

WHITING FORENSIC HOSPITAL
OPERATIONAL PROCEDURE MANUAL

SECTION III: STRUCTURES WITH FUNCTIONS

CHAPTER 12.b: Psychology

PROCEDURE 12.b.8: Psychology Services

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| Governing Body Approval: | 6/9/18 |
| REVISED: | |

Purpose:

Whiting Forensic Hospital (WFH) Psychologists apply demonstrated psychological principles to the diagnosis and treatment of adults with severe and prolonged mental disorders and the development of integrated systems of care in order to foster each person's achievement of the highest possible levels of autonomy, personal satisfaction and productivity; and to the training of the next generation of Psychologists to ensure the availability of high quality services for this population and system.

Procedure:

Psychology services at WFH are delivered in accordance with the standards of the American Psychological Association (APA), and Psychologists are licensed by the State of Connecticut.

WFH Psychologists treat all patients as valuable human beings who have rights to equal access to Psychological Services. Psychologists promote the principle that patients have the right to treatment in a clinically indicated setting that is least restrictive. Further, they take the position that Psychological Services should be of such quality that they minimized the length of time patients require hospital-level treatment and maximize the potential for patients to adjust to the communities of their choice.

Psychologists hold themselves responsible for promoting the welfare of patients and in that vein are expected to practice in accordance with the Ethical Principles of the American Psychological Association (APA); to keep abreast of current developments in the field of Psychology and in related disciplines; to collaborate effectively with colleagues from other professional disciplines; to facilitate an environment in which patients and staff are treated fairly and respectfully with due regard for their human, legal and civil rights so that each might achieve an optimal level of functioning; and to share knowledge of human behavior, systems, intervention strategies and research methodologies with other hospital disciplines as well as with community agencies, groups and residential sites.

Psychologist Duties may include:

Screening evaluation - Screening is the use of a clinical interview and chart review to assess an individual's need for psychological services.

Psychological Evaluation - Psychological evaluation is the systematic assessment of an individual's cognitive abilities and deficits, personality strengths and weaknesses, character structure, and psychopathology, using standardized psycho-diagnostic tests and clinical interviews. Standardized psycho-diagnostic tests include the Wechsler Adult Intelligence Scale, Rorschach, Minnesota Multiphasic Personality Inventory, Millon Clinical Multiaxial Inventory, Benton Visual Retention Test, Luria-Nebraska Neuropsychological Battery, Halstead-Reitan, Peabody Picture Vocabulary Test, Vineland Social Maturity Scale, tests of memory and additional formal procedures recognized by the profession.

Neuropsychological Evaluation - Neuropsychological Evaluation is the assessment of an individual's brain behavior relationships in terms of strengths and weaknesses. This is done through the use of standardized interview and assessment methods such as neuropsychological test batteries, as well as other memory tests, standardized intelligence tests, sensory perceptual and motor coordination tests, and additional formal procedures recognized by the profession.

Diagnostic Evaluation - Diagnostic evaluation is the act of identifying and/or classifying mental disorder according to presenting signs and symptoms and relevant historical information. It is a summary statement of a condition: conveying clinical picture, etiology, pathogenesis, prognosis, and possible treatment. Psychologists conduct a diagnostic evaluation by means of clinical interview, observation, historical documentation, structured interview, or standardized psycho-diagnostic tests as clinically indicated; and diagnose within the framework of psychological documentation (assessments, evaluations, etc.) Psychologists utilize DSM-V as well as ICD-9.

Consultation - Consultation is the provision of psychological expertise to staff members, programs, or community providers and consumers.

Individual Psychotherapy - Individual psychotherapy is a form of verbal therapy involving regularly scheduled meetings in which a trained and experienced psychotherapist establishes a professional relationship with an individual patient. The psychotherapist facilitates exploration of problems of a psychological *and/or emotional nature* with the objective of removing or modifying behavior problems or endeavoring to restore functioning or to effect change in personality organization. Individual psychotherapy notes documenting treatment progress are entered in the chart on a weekly basis for the first month and monthly thereafter. A thorough off-service note is written at the end of a course of individual psychotherapy to summarize the course and outcome of treatment. All psychotherapy notes need to identify the Master Treatment Plan problem addressed, describe progress or lack thereof, and be easily legible. An illegible signature needs to be followed by the therapist's printed name. Trainee notes require their supervisor's co-signature.

