

2026-2027 Cohort Brochure

Post-Doctoral Fellowship in Serious Mental Illness (SMI)

WORCESTER, MASSACHUSETTS

Overview	3
OUR PSYCHOLOGY TRAINING PROGRAM	4
<i>Training Philosophy</i>	4
<i>Setting</i>	5
<i>Admission Policy</i>	5
<i>Applicant Interviews</i>	7
THE FELLOWSHIP YEAR	8
<i>Orientation Period</i>	8
<i>Benefits</i>	8
<i>Structure of Training</i>	8
INPATIENT SMI CORE ROTATION AT WRCH	9
<i>Worcester Recovery Center and Hospital</i>	9
<i>Adult Continuing Care Unit</i>	10
<i>Adolescent Continuing Care Units</i>	11
<i>Adult Acute Care/Forensic Units</i>	12
<i>Adult Continuing Care Unit – Deaf Inpatient Services</i>	13
ELECTIVE ROTATIONS	14
<i>WRCH Inpatient Psychological Assessment Rotation</i>	14
<i>WRCH Inpatient Mental Illness Problematic Sexual Behavior (MIPSB) Treatment</i>	14
<i>UMass Chan School of Clinical Research in Emergency Medicine</i>	15
<i>UMass Chan Integrated Behavioral Health Service in Emergency Medicine</i>	15
<i>UMass Chan Center for Autism and Neurodevelopmental Disorders (CANDO)</i>	15
<i>UMass Memorial Outpatient Adult Psychiatry Clinic</i>	16
<i>UMass Chan Medical School Student Counseling Services</i>	16

<i>UMass Human Rights & Asylum Program</i>	17
SUPERVISION, DIDACTICS, & RESEARCH.....	18
PSYCHOLOGY FELLOWSHIP FACULTY AND SUPERVISORS.....	21
FELLOWSHIP LEADERSHIP.....	21
<i>Heidi Putney, PhD</i>	21
<i>Emily Padilla, PsyD</i>	21
<i>Meredith Ronan, PsyD</i>	21
<i>Emily Crain, PsyD</i>	22
<i>Faith Therrien, PsyD</i>	22
<i>Ami Popat-Jain, Ph.D.</i>	22
CLINICAL SUPERVISORY STAFF.....	23
ADDITIONAL CONTRIBUTORS.....	25

UMass Chan-WRCH Post-Doctoral Fellowship in Serious Mental Illness (SMI)

UNIVERSITY OF MASSACHUSETTS CHAN MEDICAL SCHOOL
WORCESTER RECOVERY CENTER AND HOSPITAL
WORCESTER, MASSACHUSETTS

Overview

The University of Massachusetts Chan Medical School (UMass Chan) and Worcester Recovery Center and Hospital (WRCH) Training Program has a long history of preparing emerging psychologists to assume professional employment within the UMass Chan and Memorial health systems, the Department of Mental Health (DMH), and other public sector settings that address the needs of Massachusetts residents with serious mental illness. The program began in 1922 at the Worcester State Hospital, has been accredited by the American Psychological Association since 1957, and is one of the oldest continuously funded psychology internships in the country. After the program was permanently moved to the UMass Chan Medical School, the psychology training program continued its affiliation with WSH (Worcester State Hospital now Worcester Recovery Center and Hospital, WRCH) and was funded under the psychiatry department's Department of Mental Health (DMH) training grant.

Established in 2024 by a training grant awarded from the Massachusetts Department of Mental Health (DMH), the UMass Chan Comprehensive Psychology Training Program now includes three levels of sequential clinical training: pre-doctoral advanced practicum training (i.e., for 3rd or 4th year students in doctoral psychology programs), the doctoral internship, and postdoctoral fellows (for those seeking specialization in working with individuals with severe mental illness). The Comprehensive Training Program was designed in response to an identified need to provide a more robust pathway for careers into DMH and Massachusetts' public sector system (notably admittance into any one level of training does not guarantee acceptance into the next tier).

The program will offer two full-time funded post-doctoral fellowship positions in 2026-2027 that will each carry a stipend of \$56,484 per year. Both positions will work on General Inpatient SMI units, although we have the opportunity for applicants to indicate if they are interested in primarily working with adults versus adolescents.

Applicants must be in good standing in an accredited doctoral-level psychology internship and must have completed all graduate coursework including their dissertation project by the start of the

post-doctoral fellowship. Preference will be given to students from graduate and internship programs accredited by the American Psychological Association.

Requests for information and applications should be sent to:

Heidi Putney, Ph.D.
Training Director
UMass Chan - WRCH Psychology Training Program
361 Plantation Street
Worcester, MA 01602
Heidi.putney@umassmed.edu

Deadline: Applications must be received no later than:

11:59pm EST Friday, January 9th, 2026.

Our Psychology Training Program

Training Philosophy

The University of Massachusetts Chan Medical School/Worcester Recovery Center and Hospital post-doctoral fellowship is designed to provide training in SMI based on the American Board of Professional Psychology (ABPP) training guidelines. The overarching aim of our fellowship training is to equip early career psychologists with the knowledge, skills, and experience relevant to offering professional clinical services to individuals with serious mental illness. The program is designed with the goal to prepare fellows to function professionally in a variety of public sector contexts, including the Massachusetts Department of Mental Health.

