NYC HEALTH + HOSPITALS/QUEENS

PSYCHOLOGY EXTERNSHIP PROGRAM

2020-21

NYC Health + Hospitals/Queens

NYC Health + Hospitals/Queens is part of New York City Health + Hospitals and is affiliated with the Mount Sinai School of Medicine. Thus, NYC Health + Hospitals/Queens combines the best of both worlds: a municipal hospital serving diverse populations, with a teaching hospital’s emphasis on quality and training.

The hospital is located in Jamaica, Queens and can be conveniently reached by public transit or car. Its surroundings are primarily residential; the neighborhood is one of the most culturally, racially and ethnically diverse areas in the United States, with a large immigrant population. Over 100 languages are spoken at the hospital. Patients and staff come from all over the world, representing a multicultural mosaic of backgrounds, languages and beliefs.

NYC Health + Hospitals is the largest municipal healthcare system in the US.

Psychology Department

NYC Health + Hospitals/Queens’ Psychology Department is staffed by approximately 13-17 full-time psychologists at any one time. These psychologists are integrated throughout the hospital and provide services in an adult outpatient clinic, partial hospital program, child and adolescent outpatient clinic, adult inpatient medical/psychiatric unit, child development center, pediatrics service, cancer center, OB/GYN units, and community schools. The Psychology Department is expected over time to play a leadership role in moving the hospital’s behavioral health programs towards exclusively evidence-based practices.

The Psychology Department is committed to psychology training and intends to begin a pilot pre-doctoral internship and/or post-doctoral program under the Mount Sinai umbrella in the next three to five years.

Primary Placements

Six primary placements are projected to be available in 2020-21: 2 on the Child and Adolescent Outpatient Unit; 2 on the Adult Outpatient Unit; 1 in the Center for Child Development; and 1 in the Cancer Center. Patients at all
placements have diverse cultural backgrounds, diagnoses and clinical needs; generally, they represent underserved populations.

All primary placements are at least 14 hours/week (excluding lunch), and Fridays are mandatory (at least from 11 AM to 1 PM).

Students may apply to be considered for only one primary placement.

*Child and Adolescent Outpatient*

The 2020-21 child and adolescent outpatient externship is comprised of two programs: a hospital-based clinic for children from 3 to 19; and an outpatient program housed in two Queens public elementary schools. Externs participate in both programs, which typically serve the same multi-stressed, ethnically diverse population, albeit in different settings. Common diagnoses include ASD; ADHD; separation, social, and other anxieties; PTSD; depression; pica; ODD; and bipolar disorder. Externs generally perform intake assessments; provide individual, family, and group therapy; engage in parent education and training; conduct classroom observations; develop and implement behavioral interventions in the schools; perform crisis interventions; consult with a multidisciplinary treatment team, school personnel, and community supports; and actively work with families. Externs will be taught evidence-based interventions for child and adolescent anxiety, and will be expected to implement them as the exclusive treatment for appropriate patients.

*Adult Outpatient*

The hospital’s adult outpatient unit employs a multidisciplinary treatment approach to serve a diverse group of patients. Patients present with the full range of DSM diagnoses, including schizophrenia, PTSD, anxiety, OCD and mood disorders. Externs typically are involved in all phases of the outpatient process: performing intake assessments; developing and updating treatment plans; providing individual and group therapy; collaborating with an interdisciplinary team; attending disposition and other staff meetings; and consulting with families and community supports. AOPD externs may also be required to perform screenings, run groups, and see individual patients in a) the Partial Hospitalization Program, a more intensive service using the recovery model of treatment for patients with acute psychiatric disorders; and/or b) the HOPE Program, an outpatient track for patients with first-episode psychosis. Generally, the Psychiatry Department is moving towards shorter-term, relatively focused, evidence-based treatments, and it is hoped that externs can play a role in facilitating this transition.
Center for Child Development

The Center for Child Development (CCD) is a division of the Department of Pediatrics, with a focus on children and families from birth to 5-years of age. CCD serves a diverse population of young children and their caregivers. Utilizing evidence-based interventions, CCD works with children and caregivers who present with a wide array of concerns, including developmental delays, tantrums, feeding, sleeping, parent-child relationship difficulties, sibling interactions, and social functioning. Much of CCD’s work is performed in an interdisciplinary context and involves collaboration with pediatricians, social workers, nurses, patient educators, and other professionals. CCD is experiencing a time of exciting growth, straddling both the department of pediatrics and psychiatry. The following training opportunities may be offered to CCD externs:

