

# Children's Hospital of NY Presbyterian - General Outpatient Child and Adolescent Psychology Externship

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## Site Description

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This externship is located in the Children's Hospital of New York Presbyterian Hospital, Pediatric Outpatient Psychiatry Service. The Pediatric Outpatient Clinic primarily serves children ages 4 to 18, although children 0 to 3 and patients up to 21 can be seen as well. The externship provides clinical training in psychiatric diagnosis and interviewing, treatment planning for various psychiatric disorders, instruction and experience in conducting short- and long-term psychotherapy (cognitive-behavioral, interpersonal, dialectical behavior and psychodynamic) treatments for anxiety and depressive disorders, as well as externalizing disorders, and experience designing and running short-term parenting and/or socialization groups.

## Externship Experience

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All externs will see patients in the Disruptive Behavior Disorders (DBD) Clinic, working with patients with externalizing disorders such as ADHD and ODD, and serving as Incredible Years group leaders. Externs will participate once weekly, for at least 6 months, in the Diagnostic Intake Service as part of a diagnostic team, where they will interview and diagnose pediatric outpatients and make treatment recommendations. Externs may have the option of engaging in one additional elective rotation, which includes the following opportunities:

- Seeing patients in the Child Anxiety and Depression Clinic, thereby gaining experience with affective/internalizing disorders
- Participating in the adolescent Dialectical Behavior Therapy program
- Conducting initial emergency/crisis evaluations and treatment through the Pediatric Emergency Department and Immediate Treatment Clinic
- Gaining experience with the Toddler Infant Parent Program (TIPP), a program for pregnant women (under the age 21), as well as children ages 0-3 and their caregivers. The focus of the program is to help young mothers prepare for and adjust to motherhood and to provide dyadic therapy to caregivers of all ages and their children to help build healthy relationships and address any behavioral or emotional concerns

## Supervision, Seminars and Meetings

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Externs participate in weekly interdisciplinary clinic case conferences and learn case presentation format and interviewing techniques from senior clinic members. Didactic instruction is provided on selected issues in psychiatry and psychology including DSM diagnoses, ethics, confidentiality, crisis intervention, psychopharmacology, current research issues, charting and maintenance of psychiatric records. Didactics are provided as part of the clinic meetings, in once weekly Grand Rounds presentations and in once monthly trainee didactic seminars. Externs will carry a weekly caseload of at least four individual

psychotherapy patients, one diagnostic patient, one group and a minimum total of 8 hours per week of direct patient care. Supervision is provided directly by licensed clinical psychologists and indirectly by the Directors of the Clinics, Diagnostic Intake Service team leaders and the Director of Training. Externs are provided with two hours of supervision for treatment cases, one hour for group, and one hour for diagnostic patients.

## Requirements

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This is a one-year externship from July to July (a later start date is not possible), with a weekly maximum of 20 hours per week, Monday through Friday. Wednesday is a required day throughout the year, without exception. For at least one half of the year, the other day will need to be a Tuesday or Thursday, depending upon elective rotations. Applicants must be currently enrolled in at least their second year in an APA-accredited doctoral program in clinical/school-clinical psychology, however given the number of hours required for this externship, it is **strongly preferred** that students are in their **third or fourth year** at the time they begin their externship. A prior hospital-based externship is preferable but not necessary, as are bilingual skills (English/Spanish).

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If you have questions about this externship, please contact: Shayne Ragbeer, Ph.D.  
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E-mail: shr9115@nyp.org

Our training site follows the recommended policies of the Psychology Directors of New York State (PSYDNYS) and the New York New Jersey Association of Directors of Training (NYNJADOT). For more information, go here ([http://psychpracticum.fdu.edu/index.php/Main\\_Page](http://psychpracticum.fdu.edu/index.php/Main_Page)) and to see our training site's page here ([http://psychpracticum.fdu.edu/index.php/Children%E2%80%99s\\_Hospital\\_of\\_NY\\_Presbyterian\\_-\\_General\\_Outpatient\\_Child\\_and\\_Adolescent\\_Psychology\\_Externship](http://psychpracticum.fdu.edu/index.php/Children%E2%80%99s_Hospital_of_NY_Presbyterian_-_General_Outpatient_Child_and_Adolescent_Psychology_Externship))