

**METRO BOSTON MENTAL HEALTH UNITS  
OF LEMUEL SHATTUCK HOSPITAL**

**REHABILITATION COUNSELING FIELD SITE TRAINING**

**2005-2006 ACADEMIC YEAR**

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**METRO BOSTON REHABILITATION COUNSELING TRAINING PROGRAM  
METRO BOSTON MENTAL HEALTH UNITS OF LEMUEL SHATTUCK HOSPITAL  
FOR THE 2005-2006 ACADEMIC YEAR**

**Site Name:** Metro Boston Mental Health Units  
of Lemuel Shattuck Hospital

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**Rehabilitation Training Director:** Sharon Gaffney, O.T.R./L.  
(Metro Boston Mental Health Units)

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**Supervision:** Supervision will be provided by Licensed Occupational Therapist, Licensed Psychologists, Licensed Mental Health Counselor or Licensed Rehabilitation Counselor.

**Type of training:** Metro Boston Rehabilitation Counseling Training Program (Metro Boston RCTP) provides Clinical Counseling field site training for Practica level students. We offer a broad educational experience with emphasis on Psychiatric Rehabilitation.

**Practica:** The Metro Boston RCTP practica training is for those typically capable of being on site 20 hours per week. The training usually starts in September and extends through June.

**Focus of Training:** Metro Boston RCTP provides training experiences that are intended to prepare practitioners for assessment, treatment and rehabilitation of multiply diagnosed patients. Patients at this facility typically have a range of problems that include persistent medical problems, persistent mental illness, forensic issues, substance abuse issues, neuropsychological problems, and behavioral issues.

**Application procedure:** Candidates interested in the Metro Boston Rehabilitation Counseling Training Program should anticipate providing the following when applying:

- Cover letter and C.V.
- Three references
- Writing sample

## **Field Site Characteristics**

The Lemuel Shattuck Hospital (LSH) abuts the grounds of the picturesque Franklin Park. LSH is a Public Health Hospital that is certified by the Joint Commission Accreditation for Healthcare Organizations and the Health Care Finance Agency. LSH is charged with the mission of providing comprehensive health care and support services which meet the health and social needs of the Greater Boston Community and the Commonwealth of Massachusetts. The patients and the staff of LSH reflect the racial and cultural diversity that is present in the Greater Boston area.

The Metro Boston Mental Health Units is a intermediate to long term care psychiatric service administered and staffed by the Department of Mental Health at LSH. It provides care and treatment for 125 persistently mentally ill patients. The primary treatment focus for this service is to engage patients in a Psychiatric/Rehabilitative process that will enable them to attain and sustain the highest level of functioning in the least restrictive setting. The theoretical orientation of the Rehabilitation training is multimodel, and employs a variety of approaches in treating patients, i.e. cognitive-behavioral, rehabilitation psychology, systems, dynamic, etc.

Additional inpatient and ambulatory care components of the LSH include: Geriatric Unit, Medical-Behavioral Care, Geriatric Unit, Medical and Surgical Care, AIDS Health Care, Tuberculosis Care, Correctional Care, Services for the Homeless, RoxComp Methadone Assistance Treatment Program, Addition Health Opportunity Program, Gill Rehabilitation Center, and Ambulatory Care Services (Goldfarb Primary Care Association, Goldfarb Behavioral Health Clinic, 30 Specialty Out-patient Clinics). The Lemuel Shattuck Hospital has a longstanding commitment to fostering training and is a major training site in the Boston area for all professional disciplines including Psychology, Psychiatry, Social Work, Rehabilitation, Nursing and Medicine. The theoretical orientation of the psychology training is multi-model, and employs a variety of approaches in treating patients, i.e. cognitive-behavioral, rehabilitation psychology, systems, dynamic, etc. The model of professional training and education provided by Metro Boston Psychology Training Program is intended to prepare students for the practice of professional psychology. With it's diverse staff and clinical population and affiliation with the MultiCultural Psychology Training Program at Boston Universities Medical school, the Metro Boston PTP maintains a solid commitment to cultural competence in clinical practice. In addition to preparing students for entry level practice by means of a broad clinical training, this training site can also offer emphasis in the areas of forensic psychology and neuropsychological assessment. The primary training method is experiential which includes direct service to patients, mentoring, didactic exposure integration of theory and applied practice, role modeling, and supervision.