- Providing short-term, evidence-based psychotherapy with children and families. Interested students may also be exposed to Parent-Child Interaction Therapy and Child Parent Psychotherapy.
- Participating in the nationally recognized Healthy Steps program, including performing screening and risk stratification, and providing parent guidance and education for caregivers of children, birth to 3-years-old.
- Participating in a national approach to group pediatric primary care visits.
- Leading or co-leading psychotherapy groups for young children and caregivers.
- Leading or co-leading healthy lifestyles groups, and providing follow-up individual treatment to address childhood obesity. This work utilizes an interdisciplinary model, requiring collaboration among fitness, nutrition, endocrine, mental health, and other medical professionals.
- Developing and refining programming for young children (e.g., creating new groups, programs, and initiatives).
- Providing parent advocacy, education, and feedback and connecting families to resources and supports.
- Coordinating care with behavioral health and the women’s unit, including identifying and meeting the needs of the parent and child from the prenatal period through the child’s third year.
- Providing education to pediatric department staff (e.g., rounds and consultations).
- Working with families and infants in, and post-discharge from, the NICU.

Cancer Center

The Cancer Center is an ambulatory comprehensive care center that provides outpatient oncology and hematology services to an under-served adult patient
population. The Cancer Center offers a unique training experience for students who become an integral part of a collaborative multidisciplinary team comprised of medical/radiation oncologists, hematologists, surgeons, social workers, nurses, chaplains, community health advocates, nutritionists, and financial counselors. Externs engage with patients during the full continuum of care including diagnosis, treatment, palliative care, and post-treatment survivorship.

Externs develop behavioral health assessment skills along with written and oral case presentation proficiency that allow them to efficiently and effectively communicate mental health information. Psychology externs provide individual, family and group behavioral health interventions. Cognitive-behavioral, motivational, existential, and supportive/problem solving approaches are applied to this patient population’s unique needs, which include sexual health, menopause, and infertility concerns associated with cancer treatment. Training in brief family and couples therapy is offered. Externs participate in chronic disease prevention interventions, such as individual and group smoking cessation counseling. Students enhance their understanding of how social determinants impact health, partnering with the social work team to help patients with housing, food, and financial insecurity. Externs may lead group therapy, debriefing sessions, and mindfulness interventions for Cancer Center staff. Externs may also participate in a number of research projects in the area of cancer prevention and health disparities.

**Secondary Placements**

With the permission of the student’s graduate program, additional experience may be available to externs interested in working at the hospital more than the 14 hours/week assigned at the primary placement. These opportunities may include running groups in the adult and child outpatient units, partial hospitalization program, women’s unit, cancer center, or healthy lifestyle center; gaining short-term individual therapy experience in an OB-GYN service, cancer center, or a pediatric medical unit; performing psychological testing throughout the hospital; and providing screenings and conducting individual and family treatment with outpatient children, adolescents, and adults.

Scheduling restrictions apply to many of these activities. Given these scheduling limitations, no promises can be made in advance about which secondary placements will be available to a particular student. That being said, we are committed to meeting externs’ training needs, and do our best to find secondary placement opportunities that are meaningful to our students.
After a student has accepted an externship offer for a primary placement, the hospital’s Training Director will discuss the extern’s interest in secondary activities and the scheduling requirements that may be involved.

**Testing**

Externs are expected to refine their skills in selecting, administering, scoring and interpreting test batteries, writing integrated reports, and providing feedback to patients, caregivers, and providers. Externs will complete a minimum number of comprehensive psychological assessments at a primary placement, as follows:

<table>
<thead>
<tr>
<th>Primary Placement</th>
<th>Minimum Number of Evaluations*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child and Adolescent Outpatient</td>
<td>2</td>
</tr>
<tr>
<td>Adult Outpatient</td>
<td>1</td>
</tr>
<tr>
<td>Center for Child Development</td>
<td>1</td>
</tr>
<tr>
<td>Cancer Center</td>
<td>1</td>
</tr>
</tbody>
</table>

* Regardless of placement, evaluations may be of individuals any age across the lifespan. Additional testing may be required or available upon request, depending on patient needs.

**Other Externship Activities**

As part of their professional development, externs will attend hospital grand rounds, participate in didactics, receive guidance on next career steps (e.g., externship or internship), participate in practice interviews, and make case presentations. These activities occur on Fridays, a mandatory day (at least from 11 AM to 1 PM) for all externs. No exceptions will be made to the Friday requirement.

