

PLEASE POST

POST-DOCTORAL FELLOWSHIP 2008-09

**UNIVERSITY OF CALIFORNIA, SAN FRANCISCO
SAN FRANCISCO GENERAL HOSPITAL
PSYCHOSOCIAL MEDICINE CLINIC PSYCHOLOGY TRAINING PROGRAM**

Background: San Francisco General Hospital (SFGH) is a county hospital that is committed to serving low-income and diverse ethnic and cultural minority populations. SFGH is a teaching hospital for the University of California, San Francisco (UCSF) School of Medicine. The Division of Psychosocial Medicine offers a post-doctoral fellowship (24-40 hour/week) at four sites. Each site offers unique training opportunities and clinical experiences, with shared seminars at SFGH Psychosocial Medicine Clinic. The four training sites are:

- 1) Psychosocial Medicine Clinic (PMC) at San Francisco General Hospital
- 2) Psychosocial Medicine at Maxine Hall Health Center
- 3) Trauma Recovery Center (TRC)
- 4) Division of Substance Abuse and Addiction Medicine (DSAAM)

- 1) **Psychosocial Medicine Adult Outpatient Clinic (PMC)** (Stephen Rao, Ph.D., Clinic Director, Garnette Cotton, Ph.D., Associate Clinic Director) This training site is an adult outpatient psychiatric clinic located at SFGH, with a focus on providing specific treatments within a behavioral medicine context. Fellows consult with primary care physicians and provide services to patients with concurrent medical, psychosocial, psychiatric and substance abuse problems. Referrals come from clinics in the San Francisco Community Health Network, including the SFGH General Medical Clinic, public health clinics, and other specialty clinics. Post-doctoral fellows receive training in a broad range of health psychology and psychosocial issues with an emphasis on developing cultural competency. Full time fellows carry a caseload of fourteen brief psychotherapy cases and co-lead one to two groups. General training goals include: (1) Learn assessment and diagnostic skills specific to a culturally diverse clinical population seen in a primary care treatment setting; (2) Develop and refine consulting, crisis intervention, case management, substance abuse and individual and group brief psychotherapy skills; (3) Develop skills necessary to coordinate care with health care providers of varied disciplines; and (4) Develop leadership skills, receive training in how to do supervision and provide informal supervision to pre-doctoral level interns. Fellows who train at the PMC select one of the following two training tracks to receive specialized didactics and supervision:

- A. **Cognitive Behavioral Theory and Training Track:** The Cognitive Behavioral (CBT) training track provides a core curriculum in cognitive behavioral theory and practice for individual and group treatment of depression, anxiety, PTSD, chronic pain, substance abuse, and other emotional and behavioral problems. The CBT track also specializes in providing services to monolingual Spanish speaking patients. CBT protocols that target specific treatment issues such as trauma (Foa), Borderline Personality (Linehan), Personality Disorders (Beck, Young) and anxiety disorders (panic, OCD; Barlow) are emphasized. Fellows receive intensive supervision in CBT by utilizing video and audiotapes. Fellows are expected to develop proficiency in cognitive behavioral case formulation as well as in the application of empirically validated treatment interventions tailored to the individual needs of our patients.
Contact Person: Garnette Cotton, Ph.D., Phone # (415)206-4390. Garnette.cotton@ucsf.edu

- B. **Traumatic Stress Training Track:** Post-doctoral fellows treat adult clients in the PMC with histories of childhood sexual or physical abuse, or who have experienced interpersonal violence as an adult. Trainees receive supervision on trauma-focused and trauma-informed individual and group therapy for working with culturally diverse and traumatized population. The weekly Trauma Seminar provides training in applying integrated models of treatment for trauma, incorporating object relations, self capacities and psychodynamic theories and interventions as well as addressing psychoeducation and cognitive-behavioral strategies.
Contact person: Vanessa Kelly, Psy.D. (415)206-4967 Vanessa.Kelly@ucsf.edu

2) **Trauma Recovery Center and Rape Treatment Center (TRC)**

The TRC is a specialized clinic located a few blocks away from SFGH. It is a state funded demonstration project designed to increase access to mental health and case management services for victims of violence, increase their access to victim restitution funds, and to provide an alternate model of care. Fellows work closely with staff in the Emergency Department, medical inpatient units, and in the community to provide case management, advocacy, assertive outreach, and trauma-focused psychotherapy for victims of recent sexual assault, domestic violence, gunshots and stabbings. Trainees also attend the weekly Trauma Seminar where they receive didactic training in applying various integrated theoretical models and clinical interventions to a traumatized population.

Contact Person: Laurie Fields, Ph.D. (415) 437-3037, laurie.fields@ucsf.edu

3) **Psychosocial Medicine at Maxine Hall Health Center (MHHC)**

This is a health-psychology focused training program, at MHHC, a primary care medical clinic located in the Western Addition (Fillmore) district of San Francisco. The MHHC training offers fellows an opportunity to participate in an innovative program that integrates mental health and public primary care services. There is a strong behavioral medicine focus, with fellows functioning as a member of the primary care team. Fellows provide a wide range of services, including brief treatment of depression, anxiety and addictive behaviors, teaching stress reduction skills, and collaborating with and consulting to primary care physicians. Fellows also run a wide variety of groups, from the “Body and Soul” psychoeducational class in the clinic waiting room to chronic disease management groups co-led with primary care doctors. This setting provides a unique opportunity to be creative, integrative, and innovative, and to develop a clinical specialty area in an extremely supportive, collegial environment.

