

*New York-Presbyterian Hospital*

**Columbia University Irving Medical Center**

**INTERNSHIP TRAINING  
in  
CLINICAL PSYCHOLOGY**

**2019 - 2020**

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## **BACKGROUND AND GENERAL INFORMATION**

The NewYork-Presbyterian Hospital internship in clinical 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 older adolescents and 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 Clinical 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 1<sup>st</sup> Street, NE, Washington, DC 20002  
Phone: (202) 336-5979  
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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 NewYork-Presbyterian Hospital, Columbia University Irving Medical Center, is a comprehensive, private 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 NewYork-Presbyterian Hospital, Columbia University Irving Medical Center asserts its mission "to be a leader in the provision of world class patient care, teaching, research, and service to local, state, national, and international communities." As a portion of this overall mission, it includes a "core mission of educating and training future generations of health care professionals." Thus, the mission of the Medical Center highlights commitments to the highest standard of patient care, ongoing research, and excellence in clinical training.

The NewYork-Presbyterian Hospital is a full service academic medical center. In 2010, the Medical Center recorded 743,418 inpatient days, 1,469,226 outpatient visits, and 195,294 emergency department visits. The Department of Psychiatry provides 1,800 annual inpatient admissions, over 80,000 child and adult outpatient visits, and over 3,000 annual visits to the comprehensive psychiatric emergency program.

The NewYork-Presbyterian Hospital, Columbia University Irving Medical Center is located in the Washington Heights-Inwood area of northern Manhattan. Our community has a highly diverse population and thus provides a rich socio-cultural experience for interns. According to a 2015 New York City Community Health Profile, 71% of the population of our neighborhood is Hispanic, 17% is White, 7% is Black, and 3% is Asian. Among the Hispanic majority, the Dominican population has been increasing rapidly, from 55% in 2000 to 72% in 2006. Forty-eight per cent of Washington Heights-Inwood residents are foreign born and 39% have limited English proficiency. In fact, residents have the highest percentage (nearly 29%) of students city wide who are not proficient in English when they enter the public school system.

The catchment area served by our Medical Center is an urban poor one, with an estimated population (2015) of 195,302 and a median household income of \$34,260. More than one quarter of families have household incomes below the poverty line. Forty percent of all Washington Heights-Inwood residents spend more than 30% of household incomes on rent, even after factoring in subsidies. Almost one third of residents (32.5%) are living below the federal poverty line. Thirty-seven per cent have attained less than a ninth grade education. A New York State Department of Health report of age adjusted rates (2004) observes that mental illness is the second most frequent cause of hospitalization among the residents of this neighborhood.

Secondary to our local neighborhood, the NewYork-Presbyterian Hospital provides care to its employees and to 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 Eye Institute, Morgan Stanley Children's Hospital of New York, and the Neurological Institute of the Columbia University Irving Medical Center, and also 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 NewYork-Presbyterian Hospital, the Neurological Institute, Morgan Stanley Children's Hospital (CHONY), Milstein Hospital, and the New York State Psychiatric Institute. Interns maintain offices in the Eye Institute and at CHONY, but their clinical duties take them throughout the Medical Center.

The New York State Psychiatric Institute (PI) is the primary research and teaching facility of New York State and is an integral part of the Psychiatry Department. Interns may choose clinical electives in several units at PI, attend Grand Rounds, and be taught and supervised by staff members in the fields of psychology and psychiatry.

## **PHILOSOPHY AND TRAINING MODEL**

The mission of the Internship in Clinical Psychology is to train professional psychologists who are able to evaluate and treat patients in an urban medical environment with clinical skill and humane understanding. The internship is a comprehensive and intensive training program designed for graduate students ready for internship. It aims to educate them toward the standard of clinical practice expected within this Medical Center. The model of training is experiential and provides interns with closely supervised clinical work, while introducing them to the wide range of services performed by psychologists at a major medical center.

Our model of training includes the following components:

**Hands-on Experience:** In order 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 only 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 in the Emergency Services.

**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:** In order 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 require knowledge about the full range of treatment techniques and their proper application. Interns are introduced to a variety of treatment modalities, and are educated in psychodynamic and 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 represents a broad range of orientations and clinical specialties. Staff members are able to 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 HIV/AIDS. Adjunct supervising psychologists enrich internship training with clinical expertise derived from independent practice.

