



Residency Overview

The Arroyos Psychological Associates is a California Psychological Corporation that serves individuals with serious mental illness and co-occurring disorders. TAPA provides professional psychological, psychiatric, and mental health services for The Arroyos Treatment Centers. The Arroyos Treatment Centers offers mental health treatment at hospital (inpatient), day treatment and intensive outpatient, and outpatient levels of care. Psychological services include individual therapy, couples and family therapy, group therapy, psychological assessment, consultations, forensic and psycholegal consultations, and more. The Arroyos Psychological Associates treats clients who have a very wide range of presenting symptoms and diagnoses. Our client population also spans a broad spectrum from high to low levels of functioning.

The Arroyos Treatment Programs has expanded to include a licensed and certified Residential Treatment Program that provides acute care for clients with serious mental illness, most of whom have co-occurring substance use disorders.

Training for 2017 Postdoctoral Residents will focus on intermediate to acute levels of care for individuals who are coping with serious mental illness, co-occurring disorders, and/or clinically complex cases. Intermediate care at The Arroyos includes our Intensive Outpatient Program and Partial Hospitalization Program. These clients may or may not be living in sober or transitional living housing. Acute care at The Arroyos includes our Residential Treatment Program. Residents also have the opportunity to participate in Level of Care evaluations which are performed at our Outpatient Treatment Center. In these evaluations, the client is seen by a staff psychologist to determine what level of care is most appropriate for their presenting symptoms. If psychiatric hospitalization is recommended, the client is offered voluntary admission. If the client refuses and the client meets criteria for an involuntary (5150) hold, some staff psychologists are LPS Credentialed to write a hold in our office. Our staff members, including Postdoctoral Residents, are trained in our procedures to assist in this process.

Residents will also provide treatment at Our fully licensed and certified adult (18-59) Mental Health Residential Treatment Center (MHRTC), which provides 24-hour a day live-in care, supervision, and treatment of clients who have a primary psychiatric diagnosis such as bipolar disorder, major depression, a severe anxiety or obsessive-compulsive disorder or, a severe psychotic disorder. Many but not all our clients have secondary drug and alcohol problems that we address within our non-12 step abstinence-based psychotherapy treatment model as part of their overall comprehensive treatment and relapse prevention plan. At this facility, residents will be responsible for psychotherapy groups, individual therapy, family therapy, and psych testing.

In the Intensive Outpatient and Partial Hospitalization Programs, residents will be involved in the intake assessment, provision of group therapy services, discharge assessment, and treatment planning for clients. The residents will also have opportunities for working on program development / assessment, outpatient individual and family / couples therapy, and psychological assessments.

There is an opportunity to provide ongoing individual psychotherapy with higher functioning

outpatients. Postdoctoral Residents will have an opportunity to be supervised from various theoretical perspectives including cognitive behavioral therapy, psychodynamic theory, Interpersonal Therapy and Interpersonal and Social Rhythm Therapy, Family Focused Therapy, clinical psychopharmacology, and other approaches.

The training schedule includes weekly clinical and program/service-related duties at 75% or greater of time spent. Residents will lead or co-lead several groups. There are 2 weekly, face-to-face individual supervision sessions, 1 group supervision experience, 1 group supervision in the form of a weekly clinical staff meeting, and 2 hours of other learning activities in the form of co-therapy with supervising psychologists.

Program Goals and Objectives

The Post-Doctoral Residency training program was conceived in 2013 as a unique training opportunity for developing psychologists who want to work in a private, multidisciplinary team setting with individuals affected by more severe levels of psychiatric symptoms and substance use. The Residency training program emphasizes the integration of psychological, psychotherapeutic, psychopharmacological, programmatic, and systems interventions with severely ill individuals. The main area of exposure and training is intermediate to acute levels of care for individuals with serious mental illness, complex cases, and/or co-occurring disorders.

The Postdoctoral Residency at The Arroyos Treatment Centers has as its mission the training of clinical psychologists interested in working in the Los Angeles area with individuals affected by serious mental illnesses and co-occurring substance use disorders. The goal of the Residency is to prepare clinicians sufficiently such that, upon completion, they demonstrate a solidly competent level of professional clinical skill, both as a generalist and as a specialist, working with this underserved population. Another aim of the Residency is to develop collaborative colleagues in this less densely populated and highly specialized area of psychological practice.

Expectations for Advanced Trainees (Residents)

Compared to internship and practicum-level students, postdoctoral residents are expected to work more independently and to handle greater responsibilities. They are expected to handle crisis situations with greater independence while still having full access to supervisors. Correspondingly, they will have more team input as well and are more fully integrated into the treatment team. Additionally, they will receive advanced didactic training in clinical psychopharmacology.

