

INTERNSHIP TRAINING IN HEALTH SERVICE PSYCHOLOGY



Yolanda Thomas, Ph.D.
Director of Psychology
Education and Training

TABLE OF CONTENTS

BACKGROUND AND GENERAL INFORMATION	5
THE HOSPITAL SETTING	5
PHILOSOPHY AND TRAINING MODEL	7
CULTURAL AND ECONOMIC DIVERSITY:	8
INTEGRATION OF SCIENCE, RESEARCH, AND PRACTICE	9
COMPETENCIES FOR INTERNSHIP TRAINING	9
INTERNSHIP TRAINING	10
CORE CURRICULUM	10
ADULT TRACK	11
CHILD TRACK	15
INTERNSHIP COMPLETION	19
PSYCHOLOGY INTERNSHIP ENTRANCE REQUIREMENTS	19
NONDISCRIMINATION POLICY	20
ACCREDITATION STATUS	21
STIPEND	21
APPLICATION PROCEDURE	21
POLICIES AND PROCEDURES MANUAL AND INTERN HANDBOOK	22
DIRECTIONS TO THE MEDICAL CENTER	22

BACKGROUND AND GENERAL INFORMATION

The New York-Presbyterian Hospital Internship in Health Service Psychology is conducted in conjunction with the Department of Psychiatry. It makes use of the Medical Center's various outpatient and inpatient clinical services, as well as those of the New York State Psychiatric Institute located on the same campus. A full range of clinical services also supports training for psychiatrists, social workers, nurses and members of other clinical disciplines with whom psychology interns interact regularly.

The internship offers two training tracks: one specializing in work with adults (Adult Track), and one specializing in work with children and adolescents (Child Track). All interns participate in a core curriculum of courses, clinical rotations, and individual supervision. The Adult Track provides the intern with experience in both outpatient and inpatient facilities. Training in the Child Track takes place in outpatient settings exclusively. There are ten funded internship positions; six positions in the Adult Track, and four in the Child Track. The Internship in Health Service Psychology has been APA accredited since 1958. Questions related to the program's accredited status should be directed to the Commission on Consultation and Accreditation. Contact information is as follows:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington, DC 20002
Phone: (202) 336-5979
E-mail: apaaccred@apa.org
Web: www.apa.org/ed/accreditation

This internship is a member of APPIC and has agreed to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant prior to the uniform notification day.

THE HOSPITAL SETTING

The New York-Presbyterian Hospital, Columbia University Irving Medical Center, is a comprehensive non-profit, non-sectarian hospital that serves its neighborhood in northern Manhattan, as well as private patients from around the world who are drawn to its state-of-the-art medical facilities and reputation for outstanding care and treatment.

The mission of New York-Presbyterian Hospital highlights a commitment to excellence in clinical service, education, research, and community service. Specifically, it details its mission as "dedicated to:

Educating the next generation of health care professionals
Developing groundbreaking research. Advancing innovative, patient-centered clinical care
Serving the needs of our local, national and global community"

<https://infonet.nyp.org/Pages/Culture.aspx>

New York-Presbyterian Hospital further asserts its Vision: "To be the #1 Integrated Academic Health System in the Nation in high-quality patient centered care, education & research."
(<https://infonet.nyp.org/Pages/Culture.aspx>)

The New York-Presbyterian Hospital is a full service academic medical center and one of the nation's largest hospitals. According to most recent statistics, our medical center records more than two million annual visits, including over 310, 000 emergency department visits. Within the Medical Center, the Department of Psychiatry provides 2,000 annual inpatient admissions, over 100,000 child and adult outpatient visits, and over 3,500 annual visits to the comprehensive psychiatric emergency program.

The New York-Presbyterian Hospital, Columbia University Irving Medical Center is located in the Washington Heights-Inwood-Marble Hill area of northern Manhattan. According to the 2020 Census Report, 68% of the population of our neighborhood is Hispanic, 19% is White, 7% is Black, and 3% is Asian. Sixty-nine per cent of Washington Heights-Inwood residents speak a language other than English in the home, more than double the rate in New York and the United States as a whole. Twenty-six per cent of our area population have not completed high school; 37% have attained a bachelor's degree or higher. Forty four percent of our residents are foreign born, with the majority of these (86%) emigrating from Central American, South America, and the Caribbean. Washington Heights- Inwood has the highest concentration of residents of Dominican descent of all New York City census divisions.

Families living in the community surrounding our Medical Center frequently face financial hardship, with an estimated population (2020) of 214,763 and a median household income of \$57,117. Almost one quarter of residents (19.1%) are living below the federal poverty line, approximately 1.4 times the percentage in New York and 1.5 times the percentage in the United States. For seniors over the age of 65, the rate increases to 27% and for children under the age of 18 it also increases to 27%.