**Cultural and Economic Diversity:** The NewYork-Presbyterian Hospital is located within a federally designated poverty area in northern Manhattan. Although internship training has been constructed to afford clinical experience with a range of cultural and economic backgrounds, the catchment area we serve is largely Latino and economically very poor. 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 several ways: through supervision, a didactic seminar on multicultural and diversity issues, assigned readings, and group discussions during Intern Meetings.

The Psychology Internship, as well as The NewYork-Presbyterian Hospital, is committed to promoting 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 these issues in several ways: a didactic seminar on psychopharmacology, a seminar on initial intake evaluation, clinical supervision, and discussion of relevant issues during Intern 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 reviewing the Ethical Principles of Psychologists and Code of Conduct, particularly as they apply to the everyday experiences of interns.

### **INTEGRATION OF SCIENCE, RESEARCH, AND PRACTICE**

While the emphasis of this internship is on the practice of clinical psychology, we address the integration of science, research, and practice 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 two Medical Center libraries. In addition, attendance is encouraged at the weekly Grand Rounds for the Department of Psychiatry, as well as at lectures throughout the Medical Center where current scientific research is reviewed.

At the Internship Research Colloquia, researchers from The NewYork-Presbyterian Hospital and the New York State Psychiatric Institute 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 for mentoring relationships with researchers for dissertation research or pursuing future post-doctoral research opportunities.

The New York State Psychiatric Institute is an invaluable resource for internship training. It is one of the nation's leading recipients of funds from NIMH and has been the site of many of the major discoveries in mental health. There are over twenty research divisions at the Psychiatric Institute, including Epidemiology, Child Psychiatry, Therapeutics, and the Division of Gender, Sexuality, and Health. Adult Track interns may choose clinical electives in several of these settings, such as the General Clinical Research Unit and the Schizophrenia Research Unit, where ongoing research is an integral part of the program and research meetings may be attended by trainees.

### **GOALS FOR INTERNSHIP TRAINING**

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

- Goal 1.** To be able to conduct a detailed initial intake interview, make a DSM-V clinical diagnosis, and formulate a disposition
- Goal 2.** To be able to conduct psychotherapy within an outpatient setting utilizing psychodynamic and behavioral/cognitive behavioral techniques
- Goal 3.** To be able to formulate psychotherapy cases and present these in verbal and/or written form.
- Goal 4.** To understand the indications for psychotropic medications and be able to apply this knowledge in clinical interactions with patients
- Goal 5.** To be able to conduct a psychological assessment, give verbal feedback, and present the results in a written report
- Goal 6.** To have knowledge of multicultural and diversity issues as these impact on clinical work with patients
- Goal 7.** To have knowledge of ethical issues in the practice of psychology and be familiar with APA guidelines
- Goal 8.** To demonstrate ethical and professional behavior in dealings with patients and staff
- Goal 9.** To relate current scientific knowledge to clinical work

### **INTERNSHIP TRAINING**

The internship training year is structured to accomplish our mission to train qualified and competent direct service clinicians, capable of evaluating and treating patients in an urban medical center environment. Training experiences have been designed to facilitate the achievement of our nine goals for the internship year.

Internship training 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 adult psychotherapy. Interns serve in a weekly adult evaluation clinic for half the training year. They interview adult outpatients for several visits in order to arrive at a clear clinical picture, substantiate a formal 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 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. *Clinical 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* - a course examining ethical principles, professional behavior, and ethical dilemmas in clinical psychology.
3. *Internship Meeting* - a year-long gathering of interns and internship directors. The agenda is flexible and addresses administrative, clinical, group and professional issues as these arise.
4. *Psychopharmacology* - a clinically focused seminar addressing medical issues and psychotropic medications.
5. *Multicultural and Diversity Issues* - a seminar concentrating on important issues that typically arise in providing service for a culturally diverse patient population.
6. *Techniques of Psychotherapy* - a clinically based seminar addressing technical considerations in the treatment of adult psychotherapy patients.
7. *Consultation, Supervision, and Program Evaluation* - 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.

# **ADULT TRACK**

## **GOAL**

The goal of the Adult Track is to provide an intensive supervised clinical 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.

