

## Medical Family Therapy and Integrated Care Training Options

Fellows in the Integrated Care Family Psychology track have three options available for receiving training in medical family therapy and integrated care. The Psychology Training Program developed the 3-tier option in response to changes in federal tax laws that impact tuition reimbursement policies and procedures for all employers who offer tuition benefits. The option a fellow chooses has no bearing on recruitment as the fellow will not be asked to select an option until midway through the first semester of fellowship. Options are offered to provide fellows with levels of training that support their individual career goals while also giving them flexibility to control their out-of-pocket expenses.

### **Option A**

- Fellows opt to take only the two courses **required** for this track, which include:
  - **Foundations of Family Therapy and Integrated Care** (3 credits) (*fall of the first year*)
  - **Integrated Care and Medical Family Therapy Intensive** (3 credits) (*summer of the second year*)

### **Option B**

- Fellows may enroll in the Family Therapy Training Program's Post-Degree Certificate (PDC) program in Marriage and Family Therapy/Medical Family Therapy track. This certificate program is registered with the New York State Education Department as a license-qualifying program. The courses that a fellow would need to take to complete the certificate may vary slightly depending upon whether they have completed other credit-bearing graduate courses that can be transferred and applied toward the certificate requirements. The courses most fellows take for the PDC include the two **required** courses:
  - **PSI 421 Foundations of Family Therapy and Integrated Care** (3 credits)
  - **PSI 492 Integrated Care and Medical Family Therapy Intensive** (3 credits)

*and*

  - PSI 433 Fundamental of Medical Family Therapy and Mind-Body Integration (3 credits)
  - PSI 566 Couples Therapy, Health and Illness (3 credits)
  - PSI 548 Family Therapy Ethics and Professional Practice (3 credits)
  - PSI Live group supervision: focus on assessment of couples and families (3 credits)
  - PSI Live Group Supervision—child-focused medical family therapy (3 credits)

***In addition, fellows may choose from among the following electives in support of their professional goals:***

- PSI Principles and Practices of Clinical Supervision (2.0 credits)
- PSI Affect in the Clinical Setting (2.0 credits)
- PSI 495 Systems Consultation and Interventions (2.0 credits)
- PSI Family Law, Policy, and Social Systems (3.0 credits)

### **Option C**

- Fellows opt to take the two courses **required** for this track, which include:
    - **Foundations of Family Therapy and Integrated Care** (3 credits) (*fall of the first year*)
    - **Integrated Care and Medical Family Therapy Intensive** (3 credits) (*summer of the second year*)
- and*
- May choose to enroll in any of the PDC offerings in support of their professional goals

**OUT OF POCKET COSTS FOR TUITION-SUPPORTED  
PSYCHIATRY TRAINING PROGRAMS:  
INTEGRATED CARE FAMILY PSYCHOLOGY TRACK**

**Tuition benefits.** Tuition benefits are included as part of the compensation package for departmental fellows. Fellows are eligible from their date of appointment to enroll in up to TWO 3-credit courses each semester (i.e., fall, spring, summer) throughout the course of the year. Your fellowship curriculum requires that you take TWO specific credit-bearing courses as indicated above. Credit-bearing graduate courses involve a significant weekly time commitment as each credit hour requires 15-hours of classroom instruction in addition to outside assignments. If you are interested in registering for a non-required course (i.e., as described above in Option B regarding electives and Option C) you will need to seek approval from your Program Director who will help you determine if the course of interest would: support your learning plan; fit into your schedule; and not interfere with your ability to carry out your other [fellowship] responsibilities.

**Out of pocket costs.** The cost per credit hour through the University of Rochester School of Medicine & Dentistry is currently \$1,784\* making the cost of a 3-credit course \$5,352. The University tuition benefit covers **95%** of the cost of courses that meet the IRS requirements for tax-exempt courses. (If courses are required as part of your curriculum they are generally tax-exempt.) The fellow is required to pay the 5% not covered by the benefit at the time of course registration. The Department of Psychiatry/Training Program will reimburse the fellow during the course of the semester for that 5% for any course that is **required**. Because reimbursement of this 5% exceeds the University's benefit, the IRS tax law requires that it be reimbursed as additional compensation and taxed accordingly at a rate near 40%. ***This means that fellows will not be compensated in total for any course that they take whether or not it is required.*** For a 3-credit course (\$5,352), the fellow would be required to pay 5% (\$267.60) at registration. The additional compensation payment (\$267.60) would be processed in the fellow's paycheck and taxes will be withheld at a rate near 40% (\$107.04). Thus, ***for a 3-credit course, the estimated out of pocket expense for a fellow would be approximately \$160.*** If a fellow were to enroll in the PDC (Option B) and take all seven courses, the estimated out of pocket expense would be approximately ***\$1,120\**** over the span of two years/six semesters.

\*Note that this is based on the 2020-2021 tuition rate of \$1,784/credit hour