The UMass Chan Medical School is committed to providing care for patients in the public sector, especially those with multimorbidity who have the greatest psychosocial challenges. Psychologists are at the forefront of this commitment and are trained to provide excellent, evidence-based clinical services to this population. The UMass Chan Psychology Training Program has a long history of preparing emerging psychologists to assume professional employment within the Department of Mental Health (DMH) workforce as well as other public sector roles that address the needs of Massachusetts residents with serious mental illness. We have a historic collaboration with Worcester Recovery Center and Hospital (WRCH), and we attract top-quality candidates, many of whom have gone on to work with DMH in psychology positions as well as many leadership positions in the state. Our new integrated longitudinal training sequence establishes strong pathway to employment in DMH and the Massachusetts public sector for psychologists, especially those of diverse backgrounds, with

the goal to create a regular and predictable workforce of clinical experts and leaders in public sector behavioral health care. Note: All fellows are anticipated to be highly competitive for employment within DMH following their fellowship year. **Toward this goal, all fellows are expected to take the EPPP and file for licensure within nine to twelve months of the fellowship year.**

Setting

The UMass Chan and WRCH campuses are located in Worcester, MA, within walking distance of each other. Worcester is New England's second largest city and an active, vibrant and energetic community. Census information for Worcester (2020) indicated the community is approximately 54% White, 23% Hispanic or Latinx, 13% Black or African American, and 7% Asian. There are numerous institutions of higher education, and downtown Worcester is in the midst of a dynamic revitalization, with recent development projects including Polar Park (home of the Red Sox minor league team) and other commercial and entertainment initiatives.

Worcester Recovery Center and Hospital (WRCH) is located on the site of a developing health and research biotechnology park. Formerly named Worcester State Hospital, the current census (~320) is dramatically lower than the 2,800 patients served in the 1950's and represents a wide cross section of severe and persistent mental disorders. Between 50 and 70% of the adult population has a co-occurring substance use disorder and significant medical co-morbidities. The University of Massachusetts Chan Medical School and Worcester Recovery Center and Hospital provide services primarily to citizens of Worcester and other areas in central Massachusetts, although some clinics or services are statewide. UMass Chan is Massachusetts' first and only public academic health sciences center, and its training focus includes an emphasis on practice in the public sector and in underserved areas. The school was established in 1962 as the University of Massachusetts Medical School. Following a transformational financial gift from The Morningside Foundation in 2021, the school was renamed UMass Chan Medical School. There is a large network of doctoral-level psychologists at UMass Chan and UMass Memorial, and many have a role in the training program.

The Application Process

Admission Policy

The Fellowship application includes:

- Three letters of reference (one from your DCT indicating your dissertation is either defended or on track to be defended by the start time of the fellowship and one from an internship director indicating your good standing in the program)
- Graduate transcripts (official)
- Curriculum vitae
- Cover letter stating your interest and the status of your dissertation
- Writing sample of psychodiagnostic evaluation (deidentified)

Each year the program receives many more applications than the number of available positions. Most candidates are highly qualified, both in terms of academic performance and letters of recommendation, and it is often very difficult to differentiate the candidates on these bases alone. Consequently, our criteria for selection must examine other variables.

One factor to which we pay close attention is whether the training experiences that we provide are consistent with the needs and interests of the candidate, insofar as those needs and interests are expressed in the application. The match between candidates' interests and the aims of the fellowship are examined carefully. **Therefore, in the cover letter, applicants should clearly explain how their goals align with the public sector/severe mental illness mission of the fellowship, and applicants should identify or list their population of interest. Please include your preference for adult and/or adolescent experiences if you have one.** If it is clear to us that the nature or quantity of certain experiences that a candidate seeks are unlikely to be provided on fellowship, we inform the candidate of this and suggest that their training needs would be better met at a different facility. Frequently this decision is not based on the candidates' qualifications but rather on their stated professional goals and needs.

Secondly, we believe peer-group learning is an important aspect of the fellowship training experience. Our experience is this learning is maximized when the trainees each year come from very different professional backgrounds and represent widely divergent theoretical orientations. The UMass Chan-WRCH fellowship is not committed to a single theoretical position. We believe the issues in clinical psychology can be conceptualized from different theoretical stances, and trainees benefit from having their ideas examined and evaluated from frameworks other than their own. This evaluation process and dialogue are as important from other fellows as from supervisors. Thus, we attempt to select a heterogeneous trainee group.

Thirdly, as part of our commitment to diversity, the University of Massachusetts Chan Medical School seeks to attract and educate students, and trainees who will make the population of health care professionals representative of the national population. We are, therefore, committed to the full and meaningful inclusion of all qualified students, trainees, and employees. As part of our holistic review,

consideration is also given to clinical hours that have exposed applicants to evidence-based assessment and intervention practices with a variety of populations at different levels of clinical acuity, as well as the applicants' lived experiences.

Applicant Interviews

One goal of the Postdoc Selection Committee is to match the training needs of the applicant with what our program has to offer. The Selection Committee will thoroughly review each completed application and identify those applicants where there is a "goodness of fit." These applicants will then be contacted and invited to interview with members of the training staff on one of several interview dates in January and/or February. The interview day typically runs from about 10:00am to 3:00pm EST and will include contact with current post-docs to give the applicant a fellow's perspective on the program.

Interview information for applicants applying for the 2026-2027 cohort:

Dates of interviews:

TBD

Interview format: All applicant interviews will be virtual and conducted entirely online. There will be no in-person interviews or planned visits to the UMass Chan-WRCH facilities.

Additional important information for applicants: As outlined in 101 CMR 23.00, all Staff working in these settings must be vaccinated annually against seasonal influenza and remain up to date with available COVID-19 vaccines. Alternatively, Staff may choose to decline vaccination, in which case they must provide a signed declination statement certifying that they have received information regarding the risks and benefits of the COVID-19 and/or influenza vaccines. To comply with regulatory requirements, 100% of Staff must be accounted for in one of two categories: vaccinated or declined.

Additionally, the UMass Chan Medical School requires all employees to receive the annual flu vaccine. Certain exemptions may be available for individuals with approved medical or religious reasons. Flu vaccines are available at WRCH and UMass, but if you receive it elsewhere, you will be asked to provide proof of vaccination. If you have questions about required vaccines or would like to learn more about this policy, please contact the UMass Chan-WRCH Training Director.

