

Fellow Participants and Your Treatment Team



Fellow participants

One of the strengths of the program is the time spent with your fellow PHP and IOP participants. Former participants frequently cite their interactions with other peers as one of the most helpful things they experienced in the programs. Both clinical research and practice have demonstrated the benefits of connecting and sharing one's experiences with others facing a similar range of problems. Getting to know your peers and letting them get to know you can provide perspective, consultation, support, and inspiration.

These positive effects will accrue to the extent that you do not compare yourself and your situation to those of your fellow participants. You may indeed note differences. Some may seem to be doing better, and others may seem to struggle more?but these are how things appear, and they say nothing about you and your situation. So note differences, but take the opportunity to note them mindfully?without judgment of yourself or others.

We encourage you to get to know your fellow participants and reap the benefits that come from sharing your experience and hopes with them. At the same time, we caution you to reflect carefully before comparing your situation to theirs?everyone is different, and our program makes room for these differences.

Your treatment team

In addition to therapy groups, you will be assigned a psychiatrist and primary clinician who will help you develop an individualized treatment plan identifying treatment goals and ways to reach them. Other members of our multidisciplinary treatment are available to help you during your stay and may include medical assistants, nurses, dietitians, and other specialists.

Since we are a teaching hospital, you may also work with psychiatric residents, psychology fellows, medical students, and other clinical interns. As your treatment team, we all work closely together and meet frequently to discuss how we can best help you to help yourself meet your treatment goals. This means we share observations and perspectives in our daily rounds and consult with each other on a regular basis. We work openly with each other to ensure the highest level of care possible.

Program evaluation

We are dedicated to the continuous quality improvement of the program. Many important refinements have come in response to feedback. To that end, we actively solicit your views through our post-treatment program evaluation. We read every comment and take them all seriously. It is helpful for us to know what has worked and what has not worked for you.

Communication is an essential part of an effective treatment experience. Thank you in advance for working with us to make the program as effective as possible for current and future participants.

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