

**Illness Management and Recovery (IMR)
12 Month Minor Rotation Option
Center for Behavioral Medicine**

The IMR program is designed for individuals diagnosed with serious and persistent mental illnesses (Bipolar or Schizophrenia spectrum disorders), and offers therapy to assist patients to better understand the causes and symptoms of their mental illness and to find effective coping mechanisms for managing their symptoms. As a member of the IMR team, an intern will facilitate IMR groups and provide outreach services for one or two patients throughout the training year. An intern who chooses to have IMR as a minor rotation will devote one and one-half days per week facilitating groups, providing outreach services, and consulting with treatment teams. Minimum rotation requirements are listed below:

Psychotherapy	Description
Individual Outreach Services	Interns will provide individual IMR-focused outreach services for at least one patient through-out the year and provide individual outreach to a variety of IMR patients weekly.
Group Psychotherapy	Interns will conduct at least one weekly off-unit IMR group and one on-unit IMR group.
Psychological Assessment	Description
Assessment/Evaluation	Interns will conduct initial assessments to determine patient needs. Interns will evaluate patient response to treatment interventions and complete progress reports.
Professional Development	Description
Treatment Team Consultant	Interns will meet with patient's treatment team as needed to provide information regarding patient's needs and progress.
IMR Consultation Team Member	Interns will attend consultation team meetings with other IMR providers and supervisors as directed. Interns will work closely with IMR Team Leader to assess and improve programming.