Secondary to our local neighborhood, the New York-Presbyterian Hospital provides care to its employees, patients throughout New York City and from the tri-state area, and national and international patients who opt to seek care at our institution. This provides additional richness and diversity in the patient populations seen by our Psychology Interns.

Internship training routinely brings interns to numerous service sites within the Medical Center complex. Outpatient psychiatric services are located within the Adult Outpatient Psychiatric Clinic, Morgan Stanley Children's Hospital of New York, the Ambulatory Care Network (ACN), and at the New York State Psychiatric Institute. Inpatient rotations for the Adult Track are offered at the New York State Psychiatric Institute and the Milstein Hospital. Psychological testing is done throughout the Medical Center, including the medical services of New York-Presbyterian Hospital, Morgan Stanley Children's Hospital (CHONY), Milstein Hospital, and the New York State Psychiatric Institute. Interns maintain offices in the Presbyterian Building and at CHONY,

but their clinical duties take them throughout the Medical Center.

The New York State Psychiatric Institute (PI) is the research and teaching facility of New York State and is an integral part of the Psychiatry Department. Interns can attend Grand Rounds and be taught and supervised by staff members in the fields of psychology and psychiatry.

PHILOSOPHY AND TRAINING MODEL

The overriding aim of the Internship in Health Service Psychology is to train qualified and competent health service clinicians capable of evaluating and treating patients in an urban medical center environment, with clinical skill, cultural humility, and humane understanding. In service of this overarching aim, our program endeavors to select competent, qualified, and culturally attuned advanced doctoral students in clinical psychology, train them in a range of assessment, intervention, and consultation services, and prepare them for pre-license entry-level positions and postdoctoral fellowships. Toward this end, we have created a comprehensive, intensive training program, consonant with the level of development of our psychology interns, the diversity of our patient population, the nature of our multidisciplinary environment, and the standard of excellent clinical practice within the Medical Center.

Our model of training includes the following components:

Hands-on Experience: To achieve proficiency and, ultimately, independence in clinical work, interns require immersion in direct patient care. All sites included in internship training afford the intern a direct service role. For example, Adult Track interns rotate on inpatient units where they assume the role of primary therapist. Similarly, Child Track interns are given evaluation privileges (usually granted to physicians on service) during their tenure on the Child Crisis Service. Interns are immersed in outpatient services in Pediatric and Adult Psychiatry, respectively, with opportunities to have more specified clinical focus as a primary therapist and co-leader of groups, utilizing various clinical approaches to treat diverse populations. Interns also gain additional clinical experience from chosen electives and rotations in more intensive service programs (e.g. Acute Care DBT, Mother and Child Infant Mental Health, Consultation Liaison Service, Triciclo Women's Health and Parenting, Latinx Language and Culture, Gender and Sexuality).

Supervision: Our training model emphasizes intensive supervision, substantial in both quality and quantity, and tailored to the needs of interns at each training site. Interns generally receive between ten and twelve hours of weekly supervision. We believe that close supervision is imperative to build clinical skills, identify and correct errors, alleviate insecurities, and resolve concerns as interns assume direct clinical responsibility.

Heterogeneity: To practice within an urban medical center, interns require familiarity with the many roles that psychologists may assume. Accordingly, interns train in various hospital services and obtain clinical experience with a heterogeneous patient population. Interns' clinical

caseloads include patients of various ages, ethnicities, occupational backgrounds, and socio-economic levels. Levels of psychopathology range from patients with severe and persistent mental illness to high-functioning graduate students and hospital personnel. Interns supplement their common outpatient core experience with two intensive subspecialty clinics (Child Track interns), or elective rotations (Adult Track interns).

To practice within a medical center, interns also require knowledge about trauma-focused work and the full range of treatment techniques and their proper application. Interns are introduced to a variety of evidence-based and trauma-informed treatment modalities and are educated in psychodynamic, behavioral, and cognitive behavioral treatments. They receive training in individual psychotherapy (both brief and extended), group therapy, crisis intervention, couples therapy, and family therapy.

The full-time supervising and training staff represent a broad range of orientations and clinical specialties. Staff members familiarize interns with the array of clinical sub-specialties in which they both practice and do research, including chronic self-injury, family violence, child and adolescent mood disorders, and chronic medical conditions and the needs of gender and sexual minorities. Adjunct supervising psychologists enrich internship training with clinical expertise derived from independent practice

Cultural and Economic Diversity: The New York-Presbyterian Hospital is located within an economically underprivileged area in northern Manhattan. Although internship training has been constructed to afford clinical experience with a range of cultural and economic backgrounds, the community we serve is largely Latinx and disproportionately encounters economic hardship. Responsible and competent service to this population mandates that interns become educated about the local environment and the needs of its people. Thus, our program addresses the topics of cultural and economic diversity in a variety of ways: through supervision, a didactic seminar on Multicultural and Diversity Issues, assigned readings, case conferences, and group discussions during Intern Meetings.

