NYC HEALTH+ HOSPITALS | Jacobi

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 17, 2027 and will end on Friday June 23, 2028**. 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. Bariatrics*
5. Psycho-oncology*
6. Women's Health Services

* Students who elect a rotation on the Psycho-Oncology, and Bariatrics 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 and group supervision, 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 from September 17, 2027 through June 23, 2028.** Externs can take a maximum of 12 days off comprised of 6 vacation/personal day and 6 sick days. Additionally, students will be off on 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).

Each extern will 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: Externs must arrive to work within 5 minutes of the official starting time. Their weekly schedule will be arranged with individual supervisors.

Timesheets: Externs must sign their timesheet accurately. The timesheet must be completed and signed by the rotation supervisor 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; Motivational Interviewing; issues in addiction; psychological aspects of HIV/AIDS; LGBT issues and cultural sensitivity among others. Students will also have the opportunity to present their clinical cases to a consultant during our 6-week case conference series.

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 Northeastern Regional Externship Match for 2027-2028
National Matching Services portal: https://natmatch.com/extern/

For specific questions, please reach out to the Director of the Psychology Externship Program at:
Mariela Reyes, Ph.D. (718) 918-6782 reyesm21@nychhc.org
Aasha Foster-Mahfuz, Ph.D. (718) 918-5168 Aasha.foster@nychhc.org

Review & Acceptance Process for Prospective Externs

Prospective applicants participate in a structured and standardized review process aligned with the regional externship match timeline. The process begins with site and applicant registration, followed by application submission, interviews, and ranking. Final match results are released in late March, with a brief post-match period for remaining openings.

Key Dates & Milestones

- **Applicant Registration Opens:** December 1st, 2026
- **Application Deadline:** January 22, 2027 at 11:59pm
- **Interview Invitations Begin:** January 25, 2027

- **Rankings Open:** March 3, 2027
- **Interview Invitations End:** March 15, 2027
- **Final Day for Interviews:** March 22, 2027
- **Rank Order List Deadline:** March 25, 2027
- **Match Results Day:** April 1, 2027
- **Post-Match Offer Day:** April 5, 2027

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. All units are multicultural with staff speaking a variety of languages. 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 extern 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 is 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. **Tuesdays are a required day for the inpatient rotation.**

OUTPATIENT ROTATIONS

The Family Advocacy Program

The Family Advocacy Program (FAP) is a nationally recognized Child Advocacy Center (CAC) that provides specialized care for children and adolescents who have experienced sexual assault, physical abuse, or neglect, along with support for their non-offending caregivers. FAP's multidisciplinary team includes a pediatrician, psychologist, forensic social worker, community health worker, and medical and psychology students, all focused on helping families affected by trauma.

FAP offers services such as medical evaluations for suspected abuse, forensic medical child abuse exams, forensic interviews, individual and group therapy, parenting classes, and assistance with crime victim services. The mental health program includes both short-term crisis intervention and long-term therapy, utilizing psychoeducation, system navigation, and comprehensive biopsychosocial assessments. Our approach to treatment incorporates a child-centered, trauma informed, relational treatment model which incorporates cognitive-behavioral strategies to help children and families build safety, regulate emotions, and develop coping skills. Group programs include Dance Movement Therapy, middle ages group (Amplifying Voices), DBT for adolescent trauma, parenting support groups for Spanish and English-speaking caregivers, and multi-family groups for school age children and caregivers. These programs focus on skills building, self-esteem, emotional regulation, communication, and healing within the family system.

Psychology externs are an integral part of the FAP team, gaining valuable hands-on experience while contributing to the program's success. Externs commit to a weekly schedule of 16-20 hours, typically spread over two and a half days. They participate in group supervision and team **meetings every Tuesday from 1:00 pm to 3:00 pm**, as well as off-site didactic sessions every Friday from 12:30 pm to 2:00 pm**. Externs may choose either Monday, Wednesday or Thursday to their schedule, creating a weekly commitment of three days** (e.g., Monday, Tuesday, Friday; Tuesday, Wednesday, Friday; or Tuesday, Thursday, Friday). **To accommodate families' schedules, externs are expected to stay at least one evening per week until 7:00 pm.**

Through this comprehensive model, FAP is dedicated to providing high-quality, trauma-informed care to children and families, helping them navigate the difficult journey of healing while ensuring their voices are heard and their needs are met.

