

San Mateo Medical Center
Medical Psychiatry Services
222 W. 39th Ave.
San Mateo, CA 94403
(650)573-2760

PLACEMENT OPENINGS: Two Post-Doctoral Residency positions are available for the 2017 – 2018 training year; one for our Integrated Behavioral Health Track and one for our La Clinica Latina Track (Spanish fluency required)

Placement Information

- Full-time training position (44 hours/week; minimum of 2000 hours/training year)
- 12-month training agreement, July 5, 2017 to June 22, 2018
- Residents maintain at least 20 hours of direct clinical services per week

Medical Psychiatry Services

Medical Psychiatry Services (MPS) provides an integrative approach to psychology, psychiatry, and medicine for outpatient primary care and medical specialty clinics at San Mateo Medical Center. Residents work alongside primary care physicians, specialty providers, nurses, and medical assistants, offering the most comprehensive care available for our patients. Typical referrals are individuals with mild to moderate psychopathology of depression, anxiety, bipolar II disorder, relationship problems and/or adjustment disorders related to patients' medical or social issues. We are privileged to work with individuals who represent diversity in race, ethnicity, age, gender, socioeconomic background, disability status, sexual orientation, and clinical severity.

The training program is seamlessly integrated into the larger MPS organization. In most cases, Residents provide the same or similar services as MPS staff psychologists. Every MPS psychologist is involved in training activities to a significant degree, from didactic instruction to supervision. In the course of their training, Residents are in daily contact with MPS psychologists. Professional socialization, one of our training activities, emerges naturally in this close, collegial environment.

Training Tracks

INTEGRATED BEHAVIORAL HEALTH TRACK

The primary focus of Residents in the Integrated Behavioral Health track is outpatient individual and group psychotherapy. In addition, each Resident participates in two six month long rotations, described below. The Integrated Behavioral Health track provides breadth of training by exposing Residents to a broad array of patient populations (e.g., patients with chronic illness, psychiatric inpatients); medical settings (e.g., primary-care clinic, specialty clinics, acute medical inpatient unit); and psychological interventions (e.g., short-term psychotherapy, risk assessment, crisis intervention). A crucial aspect of Residents experience is interfacing closely with multidisciplinary medical teams.

LA CLINICA LATINA TRACK

La Clinica Latina track, bilingual Residents will provide outpatient individual and group services to our monolingual Spanish-speaking patients. Typical presenting concerns include mild to moderate psychopathology, including mood disorders, anxiety, trauma, acculturation issues, and interpersonal difficulties. Trainees may have an opportunity to work with our Behavioral Medicine team co-leading therapeutic groups focused on

behavioral change for patients with chronic conditions such as diabetes or obesity. In addition, trainees in the La Clinica Latina track will receive supervision in culturally-sensitive approaches to treat Latino immigrants and support to refine their clinical vocabulary in Spanish, if needed.

Training Location

San Mateo Medical Center (SMMC) is an approximately 100-bed county hospital that provides inpatient and outpatient medical and psychiatric services to low-income individuals residing within San Mateo County. Our Medical Psychiatry Services (MPS) work in partnership with primary care and specialty clinics to integrate psychology, psychiatry, and behavioral medicine in the care of a culturally and linguistically diverse patient population. We provide both clinical and assessment services to the hospital and certain affiliated clinics.

Training Rotations

YEAR-LONG TRAINING AND DUTIES

Throughout the year, Residents carry a caseload of individual therapy outpatients, averaging 20-25 at any one time. A majority of the clinical presentations we encounter are depression, anxiety, and adjustment disorders related to patients' medical, psychological, and/or social issues. We also commonly encounter trauma history and relational issues. (Patients with severe mental illness, acute substance use, or criminal justice involvement are referred to other, more specialized county mental health agencies.) Our patient population is very diverse, and a significant minority of our patients are monolingual Spanish speakers. For them, we provide Spanish-speaking clinicians, or telephonic interpreter services. (Interpreter services are also available in many other languages). The clinic utilizes a short-term, biopsychosocial model of psychotherapy; however, Residents are also able to see a few patients for long-term treatment. On occasion, Residents will have the opportunity to provide couples therapy, neuropsychological evaluations, and/or personality testing according to the patients' needs. Residents are available to medical staff on an on-call basis to respond to any urgent psychological patient needs. Residents utilize crisis interventions and conduct brief assessments to support the patient and/or staff member. Residents will also serve in most clinical rotations throughout the training year, which is detailed below.