The Fellowship Year

Please note: Training Opportunities are Subject to Change

Orientation Period

The training year typically begins on the first Monday in July, with an orientation period lasting approximately three to four weeks. Flexibility in the start date can be possible in certain circumstances. Please indicate if you would like to discuss a different start date in your cover letter. During this period, the fellow becomes acquainted with the daily routines of UMass Chan and WRCH, is given a formal introduction to the staff and programs of various departments within these facilities and is systematically introduced to the principal emphases and lines of work within the two psychology departments. As part of their orientation, the fellows may be asked to participate in staff conferences, review department assessment procedures, observe admission procedures, and attend lectures on administrative and legal aspects of hospital procedures. By the end of the orientation period, fellows will have also met with their SMI rotation supervisors as well as the training directors to develop goals and a schedule for the year.

Benefits

Fellows in Psychology are employees of the University of Massachusetts Chan Medical School. Fellows receive a stipend of \$56,484, a choice of employee health insurance plans (cost varies), and paid vacation and holidays. All fellows are provided with 80 hours (10 days) of vacation time, 2 personal days, as well as sick time. Additionally, all fellows are provided a professional stipend to use toward EPPP costs, educational materials, conference travel, or other approved professional needs.

Structure of Training

Each postdoc is required to participate in a Core SMI Continuing Care Rotation (24 hours per week throughout the year). In addition to the Core Rotation, the postdoc can devote 8 hours per week throughout the year to an elective rotation. The remaining full day is dedicated to four hours of other training programming, including group supervision, didactics, and other structured learning opportunities as well as four hours of flexible 'flex' time during which fellows can schedule various supervision, research, consultation, and writing tasks.

An example schedule for the Fall semester:

Monday	Tuesday	Wednesday	Thursday	Friday
SMI Core Inpatient Rotation (8 hours)	Didactics and other training programming (4 hours)	SMI Core Inpatient Rotation at WRCH (8 hours)	SMI Core Inpatient Rotation at WRCH (8 hours)	Elective Rotation (8 hours)
	CORE "Flex" Time (4 hours)			

An example schedule for the Fall semester:

Monday	Tuesday	Wednesday	Thursday	Friday
SMI Core Inpatient Rotation (8 hours)	Didactics and other training programming (4 hours)	SMI Core Inpatient Rotation (8 hours)	Elective Rotation (4 hours)	SMI Core Inpatient Rotation (4 hours)
	CORE "Flex" Time (4 hours)		SMI Core Inpatient Rotation (4 hours)	Elective Rotation (4 hours)

- 2 Integrated batteries are required throughout the year. These should be completed either in an assessment-specific elective rotation OR during your core rotation.
- Flexible hours (4 max) are scheduled for the four hours following didactics.
- Attempts should be made to complete rotation specific work only while on that rotation and not during a different rotation unless discussed in advance with your supervisor.

Inpatient SMI Core Rotation at WRCH

**All fellows are expected to put approximately 60% (~24 hours per week) of their time toward their core SMI inpatient rotation throughout the year at WRCH.*

Worcester Recovery Center and Hospital

Most individuals hospitalized at WRCH have been admitted for evaluation and treatment under court order. On the adult side, there are two court evaluation units, and ten units for continuing care treatment, which also includes some specialized units for deaf/hard of hearing patients, and those with

complex medical needs. There are also two 15 bed continuing care units for adolescents. All of the units are closely connected to the hospital-wide Skills Training and Rehabilitation program which includes therapeutic, vocational, educational, and recreational elements.

The adult treatment units at WRCH focus on preparing individuals from diverse ethnic and socioeconomic backgrounds in the transition process from an inpatient stay to community living. The treatment approach is multidisciplinary in nature and aimed at assisting the individual in engaging in treatment, maintaining adequate behavioral and emotional control, and taking the steps necessary to successfully return to the community. The treatment model incorporates a thorough diagnostic work-up, psychosocial rehabilitation, relapse prevention, motivational interviewing, and Dialectical Behavior Therapy (DBT) / Cognitive Behavior Therapy models. Individuals receiving inpatient care are empowered to understand symptoms associated with mental illness and follow through with strength-based interventions and plans that will maximize adjustment and transition to less restrictive alternatives to hospitalization.

At WRCH, treatment groups have been implemented on several treatment units, with several members of the staff trained intensively in CBT for Psychosis among other evidence-based treatment modalities. The psychology SMI fellows participate in all phases of the individual's hospital course from initial assessment, specialized risk assessment and/or psychological testing to providing treatment interventions to help the individual work through an integrative discharge plan. The staff at WRCH have implemented an Illness Management and Recovery (IMR) treatment program, an evidence-based group and individual treatment protocol to assist individuals in learning more about their psychiatric disorders and effective coping skills. Additionally, WRCH has a robust dual recovery program for people in all stages of change and has developed a relapse prevention model for mental health and substance abuse related issues. As the staffing levels of a large state-run hospital change throughout the year, on-unit group therapy opportunities are limited by the availability of trained group facilitators.

Adult Continuing Care Unit

WRCH continuing care units house longer term patients committed to the hospital for a variety of reasons including forensically (e.g., incompetent to stand trial and/or not guilty by reason of insanity) and civilly (e.g., those without criminal charges found to be a danger to themselves or others due to a mental illness). Fellows will assist with the responsibility for the care and treatment on an identified continuing care unit of approximately 27 individuals with severe and persistent mental illness. Under the supervision of the team psychologist, opportunities may include:

- Conducting admissions assessments.
- Attending Treatment Team Rounds.
- Specialized evaluations for risks of violence, suicide, and fire setting.