## **THE TRAINING EXPERIENCE**

### **Evaluation and Psychotherapy:**

The primary psychotherapy experiences are obtained within the New York-Presbyterian Hospital Outpatient Psychiatric Clinic. This outpatient psychiatric clinic serves people ages 18 years and above and is the major mental health resource for the Washington Heights-Inwood area of northern Manhattan. In the catchment area resides a predominantly inner-city population of lower socio-economic status, predominately Hispanic with African-American, Asian, and Caucasian minorities. Interns gain additional psychotherapy experience with patients referred from the Columbia University Student Health Service, Barnard College Health Service, and the New York-Presbyterian Hospital Employee Health Service. These varied referral sources assure the intern an outpatient psychotherapy experience with patients who vary widely in ethnic/cultural background, age, occupation, and severity of psychopathology. Interns perform initial intake evaluations and conduct ongoing treatment.

1. **Evaluation:** Interns interview new patients over several sessions during weekly evaluation clinics. Supervision addresses techniques of initial interviewing, as well as differential diagnosis and disposition planning. At the conclusion of the evaluation, interns can elect to treat the patient or arrange for an appropriate disposition.

2. **Treatment:** Interns provide psychotherapy in a variety of modalities. Each intern gains experience in individual, group, and couples/family therapy. Supervisors are available who specialize in behavior therapy, cognitive therapy, psychodynamic psychotherapy, interpersonal therapy, dialectical behavior therapy, and crisis intervention. Medical backup is provided for patients needing medication. Each intern is paired with a staff psychiatrist who provides medication consultation as needed.



### **Elective Rotations:**

Based on individual interest, interns in the Adult Track choose among several elective rotations. Rotations vary in the time they demand; some require only 8 hours and others as many as 16 hours per week. Interns typically select one rotation for each half of the training year.

Elective rotations currently offered are:

1. *Inpatient* - The inpatient rotations offer interns an intensive inpatient experience on one of four psychiatric inpatient units. A general psychiatric unit serves a mixed diagnostic patient population who are hospitalized for a relatively brief time. A community unit provides inpatient services for the Washington Heights/Inwood population. The Depression/Eating Disorders Unit and the Schizophrenia Research Unit are single diagnosis units organized around research protocols and typically involve longer patient stays. Depending on the unit, psychotherapy may be either behavioral or supportive/psychodynamic in orientation.

On each unit, interns join a multidisciplinary treatment team, participate in the ward milieu, and serve as primary psychotherapist for hospitalized patients whom they see three to five times weekly. Family therapy, group therapy and psychological testing may also be involved.

2. *Intensive Treatment Team* - The Intensive Treatment Team, a short-term treatment service, provides training in crisis intervention and brief psychotherapy, often with the goal of avoiding hospitalization. Interns participate on a multi-disciplinary team and conduct initial evaluations and brief treatments. They also may work with the family of the patient.

3. *College Student Counseling* - The Barnard College Counseling Center provides an opportunity for training in short-term psychotherapy with a young adult population. Interns participating in this rotation receive supervision in initial intake evaluation, individual psychotherapy, and workshop groups.

4. *HIV/AIDS* - The HIV/AIDS Mental Health Clinic offers specialized training in psychological aspects of HIV disease. Interns conduct individual psychotherapy and do crisis intervention, HIV test result counseling, group therapy, and family therapy.

5. *Hispanic Clinic* - The Hispanic Clinic affords the opportunity to evaluate and treat monolingual Spanish-speaking patients in individual, group and family formats. Experience with the Spanish-speaking Crisis Team may augment this outpatient rotation.

6. *Dialectical Behavior Therapy (DBT)* - This rotation instructs interns in the use of Dialectical Behavior Therapy with suicidal and self-injuring patients. Interns treat several patients and co-lead a skills training group. Supervision, team meetings, and group training sessions are integral parts of the rotation.

7. *STARS (Substance Treatment and Research Services)* - Specialized training is offered in the evaluation and treatment of patients with substance use disorders. Interns join research/treatment teams focusing on marijuana, cocaine, or opioid abuse.

8. *Women's Program* - Interns evaluate and treat perinatal and postpartum women utilizing crisis intervention, short- and long-term individual psychotherapy, and group modalities. Interns participate in didactic seminars and group rounds. Optional consultation-liaison and dyadic therapy experiences may also be available.

### **Psychological Testing:**

Psychological testing is an integral part of the internship experience at the Medical Center. For Adult Track interns, a minimum of four complete batteries is required. Patients to be tested are chosen to provide a balance of experience and include inpatients with severe acute and chronic disorders, outpatients in ongoing psychotherapy, and patients requiring neuropsychological assessment. Interns attend a full year course in psychological testing that includes both a didactic approach and discussion of test protocols. Supervision is provided by psychologists who have special expertise in psychological testing.