The Psychology Internship, as well as The New York-Presbyterian Hospital, is committed to promoting cultural humility and respecting diversity among interns and training staff. We recruit trainees and supervisory staff with varied backgrounds and histories. We believe that this mix of personal and demographic characteristics enriches our program, fosters learning, and contributes to the quality of service we can provide for the diverse populations we serve.

Medical Health and Illness: Psychologists who function within a medical environment must be familiar with the medical problems that afflict patients and also with the range of psychiatric treatment modalities they need. Interns are introduced to the impact of chronic medical conditions on functioning and comorbidity with psychiatric symptoms in several ways: assessment, evaluation, and discussion in seminars, supervision, and team meetings.

Ethical Principles and Professional Behavior: The importance of practicing ethically as well

as skillfully is stressed in our model, and reference to ethical principles is woven through every venue of internship instruction. A didactic seminar is devoted to Ethical Issues and Legal Standards, particularly as they apply to the everyday experiences of interns.

INTEGRATION OF SCIENCE, RESEARCH, AND PRACTICE

The emphasis of this internship is on the clinical practice of psychology, with the integration of science, research, and practice interlaced throughout the curriculum. Seminars address research findings relevant to specific clinical populations and treatment techniques. Reading lists are provided, copies of classic and current articles are distributed frequently, and interns have full use of the Medical Center library, as well as CLIO, the web-based system that gives them access to the entire Columbia University library system. In addition, attendance is encouraged at weekly Grand Rounds for the Department of Psychiatry, as well as lectures throughout the Medical Center where current scientific research is reviewed.

At the Internship Research Colloquia, researchers from The New York-Presbyterian Hospital, the New York State Psychiatric Institute, and invited guest speakers present recent findings and lead discussions of work in progress. These meetings provide interns with the latest information about empirically supported treatment approaches. They also provide opportunities to develop relationships with researchers and identify future postdoctoral research opportunities.

COMPETENCIES FOR INTERNSHIP TRAINING

Internship training is designed to facilitate the achievement of several major competencies. It is expected that, at the conclusion of the training year, interns will have mastered the following:

Competency 1. To be able to identify relevant scientific knowledge, read it critically, and apply it effectively to clinical work

Competency 2. To have knowledge of and competence with ethical practice and legal standards in health service psychology

Competency 3. To have knowledge of multicultural and diversity issues as these impact on clinical and collegial work in the Medical Center

Competency 4. To recognize and demonstrate professional attitudes and behaviors in interactions with patients, supervisors, staff, and colleagues

Competency 5. To be able to communicate effectively and collaboratively with patients, supervisors, staff, and colleagues

Competency 6. To be able to competently deliver assessments (in both initial intake evaluation and psychological testing) and provide effective verbal and written reports

Competency 7. To be able to provide competent, effective, and evidence-based psychotherapy using a variety of techniques across a range of medical center settings

Competency 8. To demonstrate knowledge of the supervisory role in clinical practice, as both consumer and provider

Competency 9. To effectively exchange knowledge within and across professions and

disciplines

INTERNSHIP TRAINING

The internship training year is structured to accomplish our overriding goal to train qualified and competent health service clinicians capable of evaluating and treating patients in an urban medical center environment, with clinical skill, cultural humility, and humane understanding. Training experiences have been designed to facilitate the achievement of our nine competencies for the internship year.

In response to the pandemic, tele-education, telemedicine, and remote learning were incorporated into the internship. We have now re-established on-site training and delivery of care. Currently, the internship can be described as in-person for the 2026-2027 training year.

We continue to conduct didactics, supervision, and meetings virtually, but incorporate as many in-person clinical/educational spaces as possible. Interns gain experience working with individuals and families, learning best clinical practices, and supporting patient engagement in treatment. Interns will provide telemedicine, utilizing technology to meet our patients' daily life as well as clinical needs. They will also regularly experience the richness of providing assessment, evaluation, and treatment in person.

The Internship in Health Service Psychology consists of a Core Curriculum completed by all interns. It is supplemented by specialized programs organized separately within the Adult and Child Tracks.

CORE CURRICULUM

Core Clinical Experience

The core clinical experience includes diagnostic evaluation and psychotherapy. Adult interns serve in a weekly adult evaluation clinic for half the training year. Similarly, child interns also participate in a weekly child evaluation clinic for one semester. They interview outpatients to arrive at a clear clinical picture, substantiate a DSM-5 diagnosis, and formulate a plan for recommendations and disposition. As part of the core curriculum, each intern is assigned adult outpatients for psychotherapy. Child Track interns generally treat two adult outpatients, while Adult Track interns maintain a significantly larger adult outpatient caseload.

Supervision

Core curriculum supervision consists of evaluation supervisors and psychotherapy supervisors. An evaluation supervisor trains interns in the process of initial intake evaluation. Psychotherapy supervisors focus on ongoing treatment cases.