- Making referrals to Department of Mental Health risk consultants for individuals with more serious histories of violent crime or sexually problematic behavior.
- Providing individual and group psychotherapy addressing Cognitive Behavior Therapy, Motivational Interviewing, Relapse Prevention Planning, Dual Recovery Treatment, and/or Cognitive Rehabilitation Therapy.
 - Attending CBT-P Case Consultation Group Weekly and presenting at least one case during the first semester
- Conducting full batteries of cognitive and personality / performance based psychological tests for diagnostic formulation and treatment / discharge planning.
- Supervising interns in the hospital's Psychology Internship Program.

Adolescent Continuing Care Units

The Adolescent Continuing Care Units (ACCU) is the only long-term inpatient psychiatric facility for adolescents in the Commonwealth of Massachusetts. It is comprised of 2, 15 bed units. Post-doctoral fellows will have the opportunity to serve adolescents with complex psychiatric and psychosocial issues, frequently including pronounced histories of developmental trauma, child maltreatment, substance use, disordered eating behaviors, recurrent suicidal ideation and behaviors, serious aggression toward others, multiple psychiatric admissions and out-of-home placements, emerging psychosis, and burgeoning personality disorders. Patients range in age from 13 to 19 and hold unique racial, ethnic, cultural, religious, gender, sexual orientation, and socioeconomic identities. Assessment and treatment of clients is provided using a trauma-informed, integrative, multidisciplinary approach.

Because of the treatment refractory nature of this population, youth admitted on a clinical status typically stay for several months, which enables patients to receive extensive and comprehensive clinical services. Extended length of stay affords fellows an opportunity to participate in efforts to bring about qualitative changes in the patient's approaches to problem solving. Patients are supported, through evidence-based and relational interventions, to alter the way that they make meaning of their lived experiences. Within the context of supervision, consultation, and participation in team meetings, fellows will have the opportunity to formulate cases and gain experience in various approaches to treatment. Creative interventions are required where conventional approaches have been insufficient. Family therapy approaches typically combine structural and strategic approaches that are dependent on collaborative partnership with families.

In addition to our clinical service, the ACCU continues to be responsible for providing care for youth admitted to the hospital on a forensic evaluation status. Working with these youth is a unique training opportunity for fellows with an interest in forensic psychology. Youth are referred for short-

term admissions from the courts for assessment of competency to stand trial, criminal responsibility, or aid in sentencing. Forensic referrals may remain at the ACCU for continuing psychiatric services if determined to require hospital level of care.

Under the supervision of the team psychologist, opportunities may include:

- Fellows will be expected to carry a caseload of 1-2 adjunctive individual therapy cases and 1-2 adjunctive family therapy cases.
- Fellows will also be expected to complete specialized risk assessments and admission evaluations.
- Fellows will be expected to support the various groups as a co-facilitator, which include DBT, CBT, and other clinical groups.
- Opportunities for psychological testing are dependent on needs of the youth (e.g., IEP testing support, diagnostic clarification, assistance with treatment approach and recommendations); it is anticipated that fellows will have the chance to complete one integrated report over the training year.
- There are opportunities for involvement in program development, staff education/training, and milieu enhancement for fellows who are interested.

During the SMI Fellowship year, opportunities may include:

Adult Acute Care/Forensic Units

WRCH acute care/court evaluation units house short-term patients (20-30 days) committed to the hospital from the courts for further evaluation (e.g., incompetent to stand trial and/or criminal responsibility related to open legal charges). Fellows will assist with the responsibility for the care and treatment of approximately 27 individuals with severe and persistent mental illness on an identified acute care/forensic unit. Under the supervision of the team psychologist, opportunities may include:

- Conducting intake admissions assessments to include:
 - MoCA
 - Suicide Risk
 - Violence Risk
 - Trauma History
 - Substance Use
- Attending treatment team meetings.
- Providing individual and group psychotherapy addressing Competency Restoration and Substance Use.
 - Attending Dual Recovery Case Consultation Group Weekly

- Conducting full batteries of cognitive and personality / performance based psychological tests for diagnostic formulation and treatment / discharge planning.
- Supervising interns in the hospital's Psychology Internship Program.

Adult Continuing Care Unit – Deaf Inpatient Services

Within one of WRCH's continuing care units is the Deaf Inpatient Services program. WRCH Deaf Inpatient Services is the only inpatient mental health service in Massachusetts designed to meet the needs of d/Deaf and hard-of-hearing (HoH) individuals who live anywhere in the state. WRCH Deaf Inpatient Services is committed to providing accessible, culturally affirmative expert mental health assessment, stabilization, and treatment services that efficiently restore individuals to community functioning. Fellows will be exposed to both assessment and treatment services with d/Deaf and HoH clients. Under the supervision of the team psychologist, opportunities may include:

- Conducting admissions and annual assessments.
- Attending Treatment Team meetings.
- Attending morning Rounds.
- Specialized evaluations for risks of violence, suicide, and fire setting.
- Making referrals to Department of Mental Health risk consultants for individuals with more serious histories of violent crime or sexually problematic behavior.
- Providing individual and group psychotherapy addressing Cognitive Behavior Therapy, Motivational Interviewing, Relapse Prevention Planning, Dual Recovery Treatment, and/or Cognitive Rehabilitation Therapy.
 - Attending a bi-weekly Deaf Services Program Meeting.
- Conducting full batteries of cognitive and personality / performance based psychological tests for diagnostic formulation and treatment / discharge planning.
- Supervising interns in the hospital's Psychology Internship Program.

Elective rotation options may include:

Throughout the year, fellows will have the opportunity to select one 8-hour elective rotation each semester. These rotations can provide fellows an opportunity to gain additional exposure in various clinical settings.

