

PSYCHOLOGY EXTERNSHIP PROGRAM

NYC Health+Hospitals Jacobi

The Psychology Externship Program at NYC Health + Hospitals Jacobi (formerly Jacobi Medical Center) is offered by the Department of Psychology within the Department of Psychiatry. Jacobi is a municipal hospital included within the North Bronx Healthcare Network (NBHN). Jacobi is located in the East Bronx, which serves a large population of African American, Eastern European, Caribbean, Italian, Latin American, Russian, South Asian, and many other ethnic communities. Mental health and other services are routinely provided in Spanish and English, with translators available for patients speaking over 200 other languages.

The purpose of the Psychology Externship Program is to provide qualified psychology graduate students with a rich variety of supervised clinical experiences in an urban community hospital setting. Externs are selected from applicants who are currently enrolled in doctoral programs in psychology. To qualify for application, students must be at least in their second year of a clinical, school, counseling, or health psychology doctoral program. In addition, students who are concurrently applying for internship will not be considered for an interview. It is understood that the graduate school will provide a fieldwork supervisor who is responsible for ongoing communication and liaison with Jacobi, as well as the extern's insurance coverage. The externship will meet the school's academic requirements for course or fieldwork credit.

Externship students participate in selected clinical functions under the supervision of psychologists and professional staff from other disciplines. The externship program also provides opportunities for students to participate in a variety of didactic and other clinical experiences, including inpatient milieu treatment, weekly team meetings, weekly didactic seminars, and weekly ground rounds. Private institutions may incur a nominal administrative fee.

EXTERNSHIP TRAINING

The Jacobi Psychology Externship is a nine-month clinical training program that will begin on Friday September 22, 2023 and will end on Friday June 21, 2024. Students are required to attend Externship for 20 hours (3 days) per week.

The philosophy of the Externship is that psychologists should have clinical training that encompasses experience with a broad range of psychological functioning. As such, all students are required to complete at least one rotation on an Adult Inpatient Psychiatry unit. Students will divide the year into two 4.5-month-long rotations. Students will spend 4.5 months on an Adult Inpatient Psychiatry unit and 4.5 months on an elective service from the list below:

1. Family Advocacy Program
2. Comprehensive Addiction Treatment Center
3. Adult & Pediatric HIV Comprehensive Services*
4. Pediatric Neurodevelopmental Services*
5. Psycho-Oncology*
6. Bariatric Surgery*

* Students who elect a rotation on the Adult & Pediatric HIV Comprehensive Services, Psycho-Oncology, Bariatric Surgery or the Pediatric Neurodevelopmental Services will be required to combine their elected rotation with time on another elective rotation in order to fulfill the 20 weekly externship hours.

Final rotation placements will be determined by the Externship Directors based on the student's preference and available days, the number of open positions at each service, and service-specific requirements.

Training opportunities may also be available in the form of a brief clerkship on the Consultation Liaison service as well as the Comprehensive Psychiatric Emergency Program upon request.

Schedule

Days at the externship program are individualized for each student and are based on the student's available time and their rotation placement. All externs are required to attend didactics, which occur on Fridays 12:00-2:00pm.

While attending the inpatient rotation, externs are expected to be present on the unit during the morning hours, 3 days a week, one day of which must be Tuesdays.

Students will be asked to provide a letter from their DCT verifying that the school permits the student to attend externship for 20 hours, 3 days a week.

Request for Leave/ Approved Absence Policy

Externs must fulfill a minimum of 650 hours on-site over the course of the Externship Training Program. The program runs for approximately 40 weeks, from September 22, 2023 through June 21, 2024. Externs can take a maximum of 12 days off in addition to all observed National Holidays (Columbus Day; Veteran's Day; Thanksgiving Day; Christmas Day; New Year's Day; Martin Luther King Day; Presidents' Day; Memorial Day), up to 6 vacation/personal days, and up to 6 sick days.

Each extern will have be provided with a form to track time off over the course of the program. Time off will be monitored the Directors of the Externship Training Program.

Direct supervisors must be informed of planned time off in advance via email and must indicate their acknowledgement with a signature on the form. For unplanned time off, your direct Supervisor should be informed as soon as possible via email and sign form upon your return.

Directors must be included in all email correspondences related to your absences.

Timeliness: You must arrive to work within 5 minutes of the official starting time. Your weekly schedule will be arranged with your individual supervisors.

Timesheets: You must sign your timesheet accurately. Your timesheet must be completed and signed by you by Friday at 2 pm.

Psychological Testing

Externs may be assigned a number of focal assessments that include one or two testing instruments, for the purpose of clarifying diagnoses and gaining insight into patient's dynamics as it relates to treatment objectives. Each service has its own patient population and externs will utilize assessment techniques and instruments that are commonly used at the particular service.

