

Columbia University Clinic for Anxiety and Related Disorders (CUCARD) – Westchester Psychology Externship

Description of service: CUCARD Westchester is an outpatient treatment clinic in the Child and Adolescent Division of Columbia University's Psychiatry Department and is located in Tarrytown, NY. CUCARD Westchester specializes in the diagnostic assessment and evidence-based treatment of anxiety, OCD and related disorders in children, adolescents and young adults. CUCARD Westchester's staff is comprised of Columbia University faculty members and postdoctoral fellows, all of whom have expertise in cognitive behavioral treatment for anxiety and related disorders. We offer individual and group treatment as well as accelerated treatment programs for youth exhibiting school refusal behavior, severe OCD symptoms or marked interference caused by anxiety. In these accelerated treatment programs, individuals receive treatment intensively, up to five times per week, depending on clinical need.

Description of Externship: The psychology externship at CUCARD Westchester provides extensive training in cognitive behavioral treatment for anxiety disorders and OCD as well as training in the treatment of children and adolescents. Externs will learn exposure-based interventions in the treatment of anxiety disorders and will have opportunities to conduct exposure-based treatment in individual and group settings. Externship duties include:

- Individual cognitive behavioral treatment of children, adolescents and young adults with anxiety disorders and OCD
- Co-leading cognitive behavioral group treatment with staff clinician
- Assisting staff clinicians in providing accelerated treatment for school refusal, OCD and other difficulties.
- Diagnostic assessment of childhood psychiatric disorders, with focus on anxiety disorders and OCD

Educational Opportunities: Psychology externs will participate in regularly scheduled didactic seminars at CUCARD Westchester, in which staff clinicians and invited speakers will provide training in clinical interventions

and other relevant topics. Externs will also have the opportunity to attend Columbia University's Psychiatry Department Grand Rounds on a weekly basis.

Supervision: Psychology externs will receive two hours of weekly supervision provided by licensed staff clinicians.

Application Requirements: Prior experience with child and/or adolescent populations and with cognitive behavioral treatment is required. Externs are expected to commit 16 hours per week over 2-3 days to the externship.

Application Process: Interested applicants should submit a cover letter, CV and two letters of recommendation to associate externship coordinator Dr. Nicholas Crimarco at nc2716@cumc.columbia.edu.

Contact Information:

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