WRCH Psychological Assessment Rotation

Supervisor: Meredith Ronan, PsyD

Time commitment: 8-16 hours per week

The Psychological Assessment Rotation provides an opportunity to build competencies in comprehensive psychological testing, including both cognitive and psychological/personality testing. Specifically:

- Fellows will develop proficiencies in the administration, scoring, and interpretation of a range of cognitive and psychological assessment measures.
- Exposure to and training of various measures across domains include effort/validity, functional assessment, cognitive, psychological/personality.
- Psychological assessment training will often integrate psychological assessment methods (e.g., structured multi-scale and narrow-band self-report and/or performance-based measures of psychopathology and personality).
- A person-centered, strength-based developmental-lifespan approach to case conceptualization that integrates data obtained from multiple sources (clinical interview, records, consultation with treatment providers, collateral informants/family or significant others) will be emphasized.
- The rotation also focuses on development of case formulation skills, including differential diagnosis of primary psychiatric, cognitive and/or co-morbid presentations.
- Report-writing, fellows typically write the full report, which will undergo multiple rounds of editing. Reports are integrated, in that they combine record review, clinical interview and interview of collateral informant(s), consultation with clinical staff, and a battery of cognitive and psychological assessment measures.
- Experience providing feedback to clients and multidisciplinary team members.

WRCH Inpatient Mental Illness Problematic Sexual Behavior (MIPSB) Treatment Rotation

Supervisor: Ben Mathews, LMHC

Time commitment: 8 hours per week

The WRCH MIPSB treatment rotation provides the following opportunities to fellows.

Weekly Clinical Activities:

- ☐ 3 hours of individual MIPSB therapy
- ☐ 1 hour of group therapy (Good Lives; Wednesdays at 10:30am)

Required Didactic/Supervision Activities:

- ☐ 1 hr/week for individual clinical supervision
- ☐ 1 hr/week of MIPSB group supervision (2nd and 3rd Monday 12pm-1pm, 4th Monday 12pm-1:30pm)
- ☐ Presentation of individual therapy case during MIPSB group consultation

UMass Chan School of Clinical Research in Emergency Medicine

Supervisor: Rachel Davis-Martin, PhD

Time commitment: 8 hours per week

This is a research-based rotation, fellows have access to several complete datasets on suicide risk, opioid use disorder, alcohol use disorder, and implementation efforts to improve clinical care that they can run analyses on if there is a particular question of interest (plus access to statisticians to help if analyses are complex).

Fellows also have access to research that is complete but is needing to be written up for conference presentations or peer reviewed articles. Depending on the time of year, they may also help with grant applications including writing parts of grants and helping with the submission process. It's easy to tailor the activities to the interest and experience of trainee. Likely best done during the second half of the fellowship, so all clinical hours have been met.

Additional Information: At least one original manuscript is expected to be submitted to a peer reviewed journal(s).

UMass Chan Integrated Behavioral Health Service in Emergency Medicine

Supervisor: Rachel Davis-Martin, PhD

Time commitment: 8 hours per week

Fellows have the opportunity to provide brief interventions rooted in motivational interviewing and referrals to treatment with patients who have an active SUD (alcohol, opioid, tobacco, stimulant) or suicide risk, and/or conduct Substance Use Disorder Evals for patients presenting to the ED post-drug overdose while working on a multi-disciplinary team that includes licensed alcohol and drug abuse counselors, addiction psychiatrist, medical toxicologist, social workers, and recovery coaches. This rotation can be useful if trainees need more direct patient contact hours.

Assessments will include comprehensive suicide risk assessments with patients presenting to ED with psychiatric chief complaints, Substance Use Disorder Evaluations for patients presenting to ED post-opioid overdose, and comprehensive substance use and treatment history evaluations for patients seeking SUD treatment.

UMass Chan Outpatient Child Psychology – Center for Autism and Neurodevelopmental Disorders (CANDO)

Supervisor: Miriam Aframe, Psy.D.

Time commitment: 8 hours per week

This rotation will take place on two separate days, Wednesdays and Thursdays. On Wednesdays, three hours will be spent involved in the interdisciplinary team evaluation, which is where a new child/adolescent is seen each week along with their caregiver(s) for a 2-hour evaluation, followed by one hour of the team working on clinical formulation, diagnosis and recommendations. A

psychologist and psychiatrist are always present along with medical residents and a psychiatry fellow typically being present. Fellows may write initial assessment notes as appropriate. A fourth hour may be spent attending the feedback meeting from the prior week's team evaluation, providing feedback and recommendations to the child's caregivers and community-based supports who wish to attend.

On Thursdays the fellows will help to plan for, co-facilitate, and write notes for a social skills group for preschoolers and their caregiver. Depending on when the fellow begins, this may also include helping to complete intakes for group participants. Fellows will shadow the psychologist in individual Floortime-based play therapy or possibly have their own therapy case as time/schedules/clinical appropriateness allow.

UMass Memorial Outpatient Adult Psychiatry Clinic

Supervisor: TBD

Time commitment: 8 hours per week

Fellows will receive training in evaluation and individual and group psychotherapy for a variety of psychiatric conditions including psychosis, affective disorders, somatoform disorders, anxiety disorders, substance abuse, and personality disorders. A variety of theoretical approaches including cognitive behavioral, acceptance and commitment, and psychodynamic strategies provide interns with a broad range of experiences with adult outpatients. Weekly multidisciplinary treatment team meetings provide a further opportunity for fellows to more thoroughly examine the processes involved in assessment, differential diagnosis, and treatment selection. In addition to the general clinic and the programs described separately below (i.e., Health Psychology and Addictions) there are also opportunities to do personality test batteries and participate in various specialty programs including DBT, Deaf Behavioral Health, and Women's Mental Health.