### **The types of direct care services provided to the patients by counseling trainees at Metro-Boston Mental Health Services include:**

**Clinical Assessments-** Mental Status Assessment, Structured Interviews.

**Group treatment-** Primarily skill development and cognitive-behavioral treatment.

**Individual treatment-** Primarily skill development/cognitive-behavioral treatment and case management.

## **TRAINING PROGRAM:**

### **Types of training offered include:**

**a) Direct Clinical Experience:**

- Approximately 50% of placement time is expected to be clinical time
- All groups are co-lead by rehabilitation staff

**b) Supervision:**

- One hour per week for 1:1 Clinical Supervision
- One hour per week for Group supervision

**c) Didactic Seminars:**

- Clinical Case Conference (weekly/one and one half hours-Tuesday a.m.)
- Medical Grand Rounds

**d) Multidisciplinary Clinical Groups:**

- Team meetings (one- one half hours per week)
- Community meetings (one half hour per week)
- Unit clinical rounds (one half hour twice per week)

**e) Varied Experience:**

- A range of clinical assessments and treatment modalities will be offered at Metro Boston MHU inclusive of individual and group treatment; evaluations.
- Normally clinical time will be focused on one (1) unit with a primary supervisor on that unit.
- Accommodations will be considered if students wish greater emphasis in certain treatment areas or treatment modalities.

**f) Research opportunities:**

Opportunities are available for trainees to participate in ongoing research and/or to develop research projects within the guidelines of hospital and Department of Public Health/Department of Mental Health policy. Trainees should approach Ms. Sharon Gaffney as soon as possible to make there interests known.

**Supervision or Training Activity:**

<b>Activity</b>	<b>Content Covered</b>	<b>Time and Frequency</b>	<b>Supervisor</b>
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**of Meetings**

Assessment & Individual Psychotherapy	Mental Status, Individual Tx. Issues.	1 hr./week	Primary Supervisor
Group Psychotherapy	Group process and logistics	1 hr./week	Dr. Jampel

**Hospital Wide Training Opportunities:**

<b>Training</b>	<b>Topics Covered</b>	<b>Time of Meetings</b>	<b>Instructor</b>
Clinical Case Conference	Clinical Cases presented with focus on enhancing Quality of care for patients	1.5 hr./week Tuesday 10:30	Varies
Medical Grand Rounds	Variety of medical topics	1 hr./week Tuesday 12:00	Varies

**Other training opportunities available to counseling Trainees:**

Both the Shattuck Hospital and Metro Boston MHU scheduled training may vary depending on clinical and training needs of the staff. In addition a variety of training opportunities are offered by the Department of Mental Health at low or no cost throughout the Boston area.

General Orientation to hospital is required of all in-coming trainees (four days in a.m.).

**Specific Duties expected of Counseling Trainees:**

1. Approximately 50% direct clinical service time
2. Engage in a variety of diagnostic and treatment experiences (3 individual patients & 3-4 groups)
3. Attend and participate in scheduled supervision and didactic training
4. Perform required administrative and procedural tasks associated with clinical care.

**Location:** The Lemuel Shattuck Hospital is located in Jamaica Plain a southwest section of Boston, and is conveniently reached by public transportation (Orange line stop at Forest Hills Station or Bus) or by car via the Washington Street, the Arbour Way or Morton Street to Forest Hills circle. The hospital provides a free shuttle bus from Forest Hill Station to the hospital and there is no charge for parking at the hospital. If you would like directions and further information

about Lemuel Shattuck Hospital it can be found on the world wide web at:  
[www.shattuckhospital.org](http://www.shattuckhospital.org)

**Candidates for the Metro Boston Counseling Training Program should contact:**

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