

**NYC HEALTH +
HOSPITALS/QUEENS
Mount Sinai Services
Psychology Externship Brochure
2026-27**

Revised 11/18/25

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PSYCHOLOGY EXTERNSHIP PROGRAM

2026-27

NYC Health + Hospitals/Queens

NYC Health + Hospitals is the largest municipal healthcare system in the United States. Queens Hospital is part of the New York City Health + Hospitals system 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.

Psychology Department

NYC Health + Hospitals/Queens' Psychology Department is staffed by approximately 13 to 18 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, adult inpatient psychiatric unit, child development center, pediatrics service, adult primary care, weight management units, and community schools. The Psychology Department is expected to continue 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 within the next two years.

Primary Placements

A total of six primary placements are projected to be available in 2026-27.

- Two placements will be offered in the adult outpatient department.

- Two placements will be in the pediatric primary care clinic.
- One placement will be offered in an adult inpatient psychiatry unit.
- One placement will be available in the child and adolescent outpatient department

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 Tuesdays are mandatory (at least from 11 AM to 1 PM).

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

Adult Outpatient

The hospital's adult outpatient unit (AOPD) 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 have the opportunity to work within the Partial Hospitalization Program, a more intensive service using the recovery model of treatment for patients with acute psychiatric disorders.

Generally, the AOPD is moving towards shorter-term, relatively symptom-focused, evidence-based treatments, and it is hoped that externs can play a role in facilitating this transition.

Center for Child Development in Pediatrics

The Center for Child Development (CCD) in the Pediatric Primary Care Division, includes the Healthy Steps and Integrated Behavioral Health (IBH) programs. Healthy Steps is an evidence-based program often implemented during pediatric wellness visits, and provides developmental support to children ages 0-5.99 and their families. The IBH Program provides short-term, relatively focused, evidence-based treatments for diverse families and children from 6- to 21-years of age. IBH addresses such concerns as adjustment problems, cultural challenges, bereavement, academic struggles, family and/or

interpersonal conflicts, and mild-to-moderate presentations of anxiety, depression, phobias, OCD, and trauma.

CCD is experiencing a period of exciting growth, straddling both the departments of pediatrics and psychiatry, and working closely with Women's Health. Much of CCD's work is performed in an interdisciplinary context and involves collaboration with pediatricians, pediatric specialists (e.g., endocrinologists, geneticists, and neurologists), social workers, patient educators, and other professionals.

Generally, CCD externs work with children ages 05.99 in the role of a Healthy Steps Specialist; perform IBH intake assessments; provide short-term individual, family, and group psychotherapy; co-lead online or in-person DBT skills psychotherapy groups for adolescents; engage in parent education and training; develop and implement behavioral interventions; consult with a multi-disciplinary treatment team and school personnel; and actively support families.

Externs will be taught evidence-based preventions and interventions, including the Healthy Steps protocol, DBT-C and DBT-A, and will be expected to implement them as the exclusive treatment for appropriate patients and families. Interested CCD externs may also have the opportunity to develop and refine programming for children and adolescents (e.g., creating new groups, programs, and initiatives); provide didactics and skills training (e.g., mindfulness) to pediatric department staff; and obtain national certification as a Healthy Steps Specialist.

Psychiatry Inpatient Unit

The psychiatric inpatient unit (P5) treats patients experiencing acute psychiatric crises. Interventions include medication, activity and group therapy, individual therapy (as needed), behavior modification, and milieu therapy utilizing a trauma-informed framework. P5 is a locked unit with very limited access.

Patients are typically admitted from the psychiatric emergency room or med/psych unit and present with a variety of psychiatric diagnoses and behavioral concerns. These can include acute psychotic symptoms, suicidality, serious mood dysregulation (e.g. bipolar and major depressive disorders), and challenging personality presentations. The average length of stay is 7 to 14 days. Given such short tenures, the unit's primary goal is stabilizing acute symptoms and referring patients to appropriate outpatient services so their recovery can be continued in the community. As would be expected under these circumstances, the unit is a very active and dynamic environment.

Externs are expected to attend interdisciplinary rounds, lead one group per week, and provide individual therapy to approximately one to two patients

daily. If available, externs may also attend treatment team meetings. Short-term, evidence-based treatments are emphasized, with a focus on psychoeducation, supportive therapy, and skills acquisition. Externs will also perform psychological testing; consult with team members; complete progress notes, treatment plans, discharge summaries, and other documentation; communicate with family members and other collaterals; review charts; and actively contribute to the unit's therapeutic milieu.

Child and Adolescent Outpatient

The child and adolescent outpatient (CAOPD) externship takes place in a hospital-based clinic for children from 4- to 19-years-old. The extern may opt to spend up to a full school day (9 AM to 3 PM) at a satellite clinic located at a nearby public elementary school. Both the hospital- and school-based settings typically serve the same multi-stressed, ethnically diverse population, with such common diagnoses as ASD; ADHD; separation, social, and other anxieties; PTSD; depression; pica; ODD; and bipolar disorder.