Didactic Seminars

The core curriculum includes the following courses:

1. *Initial Intake Evaluation* - a seminar that addresses issues of initial intake evaluation, emphasizing both general principles in case formulation and clinical problems that arise.
2. *Ethical Issues and Legal Standards* - a course examining ethical principles, relevant legal standards, professional behavior, and ethical dilemmas in clinical psychology.
3. *Psychopharmacology* - a clinically focused seminar addressing medical issues and psychotropic medications.
4. *Multicultural and Diversity Issues* – an interactive seminar concentrating on important aspects of self-definition and issues that typically arise in providing service for a culturally diverse patient population.
5. *Manual-Based Treatment Approaches*- didactics and readings taught by various faculty in their individual areas of expertise
 - a) *Child Psychotherapy: Manual-Based Treatment Approaches*
 - b) *Adult Psychotherapy: Manual-Based Treatment Approaches*
6. *Fundamentals of Adult Psychodynamic Psychotherapy* - a clinically based seminar addressing fundamental psychotherapy skills and technical considerations in the treatment of adult psychotherapy patients.
7. *Neuropsychological and Psychological Assessment*- didactic and experiential instruction in fundamentals of neuropsychological and psychological assessment, test administration, scoring, interpretation, feedback, and report writing
 - a) *Child Neuropsychological and Psychological Assessment*
 - b) *Adult Neuropsychological and Psychological Assessment*
8. *Consultation and Supervision* - a seminar that introduces interns to these roles within the Medical Center.

Additional seminars within each specialty track are available to interns in each track.

Internship Meeting

Our Internship Meeting is a gathering of interns, internship director, and invited faculty and staff throughout the training year. The agenda is flexible and addresses administrative, clinical, group, and professional issues as these arise.

Research Colloquium

Guest speakers from the Medical Center and surrounding environment are invited to present on their ongoing research on a variety of clinically relevant topics. Research colloquia take place approximately once per month.

Clinical Case Presentations

Interns will participate in case presentations in various training spaces. Presentations are followed by commentary and discussion with clinical supervisors, fellow trainees, faculty/staff, and/or course instructors.

ADULT TRACK

GOAL

The goal of the Adult Track is to provide an intensive supervised training experience in the evaluation and treatment of older adolescents and adults. Interns are clinically responsible for patients at all stages of the treatment process, from initial intake evaluation, through diagnosis, disposition, and psychotherapy in both inpatient and outpatient settings. Collaboration with other health professionals is a major component of the adult track.

THE TRAINING EXPERIENCE

Evaluation and Psychotherapy:

The primary psychotherapy experiences are obtained within the New York-Presbyterian Hospital Adult Outpatient Psychiatric Clinic. This outpatient psychiatric clinic serves people aged 18 years and above and is a major mental health resource for the Washington Heights-Inwood area of northern Manhattan. A diverse inner-city community predominately of Latinx descent with the presence of Black, Asian, and Caucasian populations resides in our immediate catchment area. Families are frequently experiencing socio-economic struggles and other psychosocial stressors. Our diverse population assures the intern an outpatient psychotherapy experience with patients who vary widely in ethnic/cultural background, age, religion, disability status, social economic status, and severity of psychopathology. Interns perform initial intake evaluations and conduct ongoing treatment as part of an interdisciplinary team that may include other psychologists, psychiatrists, and social workers.

1. **Evaluation:** Each intern does initial evaluations for six months: approximately 1 2-hour evaluation sessions and accompanying supervision weekly. Interns are provided with live supervision and progress towards completing intake evaluations more independently. The supervisor is typically present during part of the session and is always available for consultation during this time. At the conclusion of the evaluation, the intern works with the supervisor and the patient to identify and implement an appropriate disposition plan, which may include the intern continuing to work with the patient as an outpatient therapist.
2. **Treatment:** Interns provide trauma-informed psychotherapy in a variety of modalities. Each intern gains experience in individual and group psychotherapy. Interns may also experience short-term sessional care or family and couples therapy with corresponding supervision, seminar, or rounding spaces. Supervisors are drawn from a range of orientations, including behavior therapy, cognitive behavior therapy, psychodynamic psychotherapy, interpersonal therapy, dialectical behavior therapy, and crisis intervention. Interns serve the role of primary therapist and, with supervisory support, coordinate care with other providers including psychologists, social workers, and psychiatrists. Intern caseloads will reflect a range of diagnostic and clinical presentations as well as the various sociocultural identities and psychosocial concerns existing among the diverse adult population treated in the outpatient service. Interns can join any existing

consultation and rounding spaces for one-time consultation or as an on-going participant for additional clinical support.

Elective Clinical Rotations:

Based on individual interest and rotation availability, interns in the Adult Track choose among several clinical rotations; these training opportunities run half of the internship experience or the entire year.