Throughout the year, Residents design and co-facilitate outpatient therapy groups, generally 8-12 weeks in length. Past groups include: Managing Depression and Anxiety, Mindfulness, Acceptance and Commitment Therapy (ACT), Weight Management, and Diabetes support groups. A number of psychotherapy groups are offered in Spanish.

YEAR-LONG TO 6-MONTHS SERVICE ROTATIONS:

Consultation Liaison: Providing comprehensive psychological care for patients on the acute inpatient and long-term care medical units. Under the guidance of a psychiatrist, Residents learn the skills of chart reading, acute psychiatric assessment, and medical note writing, and have the opportunity to follow patients for the duration of their hospitalization. Residents often consult and collaborate with physicians, nurses, and social workers. Psychiatry rounds take place twice a week, with one additional 45-minute meeting dedicated to didactic training. Didactic topics range from medical issues such as dementia, delirium, cardiac, endocrine, or gastroenterology issues, to legal and ethical matters such as psychiatric holds and decision-making capacity.

Palliative Care: Providing consultation and supportive services for patients and families facing end-of-life issues. San Mateo Medical Center's Palliative Care unit provides interdisciplinary, culturally sensitive care to our patients with life-limiting illnesses. Residents provide compassionate care and psychosocial support for our patients and their family members to alleviate pain, grief, and emotional discomfort. Treatment with patients and their family members ranges from a few visits to several months of therapy. The palliative care team meets weekly to discuss patient cases and to learn more about end-of-life issues.

Inpatient Psychiatric Services: The inpatient psychiatric unit at San Mateo Medical Center is a 34-bed locked facility providing care and stabilization for patients with acute psychiatric illnesses. Patient diagnoses include schizophrenia, bipolar I disorder, psychosis, severe depression, and severe personality disorders. The group therapy rotation allows Residents the opportunity to work closely with these patients, and also to interact with psychiatrists, nursing staff, and discharge planners. Groups are designed and co-facilitated by the psychology Residents. Past groups include: mindfulness, coping strategies, psycho-education, cognitive behavioral techniques, and dialectical behavioral therapy. Residents are expected to design and run two or three groups per week. Residents also have the opportunity to see patients for individual supportive and/or solution-focused therapy.

Pain Management: The Pain Management Clinic (PMC) at San Mateo Medical Center offers a unique, multidisciplinary, team-oriented treatment approach geared towards patients with chronic pain. PCM is a functional restoration rotation that is designed to teach patients that have been incapacitated by pain to manage chronic pain and restore function. This rotation consists of licensed clinical psychologists, psychiatrist, physiatrists, addictionologist, nurse practitioner, physical therapists, medical assistant, and other administrative staff. Residents will have the opportunity to learn directly from other team members as well as apply cognitive-behavioral therapy (CBT) or acceptance commitment therapy (ACT) for this patient population.

Leadership Opportunities

A core component of our psychology Residency program focuses on growth into the role of an independent psychologist. This includes promoting leadership qualities and consultation skills to further strengthen professional development. Residents assume a leadership role alongside staff psychologists in providing MPS practicum students with didactic instruction and (peer) supervision within clinical rotations. Residents have the opportunity to expand their knowledge base by conducting monthly didactic seminars to MPS practicum students throughout the training year. Residents also have the opportunity to provide trainings to medical staff and allied professionals on topics related to health psychology. Past trainings have included education on empathy and motivational interviewing. Residents are also expected to conduct a Psychiatry Grand Rounds presentation at San Mateo Medical Center during their training year. Another highly emphasized component of our Residency program is the opportunity for Residents to gain experience in a specialty area of knowledge and practice. A distinct focus in a specialized area should reflect the Resident's interest(s) and can include an array of chronic diseases including chronic pain, cancer, heart disease and/or psychiatric disorders such as trauma, substance abuse, depression, or anxiety.

