is a healing community, led by licensed mental health providers, for those awaiting care, in care and those wanting to remain connected with Burrell after completing care.

Be Well Bridge will be offered weekly for adults awaiting care with Burrell and will be provided virtually, by Zoom, so as to remove as many barriers and time constraints as possible. This is not a therapy group, rather an interactive wellness community for people to engage around brain health, experience supportive connection and begin practicing the foundations of wellness that will prepare best for treatment and beyond. Be Well Bridge embodies Inclusion and is rooted in evidence-based practices including Trauma-Informed Care, PersonBrain Model, DBT, mindfulness practices and self-assessment.

Qualified interns will participate in the delivery of Be Well Bridge in various ways. Including and not limited to:

- Help foster a warm, healing environment for participants.
- Participate in planning, implementation and facilitation of engaging and experiential brain health activities,
- Assist with crisis intervention and connection to crisis services as needed during Be Well Bridge experiences,
- Complete necessary documentation, and
- Interns can expect to designate four hours of time per week for Be Well Bridge experience planning, facilitation and follow-up tasks.

Youth Substance Use Recovery Services

The youth substance use recovery program at Cherry Street provides assessment and treatment for adolescents aged 12-18 that meet criteria for substance use or co-occurring disorders. Our program's framework is based on the Matrix Model, which places emphasis on helping users achieve sobriety through regular urine testing, education and counseling. Treatment is focused heavily on relapse prevention, drug education, self-help/empowerment skill development, group counseling, and family support services. Educational groups draw upon manualized curriculums that focus on behavioral change, early recovery skills, relapse analysis and social support development. Outpatient services to clients are offered up to three days per week, as well as intensive residential services to assist clients who are unable to achieve sobriety within their current home environment. Interns will have the opportunity to provide individual counseling, group counseling, educational groups, client assessment, treatment planning, and family consultation/education services. Interns will also collaborate with other providers on the team in weekly staffing and regular case consultations.

CSTAR's day treatment program operates from 8:00 AM – 4:00 PM, Monday through Saturday. Outpatient groups are offered Monday, Wednesday, and Friday from 3:30 – 8:00 PM with individual counseling sessions scheduled at any time between 12:00 – 8:00 PM. Interns have typically scheduled their hours on weekday afternoons and evenings and have primarily assisted with groups, with some individual counseling.

Potential Adjunctive Experiences (variable time commitments, rotation under development, or not offered every year)

Group Therapy

Check out our 2023 flyer [BUR-Group-Therapy-2023-Flyers.pdf \(burrellcenter.com\)](https://burrellcenter.com/BUR-Group-Therapy-2023-Flyers.pdf) to see examples of groups you might be able to lead or co-lead. If you have a group you would like to lead that's not on our list we can get you linked up with our groups coordinator to explore options.

Youth Focus Clinic

The Youth Focus Clinic is home to a multidisciplinary treatment team that provides comprehensive evaluation and treatment for children and adolescents with ADHD. Interns will have the opportunity to work collaboratively with medical providers on the team and participate in bi-weekly staffing/case consultation. Interns will be able to assist with group parent management training and youth skills groups. Groups require early-evening commitments (typically 5:00-6:00 PM) 1-2 days/week. Previous interns have also provided psychological evaluations through the YFC.

Children's Day Treatment

Children's Day Treatment (CDT) meets Monday through Thursday from 8:30 to 11:30 a.m. or 1:00 to 4:00 p.m. Children ages 3-5 years participate in structured play time; group activities; and creative activities such as art, music, drama, and movement. Children also receive instruction on pre-academic concepts and skills. CDT offers a weekly parent support group focused on the stages of social and emotional development of young children and parenting techniques. Parents also receive helpful support from others facing similar challenges. Interns may have the opportunity to assist with these groups.

Crisis Services at BCC

Burrell's Behavioral Crisis Center - Rapid Access Unit is a walk-in Crisis Access point for individuals in need of immediate psychiatric care, Medication-Assisted Treatment for opioid use, psychiatric assessment, initial assessment eligibility determination, brief therapy, peer support services, 23-hour observation, referral to appropriate follow up treatment, and more. Interns may assist with intake evaluations, milieu therapy, and individual counseling in this setting.

Brief Consult Evaluations

Clients are seeking mental health services more than ever before. The outpatient services team has developed a brief consultation model of evaluations in order to reduce wait times for those who do not need a comprehensive evaluation to confirm or rule out diagnoses of mood disorders, personality disorders, and/or PTSD. These brief consult evaluations consist of a 60-minute skilled interview, 60-90 minutes of testing, and a report roughly 3-5 pages in length. This experience is a good fit for those interns who are already confident in their interview, testing, report writing, and feedback skills.

Clinical Education & Supervision

The Clinical Education & Supervision Department oversees the continuing education, growth, and professional development of our system's clinical providers. This includes end-to-end coordination, hosting, and support for a monthly speaker series and other educational opportunities for attaining continuing education credits required for professional licensure; oversight, coordination, and support of clinical supervision for student trainees from a vast array of disciplines and degree programs, pre-doctoral psychology interns, provisionally licensed providers, and individuals pursuing BCBA internships throughout the system; and other special training events. Responsible for a variety of activities on the spectrum of clinical advancement throughout the career, qualified interns may contribute to the team in various ways, including (and not limited to):

- Clinical education content and resource development
- Participation in clinical education planning and facilitation
- Application of clinical education standards to various programming
- Support for SAMHSA's Mental Health Awareness Training Grant, which may include opportunities to become certified as a trainer in the modalities provided through the grant (*QPR-Question, Persuade, Refer* and *PersonBrain Model (PBM)*, trauma-informed care training)
- Support for Continuing Education Sponsorship Approval (CESA) through APA, including contributing to eligibility reviews (i.e., verifying journal articles, speaker qualifications, learning objectives and course content are accurate, appropriate, and qualify for post-graduate psychology training through CESA), program planning and facilitation.
- Respond to requests for clinical resources from internal and/or external stakeholders (e.g., contribute to and maintain clinical resource library)

**This is one that can be done as part of your journal review hours, as one-off projects, etc.*

Program Development (varies – contact Dr. Pratt for more information)

- Literature reviews related to best practices for our various service lines.
- Identifying baseline and outcome measures for our various service lines.

**This is one that can be done as part of your journal review hours, as one-off projects, etc.*