1. *Inpatient- (required)* The six-month inpatient rotation offers Adult Track interns with intensive inpatient experiences on one of four psychiatric inpatient units. At New York Presbyterian Hospital (NYPH), the general psychiatric unit provides multidisciplinary (milieu, psychiatric, behavioral) services to a mixed diagnostic acute patient population, hospitalized for a relatively brief time. At New York State Psychiatric Institute (NYSPI), there are three multidisciplinary inpatient units. The community unit provides inpatient services to the Washington Heights/Inwood population. The Eating Disorders Unit is a protocol-driven research unit, integrating medical, psychiatric and behavioral approaches for the treatment of eating disorders, often for longer stays. The General Clinical Research Unit provides services to participants in a range of research protocols, often for longer stays. On each unit, interns join a multidisciplinary treatment team, participate in the unit milieu, and serve as primary psychotherapist for hospitalized patients whom they see three to five times weekly. Psychotherapy may be supportive and/or behavioral. Family therapy, group therapy and psychological testing may also be involved.
2. *STARS (Substance Treatment and Research Services)* - Specialized training is offered in the evaluation and treatment of patients with substance use disorders. The service offers cutting edge research and therapeutic approaches to treating addiction to alcohol, marijuana, cocaine, heroin, and opioids. Specific studies vary in terms of substance and population; cognitive-behavioral, motivational interviewing, and harm reduction-based approaches are common. Interns join research/treatment teams focusing on marijuana, cocaine, or opioid abuse.
3. *The RED/High-Risk Treatment Team*, a short-term treatment service, provides training in crisis intervention and brief psychotherapy, with the goal of rapid assessment, stabilization, and linkage to longer-term therapy. Interns participate on a multi-disciplinary team and conduct initial evaluations and brief individual and group treatments. They acquire skills in diagnostic clarification, risk assessment and safety planning. They may also work with the family of the patient.

4. *The Triciclo Program* specializes in psychiatric problems that occur during pregnancy and postpartum and early parenting (age 0-3) periods. On this rotation, interns have the opportunity to work with people who are pregnant, postpartum or parenting young toddlers, or have experienced a miscarriage or infant loss. Interns gain experience in short-term psychotherapy, patient evaluation, and crisis management. Psychodynamic, cognitive behavioral, dialectical, and interpersonal techniques are used. Trainees participate in didactic seminars and group rounds. Optional consultation-liaison and dyadic therapy experiences may also be available.
5. *Dialectical Behavior Therapy (DBT)* - This rotation instructs interns in the use of Dialectical Behavior Therapy with suicidal and self-injuring patients. Treatment has two components: skills training conducted in a group format and individual psychotherapy, generally once a week, with additional phone consultation as needed. Interns treat several patients and co-lead a skills training group. Supervision, team meetings, and group training sessions are integral parts of the rotation. **Please Note:** *This rotation is year-long; the interns who elect this rotation have their general outpatient caseload adjusted to balance workload during the inpatient rotation.*

Psychological Testing:

Psychological testing is a part of the internship experience at the Medical Center. Adult Track interns complete approximately 2-3 batteries during the training year. Interns gain experience with interviewing, instrument selection, test administration, scoring, test interpretation, feedback, and report writing. Referrals for interns are chosen to provide a balance of experience that can include outpatients in ongoing psychotherapy, patients requiring neuropsychological assessment, inpatient psychiatric with severe acute and chronic disorders, and inpatient medicine to inform discharge and aftercare planning. Interns attend a full year course in psychological testing that includes didactics, readings, case presentation, and discussion of test protocols. Supervision is provided by psychologists who have special expertise in psychological testing.

Supervision:

Adult Track interns receive 6-8 hours of supervision per week from members of the psychology staff of New York-Presbyterian Hospital and by adjunct staff psychologists. Further supervision may be provided by staff psychiatrists and social workers.

Supervision is conducted primarily individually and occasionally in pairs or groups. Supervisors who specialize in particular types of cases and treatment modalities are assigned as needed. Interns receive supervision for individual psychotherapy, group therapy, family therapy, initial intake evaluation, and psychological assessment. Supervision is furnished in a variety of therapeutic orientations including psychodynamic psychotherapy, crisis intervention, behavior,

and cognitive behavior therapies. Additional specialized supervision is provided on each of the elective rotations.

Didactic Seminars:

Adult Track interns participate in the core curriculum of seminars (See page 9). In addition, they attend the following seminars:

Techniques of Psychodynamic Psychotherapy (second half) - This course constitutes a continuation of Fundamentals of Psychodynamic Psychotherapy. Various aspects of conducting psychodynamic psychotherapy are presented by an experienced faculty or invited instructor. Case material presented by the interns is incorporated.

This adult track course is open to attendance by child track interns.