### **Supervision:**

Adult Track interns receive ten to twelve hours of supervision per week from members of the psychology staff of NewYork-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 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, cognitive behavior therapy, psychodynamic psychotherapy, intake evaluation, and psychological assessment. Additional specialized supervision is provided on each of the elective rotations.

### **Didactic Seminars:**

Didactic seminars in the core curriculum that are attended by interns on both tracks are described on Page 7. Additional seminars are offered within the Adult Track; many of these are open to Child Track interns on an elective basis.

# CHILD TRACK

## GOAL

The goal of the Child Track is to provide an 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, diagnosis, disposition, psychological testing, and psychotherapy, including individual, group and family treatments.

### 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 ages 3 years and above from the Washington Heights/Inwood area of northern Manhattan.

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 2.5 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 will meet with the evaluation team which consists of psychologists, psychiatrists, social workers, and case managers to discuss disposition plans: patients can be referred to subspecialty clinics and/or the intern may elect to treat the patient. Interns participate in the evaluation teams for a six-month rotation.

Emergency Service (ES) – The emergency room serves children and adolescents who are currently suicidal and/or in need of crisis intervention. Patients are evaluated in the Pediatric Emergency Department. Triage/screening services, full psychiatric evaluations and acute crisis intervention and treatment will be provided for patients with apparent psychiatric symptoms. The intern receives training in conducting the initial emergency/crisis evaluation as part of their Evaluation Service experience.

2. Treatment: Interns gain experience in individual, group, parent training, and family therapy. Supervisors are drawn from a range of orientations including psychodynamic, cognitive-behavioral, behavioral, interpersonal, and family systems. Each intern conducts one long-term psychotherapy treatment for the year, for which they receive psychodynamic psychotherapy supervision. There are two dynamic psychotherapy options:

- a. *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 and families may have been exposed to trauma (domestic violence, chronic trauma in the host family, and/or notable mental health risk concerns for mother).
  - b. *General Dynamic Psychotherapy*: The general LTT experience is more broadly dynamic. Focus of supervision and treatment is to facilitate clinicians' understanding of dynamic theory, transference and counter-transference, and developmental considerations of conducting psychodynamic psychotherapy with their patients.
3. Interpersonal Psychotherapy: 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.

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

### **Subspecialty Clinics:**

The interns in the Child Track select two subspecialty clinic rotations for their main clinical experience. Interns remain in the subspecialty clinics for the entire year, conducting psychotherapy and clinical evaluations.

Elective rotations/clinics currently available are:

1. *Disruptive Behavior Disorders Clinic* - This clinic offers specialized training in the treatment of children and adolescents with attention deficit disorder with and without hyperactivity, oppositional defiant disorder, and conduct disorder. Patients are frequently treated with a combination of medication and psychotherapy. The intern gains experience in individual psychotherapy, parent training, Parent-Child Interaction Therapy, *Incredible Years* group therapy program, organizational strategies for ADHD, and in the integration of psychopharmacology and psychosocial treatments.
2. *Children's Anxiety and Depression Clinic* - In this clinic, individual and group psychotherapy is offered to children and adolescents who are suffering from a mood and/or anxiety disorder. The intern has the opportunity to conduct individual psychotherapy, group therapy, and family consultation. There also are opportunities to participate in one of two specialty tracks:
  - a. Trauma- focused CBT interventions for youth who are experiencing symptoms of PTSD.

- b. Tourette's, Tic and Related Disorders for children and families who are affected by tic disorders, and their comorbid disorders including obsessive compulsive disorder. The clinic staff utilizes several treatment modalities, such as cognitive behavioral therapy – including exposure response prevention (ERP), comprehensive behavioral interventions for tics (CBIT), habit reversal therapy, family therapy and specialized psychopharmacological interventions.

3. *Acute Care- High Risk Service* - This rotation offers a complete wraparound 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 gains experience in the Home-based Crisis Intervention Service and the Immediate Treatment Clinic which provides short-term crisis stabilization interventions for high risk youth.