Contact Person: Susan Scheidt, Psy.D., (415) 206-8403, susan.scheidt@ucsf.edu

4) **Division of Substance Abuse and Addiction Medicine (DSAAM)**

Psychology post-doctoral fellows in the SFGH Division of Substance Abuse and Addiction (DSAAM) gain experience in one or more substance abuse programs located at or near SFGH, in combination with choosing a secondary specialty track at the Psychosocial Medicine Clinic that includes conducting intakes and individual therapy. This allows training across a range of outpatient settings in which clients with substance use, mental health, and medical problems are encountered.

DSAAM provides state-of-the-art substance abuse treatment including on-site mental health and medical services, with an emphasis on understanding and treating clients within the context of their culture. The majority of clients have HIV, Hepatitis C or other chronic medical conditions. Many have post-traumatic stress disorder, bipolar, attention deficit, and personality disorders, and substantial numbers have chronic drug induced or previously undetected psychotic disorder. The main site for training is the STOP program described below, although there may be additional options.

1. *The Stimulant Treatment Outpatient Program (STOP):* Intensive outpatient program for adults with cocaine or methamphetamine dependence or abuse. Innovative use of harm reduction in outpatient substance abuse treatment. Culturally specific groups for gay men, straight men, women, African Americans, Latinos. Primary supervisor: Valerie Gruber, Ph.D., M.P.H., (415) 502-5762, Valerie.gruber@sfdph.org, Louis Morello, Ph.D., louis.morello@ucsf.edu

FOR ALL FELLOWS:

Supervision/Didactic/Seminars: Individual supervision by a multi-disciplinary staff of licensed psychologists, board-certified psychiatrists, and licensed clinical social workers is provided. Fellows and interns at all four sites come together for weekly seminars. All full time trainees attend the Trauma Seminar, CBT Seminar, and the Psychosocial Medicine Seminar, which addresses psychiatric diagnoses and treatment and behavioral medicine topics. Additional ongoing case conferences and seminars,

including the Department of Psychiatry Grand Rounds, a psychopharmacology seminar, and a neuropsychology seminar are available as optional training depending on schedules and preferences.

Cultural Diversity Training: The UCSF-SFGH Department of Psychiatry is committed to teaching culturally competent assessment and treatment interventions. The Cultural Competence and Diversity Curriculum is developed to foster cultural competence in all areas of clinical care. This includes biweekly case conferences and discussions, a more extensive workshop, and the use of the DSM-IV Cultural Formulation when discussing cases.

Qualifications: Applicants must have attended an APA-accredited Ph.D. or Psy.D. clinical psychology training program. Individuals must have completed all necessary coursework and a pre-doctoral internship. Course work in psychopathology, mental health treatment, neuropsychology and health psychology provide highly relevant preparation. Experience and interest in treating chemical dependency is desirable. Ethnic minority and bilingual applicants are strongly encouraged to apply. Post-doctoral fellows will be expected to make a 1-year commitment from July 2008 through June 2009. Half-time (24 hours per week) and Full-time (40 hours per week) positions are available.

Benefits: Excellent training by UCSF faculty in an exciting, multicultural environment. There is currently no monetary stipend.

Application Process: Send all applications to the address below. Please include the Internship/Fellowship Ranking Form, rank ordering preferences for training sites. Applicants selecting the Psychosocial Medicine Clinic must also rank order their preferences among the training tracks described above. Applications will be accepted starting January, 2008. Applicants should send:

- 1) A letter of intent stating your experience and which site is of primary interest to you.
- 2) The Internship Ranking Form ([please click here](#))
- 3) A curriculum vitae with a list of your references
- 4) CAPIC application form
- 5) Applicants must also gather and submit three letters of recommendation in sealed envelopes and include them with the application if possible.

All applications should be received by February 15, 2008 to be eligible for the Uniform Selection Date; Applications MAY be submitted after this date if positions are still available; however, we recommend sending your materials as early as possible. A hard copy of the application should be sent to:

Susan Scheidt, Psy.D., Coordinator of Training
Psychosocial Medicine Clinic - Ward 82, San Francisco General Hospital
1001 Potrero Ave.
San Francisco, CA 94110

Questions: An Informal Open House for the four training sites will occur on February 12, 2008 at SFGH, Ward 82 (Psychosocial Medicine Clinic at 995 Potrero, 2nd Floor) from 4:00 to 6:00 pm. All prospective applicants are encouraged to attend; please plan to attend the full two hours, if possible. This will be an opportunity to meet the program staff and current interns and post-doctoral fellows, learn more about the training sites, and ask questions. Please RSVP to Dr. Scheidt (susan.scheidt@ucsf.edu), (415) 206-8403 if you plan to attend. Because we offer 4 training sites, applicants may have questions regarding the selection/application process or specific questions regarding training opportunities at each site. We encourage you to contact the faculty persons listed after each training site description to answer any questions you may have.