**Supervision**

Externs are closely supervised by doctoral-level licensed psychologists, and receive at least one hour per week of individual supervision for primary placements, with another hour of consultation or group supervision. Secondary placements arrange supervision based on extern training requirements. Hospital supervisors represent a diverse range of theoretical orientations, including psychodynamic, cognitive, behavioral, cognitive-behavioral, dialectical behavior, acceptance and commitment, and family systems. Supervisors emphasize evidence-based treatment approaches tailored...
to the specific patient population within each placement. Supervisors will be assigned prior to the start of the externship year, based on training interests and scheduling requirements.

**Scheduling Requirements for Primary Placements**

The minimum externship is approximately ten months, beginning August 28, 2020 and ending June 25, 2021. Interested students may opt to extend their externship beyond June 25th; the maximum end date is August 20, 2021.

Externs’ primary placements are at least 14 hours/week (excluding lunch). Depending on the placement, this time may be spread over 2 to 4 days, one of which must be Fridays at least from 11 AM to 1 PM. (Permission of the graduate program must be obtained to participate in externship more than two days per week.)

Additional scheduling requirements for primary placements:

- **Child and Adolescent Outpatient** – 14 hrs./week must include at least 5 consecutive school hours on one day (except Fridays), and at least until 6 PM on Mondays or Thursdays. Students must also be present on Fridays by 9 AM.

- **Adult Outpatient** – 14 hrs./week must include Fridays from 9 to 10 AM. It is strongly preferred that externs be present either Tuesday or Thursday afternoons (2-3:30pm).

- **Center for Child Development** – For students interested in participating in the Healthy Lifestyles Group, 14 hrs./week must include Thursdays from 3 to 6:30 PM. Students interested in the Healthy Lifestyles Preschool Group must be present from 10 to 11 AM on Fridays.

- **Cancer Center** - 14 hrs./week must include one day, Monday through Thursday from 9 AM to 5 PM. It is strongly preferred that students are present for most of their 14 hours on Mondays through Thursdays from 9 to 5 to allow greater opportunity for patient contact. Students interested in facilitating the smoking cessation group must be present from 10:45 AM to 12:15 PM on Tuesdays.

**Scheduling Requirements for Secondary Placements**

Students who are accepted to a primary placement may, with the permission of the graduate program, request a secondary placement that requires additional hours beyond the 14 hours/week allotted to the primary placement. Typically
these secondary placements require anywhere between 2 and 7 hours/week, and run from 8 weeks to 10 months, depending on the unit.

After a student has accepted an externship offer for a primary placement at NYC Health + Hospitals/Queens, the Training Director will discuss the extern’s interest in secondary activities.

**Applicant Qualifications**

Applicants must be enrolled in a doctoral-level, APA-accredited clinical, school, health, or counseling psychology program. Students will be considered only if they have already provided psychotherapy, under supervision, for at least one academic year, and have completed at least one practicum or externship with supervised testing—all by the time externship begins. Students who are fluent in Spanish and/or students from groups that have been traditionally under-represented in psychology are encouraged to apply. Students who are concurrently applying for internship will not be considered.

**Application Procedures**

NYC Health + Hospitals/Queens complies with the PSYDNYS-NYNJADOT Externship Guidelines, and will not accept applications until 1/13/20. Applications will no longer be accepted after 5 PM on 2/07/20.

Applicants should use the APA portal (nynjadot.apa.org) to submit application material in a single PDF file. Documents should be submitted in the following order:

- a cover letter, indicating which primary placement the student is seeking;
- a CV;
- a list of tests administered (this list may be included in CV, if applicant wishes);
- two letters of recommendation (at least one letter must be from a therapy supervisor);
- a letter of eligibility for externship from the doctoral program director, including the maximum number of hours that the student may spend on externship; and
- a writing sample.

A complete application, with all components included, should be sent at one time via the portal. However, if recommendation writers prefer that students not see their letters, they may be sent via email to:
Leslie Bogen, J.D., Ph.D.
Mount Sinai Services
Director of Psychology
NYC Health + Hospitals/Queens
82-68 164th St.
Jamaica, NY 11432
bogenl@nychhc.org

Other than those “special case” recommendation letters, piece-meal application submissions will not be considered.

**Interviews and Offers**

Interviews will occur between 2/3 and 2/21/2020. Selected applicants will meet with at least two hospital psychologists and should allot a two-hour time slot for the interview process.

In accordance with the PSYDNYS-NYNJADOT guidelines, the earliest date on which an offer can be made is 3/2/20. Offers will be made, via email, between 9 AM and 5 PM on that day or thereafter until the positions are filled.

**Questions**

Students are respectfully asked not to contact NYC Health + Hospitals/Queens with questions that are addressed in the brochure or Wiki, or that can wait until scheduled interviews.