

The following was shared on the Massachusetts Psychological Association list-serv and may be helpful for training directors and students.

#1. The Clinical Program is aware that clinical doctoral students may be faced with challenging situations at clinical training sites due to the coronavirus. Here are some general guidelines to follow:

- 1) If you are sick, stay home. Call your supervisor and/or training director before you are expected to be at the training site to let them know.
- 2) Learn your site's safety procedures and plans for dealing with the coronavirus.
- 3) If you are at the training site and feel unsafe, immediately talk to your supervisor and/or training director. Also, contact our Director of Clinical Training.
- 4) If your site closes or sends trainees home, talk to your supervisor about any steps you should take before leaving.

#2. Our goal with respect to clinical training is to follow public health guidelines as well as attending to the continuity of student training. At present, we have no information to indicate that trainees are at greater risk in their clinical training sites than they are in public settings. Therefore, at this time, PAU is recommending that trainees follow guidance or expectations for other employees or staff in comparable positions at their training sites, unless trainee-specific guidance is provided. If your site indicates that you may be at increased risk for exposure, please follow their guidelines. OPAD will be requesting that your Training Directors provide you with site-specific guidance and information about site policies. We will also ask them to send OPAD copies of this information.

As you know, the coronavirus outbreak is a highly dynamic situation. PAU administrators are therefore keeping close watch on daily developments. We are also in contact with accrediting bodies to obtain their guidance. As more information is available over the next days and weeks, we will continue to update policies for students placed at practicum sites, and we will inform students and sites quickly as new policies emerge.

At this time, we recommend that you do the following:

- Inform yourself with accurate information from CDC <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Follow the CDC guidelines at <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

- Request and follow specific procedures or guidelines at your site.
- Follow recommended precautions to wash your hands frequently during the day with soap and water for 20 seconds, and avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home if you are sick; cough or sneeze into disposable tissues or into your elbow if tissues are not available.
- Develop and discuss plans with your supervisor should you or your client become ill.
- Contact your doctor if you have specific questions about your health or your level of risk or if you know that you have health concerns that put you at higher risk. If you do have serious health concerns, contact [*faculty names and contact information*], and your supervisor immediately.
- Contact [*faculty names and contact information*], as well as your site, and your doctor immediately if you become ill. If you stop attending your practicum for any other reason, you must alert [*faculty name*] immediately.
- If needed, request that your site provide disinfecting materials, such as hand sanitizer and disinfectant wipes. Use wipes frequently throughout the day to clean shared areas.
- Address the stress and anxiety that might arise in you and/or your patients in response to the news about the coronavirus. Along these lines, APA has provided some information and guidance:
 - News reports about the coronavirus, together with speculation that it could become more widespread, has increased overall anxiety for both clinicians and the public. Here are some [tips to help you and your clients manage anxiety](#) and put news reports in perspective.
 - APA's flagship podcast, [Speaking of Psychology](#), explains why we worry about new risks more than familiar ones, how to calm our anxiety and the psychological effects of being quarantined.

Contact DCT if you need additional support or resources regarding your clinical training site. If you need general support or guidance regarding COVID-19, contact the Dean of Students,

#3. What do I do if I have concerns regarding my practicum or internship training site? As service organizations, most practicum and internship sites have their own safety protocols and preparedness plans. Students/Interns should work with their on-site supervisors to ensure that they are aware of these measures. Students should also consider discussing expectations for accruing training hours should there be

interruptions in service (e.g. telehealth/remote classrooms; relocation to another facility; extension of the training year, etc.). In some cases, the answer to how hours can be “made-up”, if necessary, will be contingent upon how events unfold.