CHILD TRACK

GOAL

The goal of the Child Track is to provide a culturally sensitive and intensive supervised clinical experience in the evaluation and treatment of children and adolescents with a wide range of psychiatric disorders. The experience includes initial intake evaluation, DSM-5 diagnosis, disposition, psychological testing, and psychotherapy, including individual, group and family treatments utilizing evidenced-based approaches.

Evaluation and Psychotherapy:

Interns conduct treatment with children and adolescents in the Pediatric Psychiatry Outpatient Department at Morgan Stanley Children's Hospital of New York. The Department serves children and adolescents from birth through age 21 from the Washington Heights/Inwood area of northern Manhattan as well as youth and families from the greater tri-state area, as we offer services covered by most major insurance companies.

The interns' treatment responsibilities include initial intake evaluations, psychological assessment, and psychotherapy. Interns in the Child Track devote approximately 20 hours a week to direct clinical services. This time includes brief and long-term individual psychotherapy, family therapy, group therapy, rapid evaluations with disposition referrals, intensive evaluations, psychological testing, participation in a multi-disciplinary team, and consultation with schools.

1. Evaluation (Diagnostic Intake Service): Each intern is assigned to an evaluation team that meets weekly for approximately 3 hours. During this meeting, the intern interviews new patient referrals. The intern's supervisor typically is present for the initial evaluation

and continues to supervise the remaining sessions. The supervisor addresses issues of interview techniques, clinical diagnosis, and planning disposition. At the conclusion of the evaluation, the intern meets with the evaluation team which consists of psychologists, psychiatrists, and case managers to arrange disposition. Patients may be referred to staff/faculty, or the intern may be assigned to treat the patient. Interns participate in a semester-long placement on the evaluation team

2. Treatment: Interns will gain experience in individual, group, and family therapy. Supervisors are drawn from a range of orientations including psychodynamic, cognitive-behavioral, behavioral, interpersonal, and family systems and care is provided through a trauma informed lens. The interns on the Child Track will have a general outpatient experience in the Child and Adolescent Outpatient Clinic (CHONY). Caseloads will include cases with a variety of diagnoses and clinical presentations, including Attention-Deficit Disorder with and without Hyperactivity, Oppositional Defiant Disorder, Conduct Disorder, PTSD, Anxiety, and Depression. All interns will receive training in brief psychotherapy. Interns can also choose an additional training experience in one of the following treatment approaches or specialized interventions:
 - a. *Brief Psychotherapy: Interpersonal Psychotherapy for Adolescents (required)*: Interns spend one year in group supervision for Interpersonal Psychotherapy for depressed adolescents (IPT-A) in which they provide treatment for one adolescent and consult on cases of other trainees. The supervision provides a mix of didactics as well as training in conducting IPT-A.
 - b. *Toddler Infant Parent Program* provides a dyadic relationship-based treatment for parents and their young children. CPP (Child Parent Psychotherapy) is an evidence-based model of dynamically informed treatment that defines the patient as the actual parent/infant dyad. Parents (usually mothers) can be referred either while pregnant or during their child's first three years. Treatment has an attachment-based focus. Families may have been exposed to trauma (domestic violence, chronic trauma in the host family, and/or notable mental health risk concerns for mother).
 - c. *General Dynamic Psychotherapy*: The general dynamic treatment experience is more broadly psychodynamic. Focus of supervision and treatment is to facilitate clinicians' understanding of dynamic theory, transference and countertransference, and developmental considerations of conducting psychodynamic psychotherapy with their patients.
 - d. *Tourette's, Tic and Related Disorders (TTRD)* for children and families who are affected by tic disorders, and their comorbid disorders, including obsessive compulsive disorder. The clinic staff utilizes several cognitive behavioral treatment modalities, including Exposure Response Prevention (ERP), Comprehensive Behavioral Interventions for Tics (CBIT), and habit reversal therapy, as well as family therapy and specialized pharmacological interventions.

- e. *Parent Training Module-* Parent Child Interaction Therapy (PCIT) is an evidenced based treatment that addresses behavioral problems in young children, including interventions focused on improving externalizing behaviors, developing social skills, and strengthening the parent-child relationship. Parent Management Training (PMT) is an evidenced based psychosocial treatment where parents are taught skills to address disruptive behaviors and increase the frequency of adaptive behaviors. Interns will have the opportunity to gain specialized experience providing PCIT and/or PMT informed care.
- f. *Sessional Care-* Targeted care designed to increase patients' ability to access outpatient services. Our model offers 12 sessions with an individual therapist, which can also include psychopharmacology sessions to help patients achieve their desired outcomes. Interns will provide individual therapy, where each session is intentionally designed: to be patient driven, to deepen a patient's understanding of their experience, to identify desired goals, activate agency, and to promote choice and hope with a strong focus on strengths. Following the 12 sessions, a collaborative multidisciplinary team-based discussion takes place with the patient about recommendations for the next phase of treatment.