UMass Chan Medical School Student Counseling Services

Clinical Staff Members: Abita Raj, MD (Director), Elizabeth Austin, PsyD (Associate Director), Ashley Hart, PhD (Training Director), Phoebe Moore, PhD, Ruthann Rizzi, MD, SueEllen Hamkins, MD, Yashira Oropeza-Diaz, PsyD, Edward Pacheco, PsyD, Cathryn Williams, PsyD, Jennifer James, PsyD, Elda Zeko, PhD

Time commitment: 8 hours per week

Student Counseling Services (SCS) is a school-based outpatient mental health clinic that can be accessed by students currently enrolled in any of the doctoral programs within UMass Chan Medical School: the T.H. Chan School of Medicine (MD program), the Morningside Graduate School of Biomedical Sciences (PhD program), the Medical Scientist Training Program (combined MD/PhD program), and the Tan Chingfen Graduate School of Nursing (DNP and PhD programs). SCS provides both psychiatry (medication consultation and management) and psychotherapy services. Students can

attend sessions via telehealth or in-person in the SCS private office suite, which is located in the main medical school building on UMass Memorial Medical Center's University campus.

Common presenting concerns in our student population include anxiety and its disorders, OCD and related disorders, mood disturbances and disorders, disordered eating, trauma-related symptoms and conditions, adjustment difficulties, challenges associated with physical health conditions, ADHD, and grief. Psychotherapeutic approaches used by SCS therapists include traditional forms of cognitive-behavioral therapy (e.g., exposure and response prevention for OCD, panic control therapy for panic disorder); Acceptance and Commitment Therapy and related mindfulness- and acceptance-based approaches; Dialectical Behavior Therapy skills training; psychodynamic psychotherapy; Eye Movement and Desensitization and Reprocessing (EMDR); attachment-based therapy; the Internal Family Systems model; narrative psychiatry; and supportive and person-centered therapy approaches. As part of their training, fellows have the opportunity to provide individual and group psychotherapy; receive individual and/or group psychotherapy supervision; supervise clinical psychology practicum students in a vertical supervision system; conduct clinical intake interviews; participate in weekly team meetings and clinical trainings; and contribute to quality improvement and clinical research projects.

The SCS team is multi-cultural, multi-disciplinary, and multi-theoretical. We strive to provide culturally sensitive clinical services and a safe, welcoming, inclusive, respectful and supportive environment for all persons who seek our services.

UMass Human Rights & Asylum Program (Not confirmed in availability, will be announced closer to start date)

Supervisor: Danielle Rynczak, JD, PsyD, ABPP (Forensic)

Time commitment: 8 hours per week

Fellows choosing this rotation will learn to do evaluations assessing individuals seeking asylum in the United States. The UMass Chan Medical School UMass Human Rights & Asylum Program is a medical-student-run, non-profit organization providing evaluations for immigration attorneys advocating for asylum seekers. The program, which began in 2020, has worked with more than 100 asylum seekers in the Worcester area. During this rotation, fellows will begin by completing a training (usually online or asynchronous), offered by one of several expert organizations (e.g., Physicians for Human Rights) on how to apply clinical skills to an asylum evaluation. The training is typically at least 6 to 8 hours and covers such topics as physical and psychological evidence of torture, effective psycho-legal documentation and affidavit writing, human rights and asylum law, and the vital role of health professionals in immigration cases. After completing the training, fellows will have an opportunity to observe and conduct evaluations, culminating in affidavits in at least 3-4 cases, with potential to do up to 10-12. Fellows should be aware that the number of evaluations is dependent on referrals at time of rotation, but that there is generally a waiting-list. While not typically needed, fellows may be required to provide expert testimony in any case with which they were involved. Evaluations are of adults but may include exploration of child/adolescent trauma. Occasionally, specific forensic referral requests,

such as competency to proceed, will be made. This rotation is expected to provide fellows with opportunities to work with evaluatees of diverse cultural, socio-economic, racial, political, and religious backgrounds as well as interpreters, attorneys, and medical trainees and medical doctors (especially when physical examination is required by physicians). Fellows choosing this rotation will have the opportunity to learn to interview individuals with significant trauma histories, document psycho-legal interactions, write effective affidavits, prepare for expert testimony, and generally navigate asylum proceedings (e.g., working with various parties, understanding political context). Fellows on this rotation should know in advance that during supervision, they will be encouraged and supported to engage in dialogue around cultural humility, role of political climate on the work of psychologists and that of those of whom they work, social justice/advocacy, pro or low bono work, privilege and oppression, and self-compassion in high burn out professional practice. Secondary supervision may be provided by a trained psychiatrist, affiliated with the asylum program.

SUPERVISION, DIDACTICS, & RESEARCH

Supervision Opportunities

All fellows will participate in the supervision of a doctoral intern for at least six months of the year. Fellows will be expected to supervise one therapy or assessment case with the intern throughout the supervision experience, under the supervision of a licensed psychologist. In addition, fellows will provide written feedback, whether in progress notes or a testing report. Additionally, fellows will engage in a monthly Supervision of Supervision ‘Sup of Sup’ Group where we meet to discuss issues within the supervisory relationship, the development of a supervision style, and providing feedback on progress notes and assessment reports. Furthermore, fellows have been given the opportunity for the last past few years to join the Harvard Medical School Brigham and Women’s Hospital training program supervision seminar series facilitated by Dr. Christopher AhnAllen. This series allows trainees to broaden their network with other trainees and learn new perspectives in topics related to conflict in supervisory relationships and cross-cultural supervisory relationships and antiracist action.

Didactics

Fellows have an extensive series of didactics. Major topics include: culturally competency treatment and assessment; professional development; psychopathology and psychopharmacology; social justice advocacy, and psychological treatment modalities with particular emphasis on SMI populations. The seminar series also includes topics such as empirically based treatment interventions, psychosocial rehabilitation, and the importance of integration of ethnic diversity in assessment. Tuesday mornings (8am-12pm) are reserved throughout the year to provide an opportunity to cover these assessment and intervention topics in some detail. Fellows are also welcome to attend weekly UMass Chan Grand Rounds on a variety of mental health topics, which are held at the Medical School,

as well as other regular seminars and workshops (e.g., biweekly UMass Law and Psychiatry Seminars; monthly WRCH Grand Rounds).

