

SUBSTANCE ABUSE SPECTRUM OF TREATMENT

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Training Location:
Brockton Campus

Number of Interns: 1

~ Overview ~

The Brockton Substance Abuse Spectrum of Treatment rotation at the VA Boston Healthcare System offers the intern an experience that spans two levels of care, residential and outpatient, and three distinct programs, described below. The goal of the rotation is to provide training in evidence-based assessment, treatment, consultation, clinical research, and program evaluation. Consistent with the scientist-practitioner model, the intern provides treatment to Veterans with substance use and/or other co-occurring mental health disorders.

~ Clinical Experience ~

The Brockton Substance Abuse Spectrum of Treatment rotation offers a comprehensive and integrated clinical training experience across three clinical programs providing different intensities and modalities of care with the goal of providing interns with significant breadth and depth of experience working with a variety of substance use and other co-occurring disorders. The three clinical settings are the:

- Center for Integrated Residential Care for Addictions (CIRCA)
- Outpatient Alcohol and Drug Treatment Program (ADTP)
- Project for Counseling Alcoholics' Marriages (CALM)

Together, these programs offer a wide array of clinical services to male and female Veterans, including state-of-the-art assessment, empirically-supported individual and group therapy, as well as an internationally-recognized behavioral couples therapy (BCT) model. Interns are provided a unique opportunity to work with patients across a

continuum of care, and with patients who have substance use problems that differ in duration and severity, as well as a wide range of co-occurring mental health problems. Interns learn to coordinate care with other VA treatment programs (e.g. homelessness programs, suicide prevention programs, long-term residential programs, work therapy programs,) as well as community resources (e.g., 12-Step programs, SMART recovery, Veteran support groups) to provide additional support for patients. All of the substance use disorder treatment programs have a steady flow of patients that ensure access to a rich set of training experiences. The intern provides services for a patient population diverse in age, gender, sexual orientation, socioeconomic status, religion and spiritual beliefs, cultural identity, trauma history, era of military service, and combat experience. Working across settings provides the intern with an opportunity to learn evidence-based treatment approaches appropriate to the level of care (e.g., abstinence vs. controlled drinking), and to work with patients at varying stages of recovery and readiness to work on other life problems. Patients enrolled in these clinics often receive treatments that address co-occurring mental health problems (e.g., Mood and Anxiety Disorders, including PTSD), and the intern gains proficiency treating a range of mental health problems in the context of addiction. Staff works closely with interns to develop a balanced caseload that promotes maximum professional development as well as self-care. The total percent of intern time devoted to direct patient care is approximately 50% of the training week, with an additional 15% spent in supervision and clinic specific didactics. Approximate number of direct service hours in each program will vary, but will include the following:

- **ADTP:**
 - Structured diagnostic assessment;
 - Individual therapy (MI, MET, CBT, ACT, and Cognitive Processing Therapy);
 - Group therapy.

- **CALM:**
 - Behavioral Couples Therapy (BCT).

- **CIRCA:**
 - Individual therapy and care coordination;
 - Group therapy employing cognitive-behavioral relapse prevention techniques, DBT-oriented emotion-regulation skills training, and/or CBT for depression and anxiety; and
 - Screening assessment to determine appropriateness for program admission.

In addition to clinical experiences, interns spend time in research and program evaluation, addiction-specific didactics (described below), and case conferences/clinical team meetings. Interdisciplinary resources are utilized to provide interns with

current research and treatment innovations and a forum for professional collaboration and discussion.

~ Supervision ~

At the Brockton Substance Abuse Spectrum of Treatment rotation, several psychologists provide training for the intern in their respective programs.

- Judith Bayog, Ph.D. Licensed Psychologist, Program Manager of the Outpatient ADTP Clinic, and Assistant Professor of Psychology in the Department of Psychiatry at Harvard Medical School is the primary supervisor for this rotation. She coordinates the various training components of the rotation, and helps interns develop training plans that maximize professional development in the context of good self-care. She is a MET and CPT certified provider. Dr. Bayog will provide the intern with two hours/week of individual supervision.
- Aida Čajdrić-Vrhovac, Ph.D. Licensed Psychologist, Program Manager of the Center for Integrated Residential Care for Addictions (CIRCA), and Assistant Professor of Psychiatry at Boston University School of Medicine. Dr. Čajdrić-Vrhovac is the primary coordinator and supervisor for activities in CIRCA. She will provide two hours/week of individual and group supervision
- Justin Enggasser, Ph.D. Licensed Psychologist and the Section Chief of Substance Abuse Treatment at VA Boston Healthcare. He is an Assistant Professor of Psychiatry at Boston University School of Medicine, and Instructor in Psychology at Harvard Medical School. He will provide supplemental supervision for the trainees on CIRCA or ADTP activities, as needed.
- Timothy O'Farrell, Ph.D., ABPP Licensed Psychologist, Director of the CALM Project at VA Boston, and Professor of Psychology at Harvard Medical School. He will provide one hour/week of individual supervision.