Interested externs may be given an opportunity to administer at least one comprehensive psychological testing battery during the year. In addition to the formal written report, externs may be expected to present their findings orally to the referring multidisciplinary team and to develop a sensitive approach for sharing feedback with the patient.

Didactic Seminars

All Psychology Externs attend a weekly one hour seminar each Friday, which covers a broad range of topics including: risk assessment; treatment of psychosis; family and group therapy on inpatient units; psychological testing; relational therapy; Acceptance and Commitment Therapy (ACT); issues in addiction; psychological aspects of HIV/AIDS; LGBT issues and cultural sensitivity among others. Students will also have the opportunity to present their cases to a consultant as well as process their externship experience.

Each clinical service has regular team 'rounds' and clinical case conferences in which the extern participates as an integral member of the treatment team. Externs are also invited to attend weekly lectures at the Jacobi Psychiatry Grand Rounds.

APPLICATION PROCEDURES

Dates based on PSYDNYS-NYNJADOT Externship Guidelines for 2023-2024

All applications must be uploaded directly to the APA Externship portal: nynjadot.apa.org

For specific questions, please reach out to the Director of the Psychology Externship Program at:
Frances Alcantara, Ph.D. (718) 918-3755 frances.alcantara@nychhc.org
Mariela Reyes, Ph.D. (718) 918-6782 reyesm21@nychhc.org

Please submit all of the following with your application:

- Eligibility letter signed by your DCT verifying that the school permits you to attend externship for at least 20 hours (two and one half days) per week.
- An Autobiographical statement: Tell us about yourself in 500 words or less;
- Your CV (Please insert your DCT's name, email address, and phone number);
- A cover letter describing your clinical experience and interests (1 page);
- Two letters of recommendation via the portal (or emailed to frances.alcantara@nychhc.org, at the recommender's discretion);

Review and Acceptance Process:

- Applications may submitted NO EARLIER THAN Monday January 9, 2023 at 9:00am, and NO LATER THAN Monday January 16th at midnight.
- Interviews will be scheduled thereafter.
- Offers will only be made via email and respective DCTs will be copied on the email offers.
- Initial offers will be made between 9:00 am and 4:00 pm on Monday March 6th, 2023.
- After receiving an offer on Monday March 6th, students have 2 hours to accept or decline the offer.
- Students who receive an offer AFTER 4pm on Monday, March 6th have until 9:00 am on Tuesday to accept or decline the offer.
- Students who have applied for Internship at Jacobi are not permitted to apply for Externship for the same year.
- Former Externs are encouraged to apply for Internship in future academic years and are extended an interview for Internship.

INPATIENT ROTATIONS**Psychiatry**

The four acute inpatient units at Jacobi are locked, short term units providing treatment for acute psychiatric disorders. The average length of stay on the inpatient units is two weeks which means that much of the focus of training will be on assessment and short-term therapeutic interventions. One of the units is a bicultural unit. Patients are typically involuntarily committed to the hospital. The units are structured to provide a milieu treatment setting in which both staff and patients participate in the recovery process. The intern functions in the role of psychologist on a team which includes psychology, social work, psychiatry, creative arts therapy, and nursing. The major goals of the inpatient service are to provide rapid and thorough assessment, treatment of the presenting mental illness, and discharge planning.

Patients hospitalized on inpatient units are primarily from economically disadvantaged, ethnically diverse backgrounds. Diagnostically, a broad spectrum of presenting problems are seen on the unit, including psychotic disorders, major affective disorders, substance-abuse disorders, and a range of character pathologies. On admission, an attempt is made to gather comprehensive information about the individuals, their past and their current environment. The goal is to understand which factors in a person's life may have converged to contribute to the need for the current psychiatric hospitalization.

Treatment on the units stresses the use of the milieu. Patients are seen individually, with their families and in groups. Psychotropic medication is provided by an attending psychiatrist. Regular therapeutic community meetings are held and are facilitated by a staff member or intern with the active participation of the extern.

Externs each carry a maximum of three patients at a time. The extern is responsible for the coordination of care involved in managing the case, presenting at team meetings, helping to create discharge plans and maintaining necessary documentation. The extern is also expected to co-lead therapy groups on the unit. The Supervising Psychologist on the unit provides weekly supervision on the extern's primary therapy cases and is available for on-the-spot consultation.