1. UMass Chan/WRCH Professional Development Seminar Series

Facilitator: Heidi Putney, Ph.D.

In 2002, the Association of Psychology Postdoctoral and Internship Centers (APPIC) initiated a conference aimed at establishing competencies essential in professional psychology practice and identified Professional Development as a core competency area. Toward this end, the UMass Chan/WRCH has developed monthly Professional Development Seminar Series aimed to increase career readiness, improve professional quality of life, explore professional identity, and develop a comprehensive understanding of self-care. Each month, three professionals from around the country virtually speak to our interns on important topics such as pathways into private practice careers, wage negotiation skills, barriers for women in psychology, and the business of psychology. Further, various seminars specifically target the area of self-care with a discussion of new research and skills developed on this topic. Informal and personal, the format of this seminar series allows for life-long networking with panelists and various interns from other programs around the country.

2. UMass Chan/WRCH Social Justice Advocacy Project

Facilitator: Emily Padilla, Psy.D.

The American Psychological Association has indicated the training and expertise in psychology uniquely qualifies psychologists to contribute to the development of policies and programs. Further, working for social justice is part of their mission and vision and the Association of Psychology Postdoctoral and Internship Centers (APPIC) has incorporated understanding research and developing consultative skills when engaging in social service into their core competencies. The UMass Chan/WRCH training program is committed to encouraging social justice advocacy through action-learning strategies. The goal of the social justice advocacy project is to increase professional development opportunities while developing culturally responsible and socially involved psychologists.

During the fellowship year, fellows will facilitate discussions around social justice issues in a monthly journal club session. Additionally, fellows will work collaborative with a nonprofit agency to complete a community-based needs assessment. Fellows will engage directly with an identified local nonprofit agency, build relationships with this agency and the population with whom they work, as well as collaboratively develop and conduct a needs assessment throughout the year. The needs assessment may take any form but will focus on helping the agency or community to further its social justice mission. The needs assessments are conducted collaboratively with the agency/community and the postdoctoral fellows, with a final technical report including data (broadly defined) to be provided to the agency. The fellows will then present their findings to the nonprofit, highlight strengths in their programming, and provide recommendations to help the nonprofit continue to serve their community.

3. Cultural Humility Process and Practice Group

Facilitator: Ami Popat, Ph.D., Director of DEIB

The Cultural Humility Process and Practice Group is a dedicated time reserved for psychology trainees to process and practice cultural humility in the context of working with various patients, clients, and stakeholders during the psychology internship year. Cohort-specific monthly meetings with the facilitator involve exploration of one's own identities, issues related to discrimination, matters related to power and privilege, and systemic challenges. Discussions are framed within the context of larger sociocultural systems and guided by the ADDRESSING framework (Hayes, 2008), with fellows encouraged to bring relevant clinical cases for group reflection and dialogue. Additionally, space is created during this time to discuss the impact of ongoing sociopolitical events on the clinical context.

4. Research Project

Supervisor: Timothy Sannes, Ph.D.

Notably, the UMass Chan/WRCH fellowship is not a research focused fellowship. However, research skills with SMI populations are important for any psychologist aiming to work in an inpatient facility. Fellows will be required to complete a research project during their fellowship year. Either an original idea or using established UMass Chan/WRCH databases, the fellow will design a study, analyze the resulting data, and present the results to the faculty and trainees to assist in helping everyone with staying up to date in the latest research in our field.

Finally, there are numerous teaching conferences, grand rounds presentations, and other professional activities in the Worcester/ Boston area. There are often teaching conferences that utilize the case presentation format both at UMass Chan and WRCH. For example, in celebration of the 100th anniversary of the Psychology Internship, the UMass Chan Psychology Network hosted a poster session during a Psychology Day Celebration at UMass Chan Medical School in October of 2024. All postdocs present their dissertation during the year.

PSYCHOLOGY FELLOWSHIP FACULTY AND SUPERVISORS

FELLOWSHIP LEADERSHIP

Heidi Putney, PhD

Training Director of UMass Chan-WRCH Comprehensive Psychology Training Program

Assistant Professor of Psychiatry, University of Massachusetts Chan Medical School

Designated Forensic Psychologist, Worcester Recovery Center and Hospital

Education	Central Michigan University (2020)
Rotation	Professional Development Panels, Forensic Evaluation, Case Law
Interests	Forensic evaluations, training and education, research in the areas of public policy, professional development, and diversity training

Emily Padilla, PsyD

Assistant Director of Postdoc in UMass Chan-WRCH Comprehensive Psychology Training Program

Assistant Professor of Psychiatry, University of Massachusetts Chan Medical School

Designated Forensic Psychologist, Worcester Recovery Center and Hospital

Education	Alliant International University, San Diego (2023)
Rotation	Social Justice Advocacy Project
Interests	Forensic mental health assessment; risk assessment; severe and persistent mental illness; inclusive teaching and education in psychology; cultural humility; DEIB in training and forensic practice; social justice

Meredith Ronan, PsyD

Assistant Director of Internship in UMass Chan-WRCH Comprehensive Psychology Training Program

Director of Psychology Department, Worcester Recovery Center and Hospital

Assistant Professor of Psychiatry, University of Massachusetts Chan Medical School

Education	William James College (formerly Massachusetts School of Professional Psychology, 2015)
Rotation	WRCH Positive Behavior Interventions and Support (PBS) Consultation Service; WRCH Psychological Assessment Rotation
Interests	Positive Behavior Interventions and Support consultation and intervention; assessment and

treatment of persons with severe and persistent mental illness; cognitive and psychological/personality assessment; Cognitive Behavior Therapy for Psychosis (CBT-P); program development and evaluation

Emily Crain, PsyD

Primary Postdoctoral Core Supervisor

Staff Psychologist, Worcester Recovery Center and Hospital

Education William James College (2019)

Rotation Additions Rotation

Interests Treatment of addiction and impulse control-related disorders, utilizing feminist and liberation psychology frameworks.

