

Overview

CAP fellows will be at MHC East Point for their outpatient psychotherapy experience. Under the guidance and supervision of Dr. Reese, Licensed Psychologist and MHC East Point director, CAP fellows will start working with psychotherapy patients during the first year of CAP fellowship, allowing for the opportunity to work longitudinally with their patients over a period of approximately 18 months years. They will have clinical supervision from the Dr. Reese and document in the MHC East Point.

Specific Activities

- Biopsychosocial evaluation of children and adolescents
- Long-term psychotherapy with children and adolescents
- Participation in supervision sessions with clinical child psychologist
- Clinical documentation of all patient encounters
- Treatment summaries and transfer notes at the conclusion of treatment

Goals

Medical Knowledge

- The resident will demonstrate the knowledge of, and ability to weigh risks and protective factors for parental abuse or neglect and patient danger to self and/or others
- The resident will identify sufficient knowledge to identify common medical conditions
- The resident will demonstrate an understanding of psychopathology and the corresponding DSM-5 diagnostic criteria
- The resident will be able to list situations that mandate reporting or breach of confidentiality
- The resident will be able to conceptualize the child and/or family presenting issue in the context of family dynamics under a psychological theoretical framework.
- The resident will have a basic understanding of possible psychotherapeutic approaches and assess the appropriate approach based on patient and family needs and presentations

Patient Care

- The resident will consistently and efficiently obtain complete and accurate history relevant to the patient's complaints
- The resident will select an appropriate psychotherapeutic modality for providing treatment

- The resident will follow clues to identify relevant historical findings in complex clinical situations and unfamiliar circumstances
- The resident will assess patient safety
- The resident will gain skill in the application of psychotherapeutic techniques in the treatment of patients and families
- The resident will organize formulations around comprehensive models of phenomenology that take etiology into account

Interpersonal Skills and Communication

- The resident will develop rapport with patients and families for the purpose of conducting psychotherapy
- The resident will verbally communicate treatment goals and progress to patient families
- The resident will consistently engage patients and families in shared decision making.
- The resident will effectively provide feedback to primary care providers

Practice Based Learning and Improvement

- The resident will regularly seek and incorporate feedback from supervising clinicians to improve performance.
- The resident will receive written feedback from families to improve performance

Professionalism

- The resident will demonstrate the capacity for self-reflection, empathy, and curiosity about and openness to different beliefs and points of view, and respect for diversity
- The resident will recognize ethical issues in practice and be able to discuss, analyze, and manage these in the course of conducting psychotherapy
- The resident will notify the team and enlists back-up when fatigued or ill
- The resident will recognize the importance of participating in one's professional community
- The resident will accept the role of the patient's physician and take responsibility (under supervision) for ensuring that the patient /family receives an excellent evaluation

Systems Based Care

- The resident will describe systems and procedures that promote patient safety

- The resident will demonstrate a knowledge of the relative cost of different patient care options
- The resident will coordinate patient access to community and system resources
- The resident will coordinate care with community mental health agencies, including case managers and self-help groups