Bariatric Surgery Department

The Bariatric Surgery Rotation at Jacobi Medical Center provides psychology externs with specialized training in health psychology within a multidisciplinary medical setting. Externs conduct pre-surgical psychological evaluations, provide brief evidence-based interventions, and facilitate pre/post-operative support groups. Clinical experiences emphasize psychological readiness for surgery, eating behaviors, lifestyle modification, treatment adherence, and psychosocial adjustment following bariatric surgery. Through interdisciplinary collaboration, clinical supervision, and didactic training, externs develop competencies in behavioral medicine,

motivational interviewing, and the integration of psychological services into comprehensive medical care, while gaining an appreciation for the complex biopsychosocial factors associated with obesity and weight management. This rotation maybe combined with Psycho-Oncology service. **Rotation is available only on Monday, Thursday, and Friday morning.**

Comprehensive Addiction Treatment Center

The Comprehensive Addiction Treatment Center (CATC) is a five-day per week, intensive, harm-reduction based, outpatient treatment program for patients at 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 to well into their recovery, providing a lens into the process of progressing through stages of change. Externs will carry a caseload of 2-3 individual patients in addition to running psychoeducational and psychotherapeutic groups within CATC. Additionally, externs are trained and charged with completing psychiatric assessments for new admissions to CATC. These assessments include mental status exams, psychosocial history, and a comprehensive assessment of substance use history. As a member of the treatment team, externs attend all clinical rounds and interdisciplinary staff meetings, where they will hone their skills in clinical presentations. **In particular, externs are encouraged to attend our department meeting on Tuesday afternoons.** Learning objectives include gaining proficiency in symptoms and signs of an array of substance use disorders and a working knowledge of evidence-based treatment for SUDs. Treatment orientation is through a harm reduction lens, and focuses on Psychodynamic supervision, with additional Motivational Interviewing and Behavioral techniques.

Adult & Pediatric HIV Comprehensive Services

Adult/Pediatric Comprehensive Services (ACS/PCS) offer primary care to patients both affected and infected with HIV/AIDS and their families and provides PrEP/PEP care to our larger Bronx community in partnership with Jacobi's Ambulatory Care Department. The multidisciplinary team includes MDs, nurse practitioners, social workers, nurses, case managers and three full-time psychologists alongside a full-time psychiatrist. Mental Health Services include individual, group, family, and couples therapy as well as assessments, provided by psychologists on the team. Externs on this service will have the opportunity to coordinate treatment with medical providers using a primary health care integration model. Externs will also have the opportunity to engage with our community by participating in our annual World AIDS Day hospital wide program in the Winter and Community Health Fair in the Summer, engaging in service-based learning. The service uses a "one-stop shopping" model of care where multiple disciplines exist within our service including case management, nutrition, OBGYN, and Dental services. Externs are provided with weekly supervision from a staff psychologist and participate in our Mental Health Services team meeting, which takes place once a week on Thursdays. Additionally, members of the staff team provide once-monthly didactics on topics related to addressing both the healthcare and mental health needs of our community population. Externs carry up to four 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. **Thursday availability is a preferred day, but not required.**

Psycho-Oncology

The Psycho-Oncology service provides outpatient psychological care to patients receiving oncology treatment and offers externs a unique opportunity to train within an integrated medical setting. Patients served by this rotation present with a wide range of cancer diagnoses and are seen across the illness continuum, including diagnosis, active treatment, survivorship, recurrence, and end-of-life care. Externs function as a vital clinical resource, supporting patients as they navigate the psychological, emotional, and existential impact of cancer.

Externs provide individual psychotherapy, crisis intervention, and, when clinically indicated, group-based interventions. Clinical work is informed by evidence-based and integrative approaches commonly utilized in psycho-oncology, including Meaning-Centered Psychotherapy**,** life review and legacy-focused interventions**,** and anxiety and stress management strategies (e.g., cognitive-behavioral techniques, mindfulness-based interventions, and emotion regulation skills). Treatment focuses on improving quality of life, reducing distress, fostering meaning and purpose, supporting identity shifts following diagnosis, and addressing fears related to uncertainty, mortality, and disease progression.