Work Schedule

Residents are expected to be on site Monday through Friday, between 8am and 5pm. Some rotations may allow evening hours, but these instances are infrequent and are subject to supervisor approval. Residents may not work more than 44 hours per week. Residents are asked to complete their Supervised Professional Experience (SPE) log on a weekly basis and to provide a copy of their SPE log to the training director or assistant training director at the end of each month.

Sample Weekly Training Schedule

Direct Clinical Service:

10-12 hours of face-to-face outpatient psychotherapy (individual and group)
2-3 hours of intake/assessment/consultation service
8 hours in pain management clinic (includes delegated supervision and administrative duties)
10 hours on inpatient psychiatric and inpatient medical clinical rotations (includes rotation training and administrative duties)

Training and Supervision:

2 hours of individual supervision (in-person with primary and pain clinic supervisor)
1 hour of group supervision on therapy groups
1 hour of Didactic Training
*2 hours per month of group supervision
*2 hours per month of supervision training seminar
*1.25 hours per month of Psychiatry Grand Rounds

Teaching and Supervising Opportunities:

1 hour peer supervision/mentoring with MPS practicum student(s)
*1 hour per month of Didactic Training for MPS practicum students

Clinical Support and Professional Development:

1 hour weekly staff meeting
4.5 hours for documentation/administrative duties (e.g. outreach calls, note-writing)

Didactic training topics include Health Psychology, Assessment/Neuropsychology, and Professional Development. Didactic seminars are presented by staff psychologists, psychiatrists, other licensed medical and mental health professionals.

Compensation

Residents receive a stipend of \$35,000 for the 2017 – 2018 training year. Residents also receive a monthly credit if using public transportation.

Holidays and Leave

Residents may take up to 10 days of personal leave time during the Residency, in addition to designated San Mateo County holidays. Professional leave time for conferences and preparing for licensure may be credited as hours towards licensure but requests must be reasonable, made in advance and in writing, and cleared by the primary supervisor and training director.

Training Resources

Designated psychotherapy offices are located in outpatient clinics in the hospital. All services and most training activities are provided on hospital premises. Residents are provided with a shared office space. Residents are responsible for clerical duties such as documentation, scheduling, and outreach to patients; however, full-time clerical support is provided throughout the training year. Residents also have access to San Mateo Health System's online library, which consists of several medical and psychiatry resources.

How to Apply

Applicants applying to our Post-Doctoral Residency program are asked to submit application materials via email to MPS training director, Dr. Charlene Fuentes, and must include:

- (a) Curriculum Vitae
- (b) Letter of intent, please indicate if you are applying to our Integrated Behavioral Health or La Clinica Latina Track
- (c) Three letters of recommendation, including at least two from clinical supervisors who are familiar with your clinical work.

Selection Process

Applications will be reviewed by clinical staff members and selected applicants will be contacted for an on-site interview. Some exceptions may be made for phone interviews. Special consideration will be given to bilingual, Spanish-speaking applicants.

Medical Psychiatry Services Clinical Staff

Program Director: David Lin, Psy.D.
Deputy Program Director: Janele Auranicky, Psy.D.
Training Director: Charlene Fuentes, Psy.D.
Assistant Training Director: Maria Moran, Psy.D.
Alysia Cirona-Singh, M.D.
Melissa Fledderjohann, Psy.D.
Juanita Gomez, Psy.D.
Daniele Levy, Ph.D.

If you would like more information or have any questions related to our psychology Residency program, please contact MPS Training Director:

Charlene Fuentes, Psy.D.
Phone: (650) 573-2699
Email: cfuentes@smcgov.org