4. *Special Needs Clinic and Outpatient Consultation/Liaison Service* - This clinic serves families in which the child or adolescent is HIV seropositive or lives with an affected family member who is HIV seropositive as well as those youth who are suffering from both a medical and psychiatric disorder. The intern has the opportunity to conduct individual psychotherapy and group therapy. Interns also provide individual therapy to children and adolescents suffering from a variety of medical illnesses, such as kidney disease, juvenile rheumatoid arthritis, diabetes, cystic fibrosis, and children who have undergone transplant surgery. Interns work with the pediatric department and its subspecialty clinics (such as pediatric neurology) and address the therapeutic issues involved in behavioral medicine.

5. *School-based Mental Health Clinic* - This service occurs off-site in a local elementary school and serves children from kindergarten through 5<sup>th</sup> grade. 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.

### **Psychological Testing:**

All interns are expected to administer approximately 5 psychological test batteries during the internship year. Test batteries generally include tests of intellectual functioning and achievement, and neuropsychological tests as warranted. Interested 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 is provided by the department's senior 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 evidence-based treatments, brief treatments, and crisis intervention. Most supervision is provided in an individual format, except for the group and family therapy supervision, and the specialized practica in cognitive-behavioral, dialectical behavior, child parent psychotherapy (CPP), and interpersonal psychotherapy. Interns receive approximately 8-10 hours of weekly supervision on their Child Track caseload, and approximately 2 additional hours of supervision on their adult cases in the core curriculum.

### **Adult Treatment:**

Child Track interns are expected to spend time each week at the Adult Psychiatry Outpatient Department, as part of the core curriculum. While participating for six months in the Adult Evaluation Clinic, they obtain supervised experience in the evaluation of adults. Additionally, they receive supervision on two adult long-term psychotherapy treatment cases for the full year.

### **Didactic Seminars:**

Child Track interns participate in the core curriculum program of seminars (see Page 7). Didactic courses specific to children and adolescents are also offered in Family Therapy and Evidence-Based Therapy Techniques. Additional didactic teaching includes Grand Rounds in the Department of Psychiatry and case conferences in Pediatric Psychiatry.

## **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, including both intellectual and projective testing
  - c) Cultural Issues in Psychology
  - d) Ethical Issues in Psychology
3. A minimum of two direct service practica, totaling at least 500 hours, with at least one practicum that provided experience in psychotherapy
4. Individual supervision on at least two psychotherapy cases
5. An introduction to initial intake interviewing in the form either of a graduate course in Initial Interviewing or a graduate course in DSM-V or supervised experience in conducting an intake interview
6. A minimum of two complete testing batteries, including at least one Rorschach
7. 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
8. Endorsement of readiness for internship training by the director of their graduate program

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.

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
  - b) Child Psychotherapy Techniques
  - 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 five 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.

## **ACCREDITATION STATUS**

The Clinical Psychology Internship is accredited by the American Psychological Association. 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 1<sup>st</sup> Street, NE, Washington, DC 20002  
Phone: (202) 336-5979  
Email: [apaaccred@apa.org](mailto:apaaccred@apa.org)  
Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation)

## **STIPEND**

The current stipend is **\$29,250**.

Interns receive four weeks (20 days) paid leave and may choose among several plans for medical insurance.

## **APPLICATION PROCEDURE**

The application deadline is **November 1, 2018**. The APPIC Program Code Numbers for our tracks are: Adult Track, 146512; Child Track, 146513.

The NewYork-Presbyterian Hospital, Columbia University Irving Medical Center (CUMC), adheres to a policy of nondiscrimination in the recruitment of employees and trainees. We welcome and encourage applications from all qualified applicants from APA approved doctoral programs in professional psychology.

Your application should include:

1. APPIC application form (available on the APPIC web site at [www.appic.org](http://www.appic.org). Applicants can register for the Match at [www.natmatch.com/psychint](http://www.natmatch.com/psychint))
2. Copy of your curriculum vita
3. Official transcript(s) of all graduate work
4. Case summary of a psychotherapy patient that best represents your work and demonstrates an understanding of the patient; length is not a factor
5. Three letters of recommendation

After your application has been reviewed, you may be contacted to arrange for an on site interview.

## **DIRECTIONS TO THE MEDICAL CENTER**

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

Contact information: Questions about our program may be directed to us at [muriel.reeves@nyspi.columbia.edu](mailto:muriel.reeves@nyspi.columbia.edu) or 212/305-6180.

Our website address is: <http://columbiapsychiatry.org>