Overall, the intern can gain experience in long-term psychotherapy, brief psychotherapy, consultation, and crisis intervention. Medical back-up is provided for those patients in need of medication.

Elective Clinical Rotations:

Based on individual interest and availability, Child Track interns choose among several electives that take place on other services within Pediatric Psychiatry, Pediatric Medicine, or the Ambulatory Care Network (ACN). Interns will have the opportunity to gain experience providing trauma-informed care; treating a variety of clinical presentations, conducting psychotherapy, family consultation, and clinical evaluations.

1. *Mother and Child Integrated Mental Health Program MAC-IMP-* The Mother and Child Integrated Mental Health Program (MAC-IMP), part of the Ambulatory Network, offers integrated health services to families with limited resources within upper Manhattan (Washington Heights and Harlem) and the Bronx. The program offers pediatrics, obstetrics/gynecology, and early childhood mental health care to families to address disparities in health outcomes, educational attainment, and psychosocial stability. This elective provides interns the opportunity to learn a preventive, multidisciplinary, two-generation approach to treating the caregiver-infant dyad.
2. *Acute Care- High Risk Service -* Elective offers interns the experience of working with children and adolescents at high risk for suicidal behavior and/or self-injury. The experience includes training in Dialectical Behavior Therapy. Modes of treatment include

individual therapy, multi-family DBT skills group, participation in the DBT consultation group, and supervision/training in crisis coaching. In addition, the intern can gain experience in providing intensive short-term crisis stabilization interventions for high-risk youth.

3. *School-based Mental Health Clinic* - Elective occurs off-site in a local elementary or middle school. Our SBMH service operates as an outpatient mental health clinic embedded in the public school. Interns on this service spend a minimum of 4 hours a week working in the school. They provide individual, family or group therapy to children who have been identified as having difficulties in school and are at risk for more serious problems. Interns also provide consultation to the teaching staff on the classroom management of behavioral problems and the effects of emotional problems on school performance.
4. *Special Needs Clinic and Outpatient Consultation/Liaison Service* - The Special Needs Clinic is a family based mental health program that serves children, youth, and families who were diagnosed with a chronic medical condition and need psychological and psychiatric support. Interns have an opportunity to provide psychotherapy and family consultation in a psychiatry outpatient setting. This elective also provides interns with the opportunity to gain experience in this outpatient consultation liaison service that has coordinated care for families referred from gastroenterology, rheumatology, nephrology, endocrinology, hematology-oncology, and transplant services.

Neuropsychological and Psychological Testing:

All interns are expected to administer approximately 4 psychological test batteries during the internship year. Test batteries generally include tests of intellectual functioning, achievement, and neuropsychological functioning. Interns can obtain more extensive training in neuropsychological testing. Interns are responsible for administering the test battery, completing the report, and providing feedback to the patient, family, and school personnel as indicated. Supervision is provided for test administration, test interpretation, and report writing.

Supervision:

Psychotherapy and evaluation supervision are provided by the department's multidisciplinary staff. Supervision for intellectual, achievement, and neuropsychological testing is also part of the training program. Supervision is furnished in a variety of therapeutic orientations providing the interns with exposure to psychodynamic psychotherapy, as well as crisis intervention, brief psychotherapy, and a variety of specialized evidence-based treatments. A substantial portion of supervision is provided in an individual format, while the group and family therapy supervision, and the specialized training in cognitive-behavioral, dialectical behavior, child parent psychotherapy (CPP), and interpersonal psychotherapy can occur in a group format. Interns receive approximately 6-8 hours of weekly supervision on their Child Track caseload, and approximately an additional hour of supervision on their adult cases in the core

curriculum.

Adult Treatment:

Child Track interns are expected to spend time each week in the Adult Psychiatry Outpatient Department, as part of the core curriculum. Currently, child track interns receive supervision on two adult psychotherapy treatment cases for the full year. Supervision may be psychodynamic, cognitive-behavioral, or integrative.

Didactic Seminars:

Child Track interns participate in the core curriculum program of seminars (see Page 9). In addition, they attend the following seminars:

Child Psychopharmacology – This course focuses on the use of medication with children and adolescents. The course is a combination of didactics and case discussion.

Family Therapy – This is an integrated course that includes readings, didactics on treatment approaches, and experiential learning. Experiential learning consists of viewing family therapy sessions behind a one-way mirror, with live coaching for the trainee conducting the session. The psychology interns all participate in seeing their family case in front of the one-way mirror multiple times during the year.

These child track courses are open to attendance by adult track interns.