~ Research / Program Development ~

Development of research proficiencies is supported through Project CALM and CIRCA.

Much of the empirical support for BCT in substance abuse has come from projects conducted here at the Brockton Campus. Dr. Timothy O'Farrell currently has projects on BCT for alcoholism and drug abuse, domestic violence among male and female alcoholic patients, and other aspects of families and addiction. He has a strong interest in collaborating with interns and fellows; over 90 of his publications have been co-authored with former trainees. Interns are provided the opportunity to join ongoing projects or initiate small-scale projects with existing databases.

Dr. Enggasser is the Section Chief for Substance Abuse Treatment Programs at VA Boston, and is available as a research mentor for interns interested in SUD related

research. Dr. Enggasser is involved in research focused on developing new treatment models and treatment delivery methods for individuals with substance use disorders and co-occurring PTSD. Research opportunities with Dr. Enggasser could involve one of two current clinical trials evaluating 1) efficacy of an automated Web-based self-help intervention for returning veterans with problem drinking and trauma symptoms, and 2) efficacy of treatment for SUD/PTSD delivered via video teleconferencing. Specific activities connected with these projects can vary depending on a trainee's interest and goals, as well as the status of the project at the time the trainee is available.

Opportunities are available for trainees to participate in program evaluation across all levels of care. Interns have the option to participate in ongoing mandated Performance Improvement (PI) projects in ADTP directed by Dr. Judith Bayog or in CIRCA under the direction of Dr. Čajdrić-Vrhovac. There are pre- and post-treatment measures for treatment outcome in ADTP and CIRCA. Interns who prefer to conduct their own group and implement pre- and post-treatment measures will be mentored through this process. Substance abuse treatment clinics compile program evaluation reports tracking consults and treatment retention, and the intern is welcome to participate in these activities as well. Finally, ADTP and CIRCA have ongoing efforts to gather client satisfaction data in order to guide program development efforts, and the intern can gather, analyze, and synthesize data from these surveys.

~ Didactics ~

In addition to the weekly Internship seminar series attended by trainees across all rotations, there are three venues to foster the substance abuse intern's professional development. The Addiction Journal Club is a monthly meeting of interdisciplinary faculty, interns, and fellows that focuses on maintaining the scientist-practitioner model by keeping current on empirical and theoretical advances that can inform clinical practice. The second venue is a monthly SUD Open Forum provides semi-structured didactics as well as the opportunity for a free exchange of ideas related to substance abuse treatment. The third venue is the PTSD/SUD Clinical Forum that is open to all psychology interns on Brockton rotations, as well as multidisciplinary staff from substance abuse and PTSD clinics in Brockton. The primary focus of this semi-structured forum is on issues unique to the assessment and treatment of PTSD and/or SUDs, and the forum will include the opportunity for informal case presentation

~ Research ~

Selected recent publications:

- Brief, D., Rubin, A., Enggasser, J., Roy, M.* and Keane, T. (2011). Web-based intervention for returning veterans with symptoms of posttraumatic stress disorder and risky alcohol use. *Journal of Contemporary Psychotherapy*, 41, 237-246.
- Brief, D.J., Rubin, A., Keane, T.M., Enggasser, J.L., Roy, M.*, Helmuth, E., Hermos, J., Lachowicz, M., Rybin, D., Rosenbloom, D. (2013). Web Intervention for OEF/OIF veterans with problem drinking and PTSD symptoms: A randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 81, 890-900.
- Kramer, J., Rubin, A., Coster, W., Helmuth, E., Hermos, J., Rosenbloom, D., Moed, R., Dooley, M., Kao, YC., Liljenquist, K., Brief, D., Enggasser, J., Keane, T., Roy, M., Lachowicz, M. (2013). Strategies to address the challenges of participant misrepresentation in web-based research. *International Journal of Methods in Psychiatric Research*.
- Keane, T. M., Rubin, A., Lachowicz, M., Brief, D.J., Enggasser, J., Roy, M.*, Hermos, J., Helmuth, E., & Rosenbloom, D. (2014). Temporal stability of DSM-5 posttraumatic stress disorder criteria in a problem drinking sample. *Psychological Assessment*.
- Young, M.A., Hutman, P, Enggasser, J.L., Meesters, Y. (2015). Assessing usual seasonal depression symptoms: The seasonality assessment form. *Journal of Psychopathology and Behavioral Assessment*.
- Enggasser, J.L., Hermos, J., Rubin, A., Lachowicz, M., Rybin, D., Brief, D.J., Roy, M.*, Helmuth, E., Rosenbloom, D., Keane, T. M. (2015). Drinking goal choice and outcomes in a Web-based alcohol intervention: Results from VetChange. *Addictive Behaviors*, 42: 63-68.
- Langdon, K. J., Rubin, A., Brief, D. J., Enggasser, J.L., Roy, M.*, Solhan, M.*, Helmuth, E., Rosenbloom, D., & Keane, T. M. (in press). Sexual traumatic event exposure, posttraumatic stress symptomatology, and alcohol misuse among women: A critical review of the empirical literature. *Clinical Psychology: Science and Practice*.
- Schumm, J.A.* , O'Farrell, T.J., Murphy, C.M., Murphy, M. & Muchowski, P. (2011). Test of a conceptual model of partner aggression among women entering substance use disorder treatment. *Journal of Studies on Alcohol and Drugs*, 72, 933-942.
- Kachadourian, L.K., Taft, C., O'Farrell, T.J., Doron-LaMarca, S.* , & Murphy, C.M. (2012). Correlates of intimate partner psychological aggression perpetration in a clinical sample of alcoholic men. *Journal of Family Psychology*, 26, 206-214.