CAOPD externs generally perform intake assessments; provide individual, family, and group therapy; engage in parent education and training; perform crisis interventions; consult with a multi-disciplinary treatment team, school personnel, and community supports; and actively work with families. Externs will be taught evidence-based interventions for child and adolescent disorders, and will be expected to implement them as the exclusive treatment for appropriate patients.

Secondary Placements

With the permission of the student's graduate program, additional experience in a secondary placement may be available to externs interested in working at the hospital more than the 14 hours/week assigned at their primary placement. These opportunities may include running groups in the adult and child outpatient units, partial hospitalization program, inpatient service, or healthy lifestyle center; gaining short-term individual therapy experience in an adult primary care, psychiatric inpatient, or pediatric medical units; 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:

<u>Primary Placement</u>	<u>Minimum Number of Evaluations*</u>
Adult Outpatient	1
CCD in Pediatrics	1
Psychiatric Inpatient Unit	1
Child and Adolescent Outpatient	2

* Regardless of primary placement, evaluations may be of individuals of any age across the lifespan, and from any hospital unit. 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, prepare for "next step" (externship or internship) interviews, and make case presentations. These activities occur on Tuesdays, a mandatory day (at least from 11 AM to 1 PM) for all externs. No exceptions will be made to the Tuesday 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. With rare exception, supervisors provide in-person individual supervision.

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.

Effects of COVID-19: In-Person Training

We are committed to the health and safety of our staff and students. However, as a practical matter, given that this is a hospital externship, it will not be appropriate for students who wish for a remote training experience.

During the pandemic a few years ago, NYC Health + Hospitals/Queens adopted a “hybrid” externship training model. Students participated in certain externship activities remotely, to the extent that quality of patient care, training, hospital needs, and creation/maintenance of a vibrant extern and psychology community would not be sacrificed. Students at certain placements (e.g., inpatient settings) were not eligible for remote work.

Assuming no further COVID outbreaks or the like, we plan to adopt an almost exclusively in-person training approach; please ensure that it is feasible before submitting an application. If community health concerns resurface, Queens would likely return to the hybrid training model described above.

Scheduling Requirements for Primary Placements

The minimum externship duration is approximately ten months, beginning September 8, 2026 and ending June 22, 2027. Interested students may request an extension of their externship beyond June 22nd; the maximum end date is August 31, 2027.

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 Tuesdays 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 hours/week must include at least until 6 PM on Mondays or Thursdays. Students are encouraged, but not required, to be present on Fridays from 9 to 11 AM for team meetings.

Adult Outpatient – 14 hours/week must include 9:30-10 AM at least one morning per week for staff meeting, and 11:00 AM to 12:30 PM at least one day (Mon. – Thurs.) weekly for intake assessments.

CCD in Pediatrics — 14 hours/week can occur on any weekday between 9 AM and 5 PM.

Psychiatric Inpatient Unit – 14 hours/week can occur on any weekday between 8:30 AM and 4:30 PM, and must include attendance at rounds from 8:30 to 9:30 AM at least twice weekly. Mondays, Tuesdays, or Wednesdays are preferred to co-lead existing group and/or attend scheduled treatment team meetings.

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 participates in the Northeastern Regional Externship Match. In accordance with those rules, the hospital will not accept applications until 12/01/25. Unless otherwise indicated later in the process, applications will not be accepted after 1/23/26.

Applicants should use the extern match portal (natmatch.com/extern) 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 clinical (therapy or assessment) 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:

Before 1/1/26

Leslie Bogen, J.D., Ph.D.
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NYC Health + Hospitals/Queens
82-68 164th St.
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bogenl@nychhc.org

After 1/1/26

Miry Sorkin, Psy.D.
Acting Director of Psychology
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Other than those “special case” recommendation letters, piece-meal application submissions will not be considered.

The hospital reserves the right to conduct social media searches or otherwise review online data regarding externship applicants.

Interviews and Matches

Interviews will occur in person from 1/26 through 3/17/26. Selected applicants will meet with at least two hospital psychologists and should allot a two-hour time slot for the interview process. If conditions require (e.g., COVID resurgence), interviews will be held remotely via WebEx.

In accordance with the PSYDNYS-NYNJADOT guidelines, interviews will be scheduled and rank order lists submitted via the extern match portal. Match results day is 3/3/26. If all externship slots are not filled, the hospital will consider participating in the post-match process

On-Boarding and Other Requirements

Students who are matched for externship at NYC Health + Hospitals/Queens will not be permitted to commence training until they and their graduate programs have satisfied all Health + Hospitals paperwork and employment requirements, including being cleared by the Child Abuse and Justice Center registries, passing a drug test, being medically cleared (a process which includes proof of various vaccinations), providing evidence of graduate school insurance, signing a training agreement, and so forth. While the hospital currently does not charge students for obtaining clearances and satisfying other on-boarding requirements, the psychology department regrets that it cannot guarantee that zero fees will continue to be imposed in the future.

During the course of externship, students are often required to be vaccinated against the flu, COVID, and other illness, as well as to wear masks and other personal protective equipment in certain circumstances. In addition, students must be prepared to comply with other hospital policies that may be enacted before or during externship.

Questions

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