INTERNSHIP COMPLETION

Internship training is full-time and for a period of twelve months. Interns can expect to work between 40 and 45 hours weekly and will be granted overtime pay for hours that exceed a 40-hour work week. Interns will be awarded a Certificate of Completion at the successful conclusion of the internship year. Our policies regarding requisite training competencies and minimal levels of achievement, as well as additional documents on policy and procedure are in our Policies and Procedures Manual. This manual is available on request by e-mailing yot9010@nyp.org

PSYCHOLOGY INTERNSHIP ENTRANCE REQUIREMENTS

Prior to beginning internship training, all prospective interns must have successfully completed the following:

1. All graduate courses required by their own department
2. Graduate coursework in:
 - a) Psychopathology
 - b) Psychological Assessment
 - c) Cultural Issues in Psychology
 - d) Ethical Issues in Psychology
3. A minimum of 500 intervention hours

4. A minimum of two direct service practica, with at least one practicum providing experience in psychotherapy
5. Individual supervision on at least four psychotherapy cases
6. An introduction to initial intake interviewing in the form either of a graduate course in Initial Interviewing or a graduate course in DSM-5 or supervised experience in conducting an intake interview
7. A minimum of two complete testing batteries
8. An introduction to psychiatric medications in the form of either a graduate course in Psychopharmacology or direct supervised experience in a clinical setting where patients regularly receive psychotropic medications
9. Endorsement of readiness for internship training by the director of their graduate program

In addition to the above, all prospective Child Track interns must have successfully completed:

1. Graduate classes in, or a class that included the following content:
 - a) Child Development or
 - b) Child Psychotherapy Techniques or
 - c) Child Psychopathology
2. A minimum of one direct service psychotherapy practicum with child and adolescent patients. This may count as one of the two required psychotherapy practica.
3. A minimum of one direct service practicum in a hospital setting, residential treatment setting with children and/or adolescents, or setting for children with comparable severity of illness. This may count as one of the two required psychotherapy practica
4. A minimum of three psychological test reports of batteries administered to children and/or adolescents, which include assessment of intellectual functioning as well as psychopathology and/or learning disabilities

Similarly, an applicant who lacks formal completion of any of the above requirements may submit alternative material for review toward satisfaction of the designated application criterion.

The Internship in Health Service Psychology is committed to attracting and training diverse interns. We recognize that diversity in our intern cohorts will enhance the experience of trainees, staff, and patients alike.

NONDISCRIMINATION POLICY

The Internship in Health Service Psychology is dedicated to the provision of equal opportunity to all applicants and Psychology Interns without regard to race, color, religion, sex, sexual orientation, gender (including gender identity and expression), national origin, citizenship status, marital status, veteran status, employment status, age, disability, pregnancy status, predisposing genetic characteristics, and other protected characteristics, subject to the conditions of applicable federal, state and city laws.

ACCREDITATION STATUS

The Internship in Health Service Psychology is accredited by the American Psychological Association. Questions related to the program's accredited status should be directed to the Commission on Accreditation. Contact information is as follows:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington, DC 20002
Phone: (202) 336-5979
E-mail: apaaccred@apa.org
Web: www.apa.org/ed/accreditation

STIPEND

The current stipend is \$40,950.00. Overtime pay is awarded for time in excess of 40 hours per week. Interns receive four weeks (20 days) paid time off and may choose from several plans for medical insurance. Interns are eligible for disability benefits, as well as Family/Parental Leave after 26 weeks of employment.

JULY PAID TIME OFF

There is a lot to become acquainted with at the start of internship and we want to equip incoming interns with all the information and training you need early on to set you up for a successful year. Your first month with us will be heavily scheduled with required training activities, and for this reason we discourage anyone from scheduling days off in the month of July. We understand that there might be rare circumstances under which a day off is necessary, so we are prepared to approve one planned day off in July, if needed

APPLICATION PROCEDURE

The application deadline is November 1, 2025. The APPIC Program Code Numbers for our tracks are: Adult Track, 146512; Child Track, 146513. **Please note that applicants may apply to one track only.**

Your application should include:

1. APPIC application form (available on the APPIC web site at www.appic.org. Applicants can register for the Match at www.natmatch.com/psychint)
2. Cover letter
3. Copy of your curriculum vita
4. Official transcript(s) of all graduate work
5. Case summary of a psychotherapy patient that best represents your work and

- demonstrates an understanding of the patient; length is not a factor
6. Three letters of recommendation

After your application has been reviewed, you may be contacted to arrange for an interview. **Please note that all interviews for admission to the 2026 – 2027 class will be conducted virtually.**

POLICIES AND PROCEDURES MANUAL AND INTERN HANDBOOK

Anyone who would like a copy of our complete Policies and Procedures Manual and/or Intern Handbook should e-mail a request to yot9010@nyp.org.

DIRECTIONS TO THE MEDICAL CENTER

To reach the Columbia University Irving Medical Center, take the A, C, or #1 subway to West 168th Street and Broadway.

CONTACT INFORMATION

Questions about our program may be directed to us at yot9010@nyp.org. Our website address is: <https://www.columbiapsychiatry.org/education-and-training/clinical-psychology/internship-health-service-psychology>