- O'Farrell, T.J. & Clements, K. (2012). Review of outcome research on marital and family therapy in treatment of alcoholism. *Journal of Marital and Family Therapy*, 38, 122-144.
- Mattson, R.E.*, O'Farrell, T.J., Lofgreen, A.M., Cunningham, K. & Murphy, C.M. (2012). The role of illicit substance use in a conceptual model of intimate partner violence in men undergoing treatment for alcoholism. *Psychology of Addictive Behavior*, 26, 255-264.
- Schumm, J.* , O'Farrell, T.J., & Burdzovic Andreas, J. (2012). Behavioral couples therapy when both partners have a current alcohol use disorder. *Alcoholism Treatment Quarterly*, 30, 407-421.
- Schumm, J.* , & O'Farrell, T.J. (2012). Substance use disorders. In D.K. Snyder & C.M. Monson (Eds.), *Couple-based interventions for military and veteran families: A practitioner's guide* (pp. 201-227). New York: Guilford Press.
- Schumm, J.* , & O'Farrell, T.J. (2013). Behavioral couples therapy. In P. Miller (Ed.), *Principles of Addiction*. Oxford UK: Elsevier.
- Lam, W., O'Farrell, T. J., & Birchler, G. R. (2012). Family therapy techniques for substance abuse treatment. In F. Rotgers, J. Morgenstern & S.T. Walters (Eds.), *Treating substance abuse: Theory and technique* (3rd edition) (pp. 256-280). New York: Guilford Press.
- Stuart, G.L., Moore, T.M., Elkins, S.R., O'Farrell, T.J., Temple, J.R., Ramsey, S., Kahler, C.W., & Shorey, R.C. (2013). The temporal association between substance use and intimate partner violence among women arrested for domestic violence. *Journal of Consulting and Clinical Psychology*, 81, 681-690.
- Stuart, G.L., Shorey, R.C., Moore, T.M., Ramsey, S., Kahler, C.W., O'Farrell, T.J., Strong, D., Temple, J.R., & Monti, P. (2013). Randomized clinical trial examining the incremental efficacy of a 90-minute motivational alcohol intervention as an adjunct to standard batterer intervention for men. *Addiction*, 108, 1376-1384.
- Kaufmann, V., O'Farrell, T. J., Murphy, C.M., & Murphy, M. (2014). Alcohol consumption and partner violence among women entering substance use disorder treatment. *Psychology of Addictive Behaviors*, 28, 313-321.

Rounsaville, D.* , O'Farrell, T.J., Burdzovic Andreas, J., Murphy, C.M, & Murphy, M. (2014). Children's exposure to parental conflict after father's treatment for alcoholism. *Addictive Behaviors*, 39, 1168-1171.

Schumm, J.* , O'Farrell, T.J., Kahler, C., Murphy, M. & Muchowski, P.M. (2014). A randomized clinical trial of behavioral couples therapy versus individually-based treatment for women with alcohol dependence. *Journal of Consulting and Clinical Psychology*. Advance online publication. <http://dx.doi.org/10.1037/a0037497>

O'Farrell, T.J. (2014). Couples therapy in treatment of alcoholism and drug abuse. In N. el-Guebaly, M. Galanter, & G. Carra (Eds.), *Textbook of addiction treatment: International perspectives*. New York NY: Springer.