Comprehensive Behavioral Plans - Comprehensive behavioral plans are explicit procedural strategies, based on established principles of learning theory, in which antecedent-consequence relationships are identified and implemented in an effort to increase or decrease target behavior(s). Comprehensive behavioral plans may involve multiple caregivers/treaters in their implementation but must be supervised and monitored by professionals trained in behavior therapy. These professionals are responsible for ensuring adherence to all legal, professional, and ethical standards relative to the use and application of behavioral techniques.

Group Psychotherapy - Group psychotherapy is defined as the establishment of a professional and therapeutic relationship between a trained and experienced psychotherapist and a single group of identified patients. The group participants explore psychological and emotional problems on a regular schedule in a safe, supportive setting with the overall purpose of addressing, modifying, or reducing problem behaviors. Group psychotherapists may utilize a variety of evidence-based approaches and modalities. Group psychotherapy notes documenting treatment progress are entered in the chart on a monthly basis. All group psychotherapy notes need to identify the Master Treatment Plan problem addressed, describe progress or lack thereof, and be easily legible. An illegible signature needs to be followed by the therapist's printed name. Trainee notes require their supervisor's co-signature.

Family/Couples Therapy and Family Support Groups - A specialized form of psychotherapy in which an experienced psychotherapist with specialized training in marriage and family therapy works with a family or families. Participants discuss the identified client's problems, treatment and progress, and how it affects the family and how the family influences the client. The family receives education specific to the client's illness. The goal is to reduce behavioral problems that are generated within the family system. Interns, under supervision of a psychotherapist, may provide family/couples or family group therapy.

Psycho-education - Is the presentation of information (oral, written, videotaped or some combination) with the goal of increasing a client's understanding of a particular issue related to his/her identified treatment needs. Psycho-education is typically conducted in a group setting to promote discussion, sharing of information and experiences among peers, and the answering of questions.

Research and Program Evaluation - These activities involve systematic approaches to research and evaluation of therapeutic endeavors. The procedures include formulation of a hypothesis or problem, development of assessment methods, selection of appropriate populations, and possible control groups, collection and analysis of the data, and preparation of written reports.

Forensic Psychology - Forensic psychology deals with the psychology of the law, courts and legal procedures. Forensic credentials are based upon standards of the American Board of Forensic Psychology Clinical Credentials are granted in the following areas: Expert Witness in the Judicial Setting, Pre-sentence Evaluation Expert, Psychiatric Security Review Board (PSRB) Expert, Probate or Civil Mental Illness Determination Expert, and Competency Evaluation Expert.

Substance Abuse Counseling - Substance abuse counseling requires basic knowledge in chemical dependency and recovery. Experience in working with clients with both addiction and co-occurring psychiatric and/or medical disorders is expected. Staff conducting substance abuse counseling should have knowledge of Dialectical Behavior Therapy, Motivational Enhancement Therapy, Stages of change models, 12-step recovery models, and the use of Opiate agonist treatment, in addition to an understanding of the 12 core functions identified by the Connecticut Certification Board (*see attached*).

Program Development: Program development entails the development, implementation, as well as quantitative and qualitative evaluation of clinical services designed to meet the specific needs of WFH patients.

Supervision of trainees: WFH Psychology provides a rich training placement site for graduate psychology students who are supervised by Psychologists within WFH. Supervision consists of regularly scheduled formal supervision meetings to provide guidance and feedback to trainees. At a minimum, each supervisor is also expected to meet with each of their assigned trainees at least twice weekly, unless dictated otherwise by contractual requirements. Additionally, a licensed Psychologist must be on site at all times that trainees are present, so that they can be available for ad hoc supervision.