OUTPATIENT ROTATIONS

The Family Advocacy Program

The Family Advocacy Program (FAP) is a nationally recognized Child Advocacy Center (CAC) committed to the identification, assessment and treatment of children and adolescents who have been sexually assaulted, physically abused and/or neglected and their non-offending caretakers. FAP consists of a diverse and culturally sensitive multidisciplinary team including a specialized pediatrician, two psychologists, two forensic social workers, and an Administration of Children's Services (ACS) child protective specialist in addition to several psychologists-in-training. Collectively, this team offers a vast knowledge of and extensive experience in working with children/families found/suspected of being victims of abuse or neglect. The services provided at FAP include, but are not limited to, specialized medical evaluations; forensic sexual assault examinations; forensic interviewing; individual, family and group therapy; parenting classes; and assistance with crime victim services.

The mental health component of FAP offers many need-based services for child and family victims of trauma. On a short-term basis, services include crisis intervention, psychoeducation about trauma to parents and children, assistance with negotiating various social systems (e.g., ACS, school personnel) and/or law enforcement agencies as well as referrals to other services, as appropriate. For longer-term treatments, comprehensive diagnostic psychological assessments are provided for the children and adolescents in the program to inform individual, group and family psychotherapy. Our approach to treatment incorporates a family-based and relational treatment model, where trauma-informed cognitive-behavioral treatment strategies are also used. The FAP group program includes a parenting class and support group, an adolescent trauma group, and a parallel group for latency age children and their non-offending caretakers. In 2013, we added an expressive arts group (e.g., dance movement) and most recently DBT for adolescents. Common treatment goals across the modalities include personal safety, affect tolerance and regulation, self-esteem building, development of coping skills for managing anger and stress, communication and healing within the family system, and increased sense of self-efficacy and empowerment.

Psychologists-in-training are a valued part of our FAP multidisciplinary team. As part of the 20-hour weekly commitment to externship (roughly 2 ½ days), externs are expected to participate in group supervision and team meetings each Tuesday from 1-3pm. Externs must be available on Tuesdays. In order to accommodate our families' after-school schedules, externs should expect to stay late at least one evening, possibly until 7pm.

Pediatric Neurodevelopmental Services

This Service provides neuropsychological and developmental assessments to children from birth through age 18. The focus of this rotation is the acquisition of knowledge regarding infant and child development and behavior. Externs on this Service will have the opportunity to interact and assess infants and children with a wide variety of developmental, learning and emotional problems. There is particular emphasis on prematurity, autism and behavior management. Several different assessment tools will be used including infant assessments.

Psycho-Oncology

The Psycho-Oncology service provides therapy to patients undergoing treatment in the Oncology OPD. It is a very good opportunity for psychologists to train within a medical setting. Patients on this service have a range of cancer diagnoses and often are dealing with the anxiety and depression associated with this illness.

Externs will be providing a greatly needed service-the goals include helping the patient cope with the diagnosis and potentially overwhelming experience. In addition, we want the patients to learn better coping skills, hopefully improve their quality of life, maintain hope and purpose, and reduce distress and despair. There will be crisis counseling, individual therapy and possibly group treatment. In addition, the extern becomes part of the team and helps promote psychology within medicine.

As an example, a current extern is working with several patients to help them not only cope better with their illness but to also address the relational and communication issues in their lives. The externs work 2-3 mornings per week and get individual supervision and support. The extern may also get additional supervision from the intern.

Bariatric Surgery

The Bariatric Surgery Center at NYC H+H Jacobi is a designated Center of Excellence by the American Society of Metabolic and Bariatric Surgery (ASMBS). Our multidisciplinary team consists of surgeons, certified dietitians, nurses, a psychologist, and physician assistants. The role of the Psychologist-in-Training involves providing individual and group psychotherapy, conducting psychological evaluations, and functioning as a consultant to the medical team. The trainee will gain experience in understanding the interface between medicine and psychology, and will have the opportunity to work closely with other professionals on a multidisciplinary team. The trainee will also develop skills to use evaluations as brief interventions to focalized issues. Services are provided before and after weight loss surgery.

Patients initiated in the bariatric surgery protocol are referred from the general population, most of whom have not encountered behavioral health professionals in the past. As such, the Psychologist-in-Training is charged with the task of quickly establishing rapport and trust in the context of diagnostic assessment in order to provide appropriate disposition for patients. The adult population served (18+) is generally from the Bronx area, obese, predominantly female, and mainly identify as Black and/or Latina. Family and couples' psychotherapy are also offered on a case by case basis. Supervision in Spanish can be offered to trainees interested in conducting psychotherapy in that language. Due to the prevalence of monolingual patients seen in this clinic, Spanish-speakers are strongly encouraged to apply.