Faith Therrien, PsyD

Primary Postdoctoral Core Supervisor

Staff Psychologist, Worcester Recovery Center and Hospital

Education William James College (2019)

Rotation Competency Restoration Groups, Practicum Co-Director

Interests Treatment of severe and persistent mental illness, individual and group-based interventions utilizing CBT for Psychosis (CBTp), positive behavior interventions and supports (PBIS), racial trauma and social justice, and supervision.

Ami Popat-Jain, Ph.D.

Counseling Psychologist, Private Practice

Director of Diversity, Equity, Inclusion, & Belonging (DEIB)

Education Northeastern University (2017)

Rotation Cultural Humility Process and Practice Group

Interests Psychotherapy, DBT, CBT, ecological model, serious mental illness, south Asian mental health, women's mental health, multicultural competency, cultural humility, consultation, social justice, and racial identity.

CLINICAL SUPERVISORY STAFF

The rotations within the UMass Chan / WRCH internship are led by an incredible group of psychologists who are passionate about teaching and supervision. Below is a list of our current training staff in alphabetical order.

Jessica Baroni, PsyD

Clinical Psychologist, Worcester Recovery Center and Hospital

Education	Antioch University New England (2018)
Rotation	WRCH Inpatient Adolescent Continuing Care Units
Interests	

Shannon Brown, PsyD

Assistant Professor of Psychiatry, University of Mass Chan Medical School Designated Forensic Psychologist, Worcester Recovery Center and Hospital

Education	Stonehill College (2016); California Baptist University (2018); William James College (2023)
Rotation	UMass Chan Forensic Evaluation
Interests	Forensic mental health assessment; competency restoration; the interplay between culture and the law

Rachel Davis-Martin, PhD

Clinical Health Psychologist, UMass Chan Medical School Emergency Medicine and Family Medicine and Community Health

Education	University of Mississippi (2016)
Rotation	1) Integrated Behavioral Health Service in Emergency Medicine (clinical rotation) 2) Research in Emergency Medicine
Interests	<p>Clinical: Locations: Integrated behavioral health in primary care and ED. Focus: Suicide risk, anxiety, depression, trauma, substance use disorders, sleep disorders, chronic pain, and health-related behavior change/lifestyle modifications. Approaches: Acceptance and Commitment Therapy, mindfulness-based interventions, CBT, trauma-focused therapy (CPT and PE mostly, and biofeedback.</p> <p>Research: Use of innovative technology to enhance detection of suicidality, bolster access and delivery of evidence-based treatments for suicide risk and improve care transitions throughout the healthcare system and into the community; Implementation science.</p>

Ashley Hart, PhD**Clinical Psychologist and Training Director, Student Counseling Services, UMass Chan Medical School**

Education	Binghamton University (State University of New York; 2010)
Rotation	Student Counseling Services
Interests	Cognitive-behavioral therapy for anxiety disorders, OCD, PTSD, and body-focused repetitive behavior disorders

Ariel Ingber, PsyD, DFP**Staff Psychologist, Worcester Recovery Center and Hospital**

Education	William James College (2020)
Rotation	WRCH Clinical Risk Assessment and Mitigation, Deaf Inpatient Services, Practicum Co-Director
Interests	Treatment of Severe and Persistent Mental Health Diagnoses, Individual Psychotherapy, Individual and Group Based Interventions utilizing Cognitive Behavior Therapy for Psychosis.

Benjamin Mathews, LMHC**Psychological Assistant III, Worcester Recovery Center and Hospital**

Education	
Rotation	WRCH MIPS treatment
Interests	Dual Recovery, MIPS treatment

Elizabeth McCurdy, PhD**Staff Psychologist, Worcester Recovery Center and Hospital**

Education	Drexel University (2019)
Rotation	WRCH Adolescent Continuing Care Units
Interests	Treatment of adolescents with complex mental health challenges, treatment of developmental trauma, juvenile justice policy and practice reform

Danielle Rynczak, JD, PsyD, ABPP (Forensic)**Assistant Professor of Psychiatry, University of Massachusetts Chan Medical School Designated Forensic Psychologist, Worcester Recovery Center and Hospital**

Education	Chicago School of Professional Psychology (2012)
Rotation	Human Rights and Asylum Rotation
Interest	Adult and juvenile forensic evaluations; criminal competencies and responsibility; risk assessment; civil commitment; delinquency; child

protection; legal education; antiracist curriculum; inclusive teaching, supervision, and mentorship practices

ADDITIONAL CONTRIBUTORS

The program is fortunate to have a strong network of internal and external psychologists who provide instruction to interns, serve as informal mentors, and provide other forms of consultation to interns and internship supervisors. Below is a list of the psychologists who have recently been involved in internship training.

Ashley Murray, Ph.D.

Training Director, Forensic Psychology Fellowship Program
Designated Forensic Psychologist and Forensic Mental Health Supervisor, WRCH
Assistant Professor of Psychiatry, UMass Chan Medical School

Education	Simon Fraser University (2014)
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Rotation	Didactic Presenter
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Interests	
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Tim Sannes, PhD

Clinical Psychologist, UMass Memorial Cancer Center
Associate Professor of Psychiatry, UMass Chan Medical School

Education	University of Florida
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Rotation	SMI Postdoc Research Supervisor
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Interests	Quantitative methods; health psychology; adjustment to illness; family caregiving; measuring stress
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