Residents are expected to be somewhat well-developed in the following areas and will further develop the skills over the course of the training year:

- Individual, group, and family psychotherapy
- Psychological assessment and testing
- Intake and discharge assessment
- Crisis management
- Program development (this is an area expected to develop mostly over the course of the year)
- Basic record keeping

Objective-Satisfying Activities

Residents will:

- Serve as an individual therapist for clients
- Serve as a group therapist for clients
- Initiate, schedule, and complete intake and discharge assessments of new clients
- Initiate, schedule, and complete testing sessions for incoming RTC clients
- Serve as co-therapist and covering therapist for group psychotherapy / skills training groups
- May provide complete psychological reports under supervision, for the RTC or (on occasion) for outside referral sources
- Provide ongoing case management, including creating and updating treatment plans
- Initiate, schedule, and complete readiness evaluations for bariatric surgery

Resources

There are 3 staff psychologists involved in the residency, as well as one psychiatrist, who may be involved in ancillary capacities. One or more psychologists are available on site during work hours, and by phone or other contact at any time. There are 3 separate physical spaces, two of which are partitioned into offices (all are at the same street address). There are 2 group rooms (1 is a multimedia/meeting space) and multiple offices, each with computer access and compliant security. Computerized and hand-administered testing resources are available, as are treatment/group manuals. There are dedicated office staff members who handle appointments, billing aspects, and other non-clinical matters, though residents follow the program schedule and inform supervisors of their ongoing and new activities. Residents will provide services at the offices located at 1 West California Boulevard, Pasadena, CA, 91105. Furthermore, residents will provide group, individual, and family therapy at our fully licensed and certified adult (18-59) Mental Health Residential Treatment Center (MHRTC), which is located at 510 Michigan Boulevard, Pasadena, CA, 91107. At this facility, there is a group room (multimedia/meeting space), outdoor space, and a separate office in the back with computer access and compliant security.

As noted, major involvement will be with the Partial Hospitalization and Intensive Outpatient Programs, as well as the Residential Treatment Center, in groups and in intake and discharge assessment and treatment planning. Significant involvement will also be in outpatient therapy and psychological assessment more broadly. Further significant involvement will include program development. 2 hours of individual, and 2 hours of group, supervision is offered. The Residency Director will provide one of those individual hours, as will the Clinical Director. The Residency Director is on site during part or all of 3 days per week and always by phone, while the Clinical Director is on site nearly every day, all day and by phone at any time.

Applicant Requirements

The Arroyos Post-Doctoral Residency accepts applications from graduates who have, or will have prior to the start of the residency, officially received their Ph.D. or Psy.D. Degree in Clinical Psychology from an APA (American Psychological Association) Accredited Institution. Applicants must have completed a year-long, full time, APA-Accredited, APPIC- member, or CAPIC-member predoctoral internship in Clinical Psychology prior to beginning the Residency. The applicant's internship must have been at a site that provided 12 months of supervised experience treating seriously mentally ill individuals in an inpatient hospital setting.

The Post-Doctoral Residency training program is designed for individuals who have just completed their doctoral training in clinical psychology and who have accrued no (or very few) postdoctoral Supervised Professional Experience (SPE) hours toward licensure as a psychologist. The Residency will not consider applications from candidates who have completed their predoctoral training program requirements and have committed to another Postdoctoral training experience where they are currently accruing postdoctoral SPE hours.

From practica and internship, potentially successful applicants should have gained solid knowledge and proficiency in:

- Individual and group psychotherapy
- The selection, administration, and interpretation of general clinical assessment measures (IQ, personality & symptoms, mental status, diagnostic criteria and interviewing, behavioral observation)
- Clear and concise report and note-writing
- Proper documentation in a general sense
- Case and treatment conceptualization from at least one perspective

The ideal applicant seeks to be a consultative, collegial member of a clinical team. He or she should be ethical and data-driven, while also open-minded, creative, and receptive. The ideal candidate will be emotionally stable, capable of holding flexibly strong boundaries, reasonably sensitive, patient, and self-aware. Such qualities are necessary generally in psychological practice, but are especially important for effectively working with more challenging clients.

Licensure Requirements

The program fulfills California psychology licensure requirements for postdoctoral supervised experience by ensuring 1 hour of supervision per 10 hours of psychological and other work. For full time residents, that would equal 4 hours per week. The program is intended to be completed on a full time or part time basis. For full time, residents would work 40 hours per week for 9 months. That is approximately 1500 hours of supervised experience, with 75% or greater of time spent in professional psychological activities. For part time, residents would work 20 hours per week for 9 months, which would equal 750 hours of supervised experience. In the state of California, 3000 hours of SPE (1500 may be accrued in a predoctoral internship and at least 1500 must be accrued in a postdoctoral placement) are required for licensure.

Grievances and Appeals

Residents will be evaluated twice yearly based on their progress in Assessment, Treatment Planning, Therapeutic Intervention and Technique, Professional Issues, Ethics, Legalities of Practice, Team Consultation and Participation, and Organizational and program development. The supervisors will also make any other comments about issues of note.

If Residents have a complaint about a particular staff member or supervisor, they are strongly encouraged to speak to that person directly to informally resolve any difficulties. If this is not sufficient to resolve the difficulty and the Resident seeks to formally address a grievance, the Resident should:

Discuss with the Residency Director (or the Clinical Director if the Resident complaint is about the Residency Director). The Residency Director or Clinical Director will convene a meeting between the two parties to come to an informal resolution

If the situation is still unresolved, the Residency Director (or the Clinical Director) will reconvene the meeting after adding another staff psychologist. This committee will discuss the grievance in the presence of the Resident and the staff member subject to the complaint, each of whom may confirm facts, dispute facts, or explain areas of concern.

Residents can contest evaluations or Written Warnings (or any associated conditions for remediation) by writing a formal letter of appeal within ten calendar days. This is then evaluated by a panel consisting of a staff psychologist not issuing the Warning and either The Residency Director or the Clinical Director (for example, if the Residency Director is the supervisor concerned, the Resident's letter is provided to the Clinical Director instead).