Adult & Pediatric HIV Comprehensive Services

ACS and PCS offer primary care to patients with HIV/AIDS and their families. The multidisciplinary team includes MDs, nurse practitioners, social workers, nurses, case managers and psychologists. Mental Health Services, including individual, group and family therapy as well as assessments, are provided by psychologists on the team. There is also a part-time psychiatrist to provide psychopharmacological treatment. The setting facilitates the ability of

mental health clinicians to coordinate treatment with medical providers. The service uses a “one-stop shopping” model of mental health where multiple members of the same family can be seen within our service. Externs are provided with weekly supervision from a staff psychologist and participate in our Mental Health Services team meeting, which takes place twice a month. Externs carry up to three individual cases for the duration of the training year. They may provide focal psychological assessments for patients when needed. Finally, they may also lead or co-lead a group and treat families when available. Externs will generally work 2 afternoons per week and receive individual supervision while on this rotation.

Comprehensive Addiction Treatment Center

The CATC Program is an intensive, harm-reduction based outpatient treatment program for patients in various stages of recovery from substance use disorders. Working in both group and individual modalities, the extern has the opportunity to follow patients from their first day of admission and well into their recovery in outpatient treatment. In this way, externs are thoroughly immersed in the challenging process of working with patients as they progress through the different phases of treatment. This rotation is available as a stand-alone rotation or as a combination with other rotations. All externs will carry a caseload of 2-3 individual patients in addition to running psychoeducational and psychotherapeutic groups. While the emphasis is on group therapy, the extern is expected to work individually with the patients on his or her caseload and is responsible for doing psychiatric assessments, which include mental status exams, completing psychosocial evaluations, developing comprehensive treatment plans and managing overall treatment of the patient. As a member of the treatment team, externs attend all clinical rounds and at least one interdisciplinary staff meeting, held Tuesdays and Thursdays, where they will hone their skills in clinical presentations. By the end of the rotation, externs will gain valuable experience working with a population that is often deemed difficult to treat. This knowledge will be useful across treatment settings and client populations. Externs will receive primarily psychodynamic supervision, and will be encouraged to practice Motivational Interviewing and Behavioral approaches with our patients. Externs typically work alongside and closely with interns while completing this rotation. For those who are interested, there are options for learning how to triage patients seeking admission to detox and also to co-lead a Dialectical Behavior Therapy Group.

PSYCHOLOGY FACULTY

Frances Alcantara, Ph.D., Director of Externship Training; Chief Psychologist
Outpatient Psychiatry Department

Castillo, Kayla, Ph.D., Comprehensive Addiction Treatment Program

Jacks Cheng, Ph.D., Comprehensive Psychiatric Emergency Program

Jantra Coll, Psy.D., Director of Psychology; Clinical Director of Comprehensive Addiction Treatment Program

Aasha Foster, Ph.D., Women's Health Service/ OBGYN

Steven Goldfinger, Psy.D., Comprehensive Addiction Treatment Program

George Lederer, Psy.D., Inpatient Psychiatry

Sam Marcus, PhD, Consultation Liaison Psychiatry

Whitney Maynor, Ph.D., Family Advocacy Program

Molly Nozyce, Ph.D., Director, Pediatric Neurodevelopmental Services

Ellen Park, Psy.D., Outpatient Psychiatry Department

Jillian, Pino, PhD., Bariatric Surgery

Ramiz Rafailov, Psy.D., Adult Comprehensive Services; Consultation Liaison Psychiatry

Mariela Reyes, Ph.D., Co-Director of Externship Training; Chief Psychologist Consultation Liaison Psychiatry

Tiffany Rodriguez, Psy.D., Supervising Psychologist, Inpatient Psychiatry

Adam Rossi, Ph.D., Adult Comprehensive Services

Willann Stone, Ph.D., Department of Physical Medicine and Rehabilitation

Anjali Thomas, Psy.D., Inpatient Psychiatry

Stephanie Toro-Garcia, Psy.D., Inpatient Psychiatry

DIRECTIONS

**NYC Health + Hospitals Jacobi
1400 Pelham Parkway South
Bronx, New York 10461**

Jacobi is located at 1400 Pelham Parkway South, in the Morris Park/Pelham Parkway neighborhood of the northeast section of the Bronx. All services are provided on the Jacobi hospital campus in Building 1, Building 6, and Building 8.

BY CAR

Bronx River Parkway or Hutchinson River Parkway or New England Thruway (I-95) to Pelham Parkway. Exit on Williamsbridge Road (Right turn from Bx River Pkwy, Left from I-95 & Hutch). Take the Service Road to the Jacobi entrance.

BY SUBWAY

Take the IRT #2 or #5 train to Pelham Parkway and then take the Bx12 bus (Eastbound) to Jacobi's main entrance or the Bx12-SBS to Pelham Parkway and Eastchester Road.

BY EXPRESS BUS

New York Bus Service operates an express bus (BxM10) to Pelham Parkway from several points on the East side of Manhattan. The cost is \$6.75 each way; slightly less with a special Travel Card from the MTA. For schedule and route information, call (718) 994-5500.