Externs are embedded within a multidisciplinary oncology team and collaborate closely with physicians, nurses, social workers, and allied health professionals, gaining experience in consultation and interdisciplinary care. Through this role, externs also contribute to shaping and strengthening the integration of psychological services within a medical department.

Supervision on the Psycho-Oncology rotation places strong emphasis on helping externs develop clinical presence and reflective capacity when working with medically ill populations. Specific supervisory focus includes recognition and management of countertransference**,** navigating emotional responses to patient suffering, death, and dying, and supporting clinicians' adjustment to the profound relational and existential challenges that emerge following a cancer diagnosis. Externs are guided in balancing empathic engagement with professional boundaries while cultivating resilience and sustainability in this specialized area of practice.

Women's Health Service/ Empower Center

Women's Health Services rotation is a combination of outpatient weekly individual cases (approximately 3-4) and consultation on Labor & Delivery and Mother/Baby (postpartum) units. Therapy cases will include currently pregnant or within one year of delivery, termination or loss of pregnancy, or difficult births. Many of the issues addressed are related to maternal identity, historical or current trauma, and prevention/treatment of Perinatal Mood and Anxiety Disorders. Opportunities for groups are limited but currently being discussed—extern ideas are welcome and appreciated.

In addition to perinatal work, externs will have the opportunity to see at least 1 patient as a part of the EMPOWER Center. Launched in 2020, the EMPOWER Center is a collaboration of providers from New York Health & Hospitals: Jacobi and Woodhull and Sanctuary for Families designed to support survivors of commercial sex exploitation or involvement in sex industry. By integrating medical, social, and legal services, the Center provides people with any experience in the sex trade a "one-stop shop," a hub where they can services needed to lead healthy and independent lives. These trauma-informed services include psychiatry, psychotherapy by licensed psychologist, OBGYN service, intensive case management, economic empowerment, legal support and peer support. Many of the clients of this program experience the psychological and medical sequelae of relational, attachment and physical traumas as well as traumatization

through legal proceedings or in interpersonal interactions. As such, the psychologist provides trauma-informed and trauma-focused therapies to reduce symptoms, undo aloneness, and support reconstituting a client's sense of dignity and resilience.

Externs are asked to be <u>onsite on Thursdays</u> to attend Grand Rounds, departmental meetings, and the weekly EMPOWER Center case consultation meetings.

PSYCHOLOGY FACULTY

Mariela Reyes Ph.D., Director of Externship Training; Bariatric Surgery; Pride Health Clinic
Aasha Foster-Mahfuz, Ph.D., Co-Director of Externship Training; Women's Health Service
Tiffany Rodriguez, Psy.D,. Acting Network Director of Psychology and Therapeutic Activities
Acting Network Director of Psychology Training
Jared Mcshall, PhD, Associate director of Mental Health; Training Director
Jacks Cheng, Ph.D., Adult Comprehensive Services /Comprehensive Psychiatric Emergency Program
Josh Dredze, Psy.D., Comprehensive Addiction Treatment Program
George Lederer, Psy.D., 7A Inpatient Psychiatry
Sam Marcus, PhD, Consultation Liaison Psychiatry; Pride Health Clinic
Whitney Maynor, Ph.D., Family Advocacy Program
Molly Nozyce, Ph.D., Director, Pediatric Neurodevelopmental Services
Ellen Park, Psy.D., Outpatient Psychiatry Department
Kyle Li-Wei, Psy. D., Outpatient Psychiatry Department
Ramiz Rafailov, Psy.D., Adult Comprehensive Services
Rachel Czosniak, PsyD 8D Inpatient Psychiatry
Julia Plaxen, PsyD., 7D Inpatient Psychiatry
Irena Veshtaj, PsyD., Outpatient Psychiatry Department
Jevian Jean-Pierre, PsyD., Psycho-oncology
Shayna Rosensweig, PsyD., Lifestyle Medicine and Weight Management
Sidney Perelman, Psy.D., 8A Inpatient Psychiatry
Evan Neuwirth, Ph.D., Consultation Liaison Psychiatry
Cierra Hernandez, Psy.D., Comprehensive Addiction Treatment Program
Sophie Leser, Psy.D., Comprehensive Addiction Treatment Program
Elena Petrovska, Ph.D., Adult Comprehensive Services

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.