

Columbia University Clinic for Anxiety and Related Disorders (CUCARD)

Externship Program Overview

OVERVIEW

The Columbia University Clinic for Anxiety and Related Disorders (CUCARD) is a clinic specializing in evidence-based outpatient treatment for individuals of all ages struggling with anxiety, mood, and related disorders. CUCARD is overseen by Director Dr. Anne Marie Albano and is staffed by senior clinical psychologists who are highly skilled in cognitive behavioral therapy. Central to CUCARD's mission is the training and dissemination of evidence-based treatments; our clinicians are also committed to providing a positive and high-quality learning experience for all its trainees.

Externs learn about the implementation of cognitive behavioral therapy in both individual and group formats, as well as through other specialized experiences including observation of, and co-leading therapy groups with senior staff, engagement in didactic training, role plays, participating in in vivo exposures outside the clinic, and assisting with school observation visits. Externs consult directly with our staff psychiatrist to learn effective models of collaborative, team-based care. In addition to these observation and direct contact clinical experiences, externs participate in weekly group and individual supervision, giving the opportunity for intensive training on their own cases as well as seeing the types of problems and solutions that senior clinicians run into with implementing and adapting evidence-based practice to meet the needs of their patients.

ASSESSMENT TRAINING

CUCARD's focus on offering the best empirically supported interventions to our patients begins with our assessments. Externs receive training in the Anxiety Disorders Interview Schedules for children, parents, and adults; the ADIS are empirically validated semi-structured interviews used widely in research and clinical practice. Externs are instructed in using the results of the interview and augmenting symptom and quality of life questionnaires, background information and mental status evaluation, collateral information from teachers (as appropriate), and observation to develop a comprehensive case conceptualization and report. Most frequently, externs conduct assessments with patients who become part of their caseload, although they will have the opportunity to gain additional assessment experience when situations and schedules permit.

CASES AND CASELOAD

Externs are expected to carry 6-8 individual patients throughout the externship year (depending on the number of onsite days). In addition to their individual case load, externs are expected to gain group treatment experience. Typically, this involves assisting a senior staff member in the leadership of a group; often, if the extern has the opportunity to run a second group, he or she will take more of a leadership role under the direct supervision of a staff member.

DIDACTICS

All externs are required to attend weekly didactics seminars held onsite on Thursdays. Seminars are led by CUCARD senior staff and invited speakers. Topics include but are not limited to: ethics, assessment, development and psychopathology across the lifespan, psychopharmacology,

foundations of CBT, disorder-specific applications (e.g., social anxiety, OCD, eating disorders, trichotillomania), PCIT, professional development, and selected research topics. The didactics calendar is reviewed and updated every year, and as appropriate incorporates feedback from externs and postdoctoral fellows from the previous year.

INDEPENDENT READING

All CUCARD senior staff and trainees are expected to have and maintain familiarity with research findings and key articles in evidenced-based interventions, ethics, cognitive-behavioral science and applications, child, adolescent and young adult development, as well as seminal articles from the field. At the start of the externship, externs are provided a “Master Library” binder of curated articles and provided protected time to read and review. Additionally, in conjunction with didactic seminars, externs are provided associated articles and references.

SUPERVISION

Supervision is a central focus of the CUCARD Externship Program. Externs participate in staff-wide, weekly group diagnostic case conference, and receive supervision on new intakes for individual or group therapy patients. Externs are assigned to one individual supervisor for weekly supervision (one hour, minimum), and to a supervision group that includes other senior staff and postdoctoral fellows (one hour). These assigned individual and group supervisions are rotated at the half-year mark (January). Externs also participate in the ADHD & Behavioral Disorders program, which includes a separate set of didactic seminars and supervision and live training with Program Coordinator Dr. Vasco Lopes. Additionally, externs are paired with a senior staff psychologist or psychiatrist for ad hoc supervision on targeted or more specialized case needs.

SCHOLARLY MENTORING: MANUSCRIPT PREPARATION

All trainees at CUCARD will be expected to prepare a case study manuscript for publication. Trainees meet regularly with the director of training to receive instruction on how to identify appropriate case studies, gather data and develop hypotheses around that case, and receive editing support throughout the training year. Trainees and supervisors also collaborate on development of their case study. By the end of the year, each extern produces a manuscript suitable for publication in a journal such as Cognitive and Behavioral Practice.

EXTERN PRESENTATIONS

All externs are expected to present on a topic of their choice to members of the CUCARD team near the end of the externship year. These presentations are included as part of the didactic calendar, and expected to last approximately one hour, with 30 minutes for presentation and 30 minutes for discussion. Externs may select to prepare a case discussion from one of their active cases or a topic consistent with their own research and interests. Externs are provided mentoring and feedback on topic selection, presentation format, and materials from Dr. Frankel and Spring Supervisors.

APPLICATIONS AND INTERVIEWS

The CUCARD Externship Program complies with the Psychology Internship Directors of New York State and the New York New Jersey Association of Directors of Training guidelines regarding externship applications, timelines, notifications, and general procedures. For a full description of the application guidelines and procedures, see PSYDNYS-NYNJADOT Externship Guidelines for 2019-2020, revised and distributed annually by the organizations. Interested applicants should

submit a cover letter, CV and 2-3 letters of recommendation. All applications are reviewed by Externship Coordinator, Dr. Frankel. Select candidates are then further reviewed and discussed by a subcommittee including the Clinic Director, Dr. Anne Marie Albano and rotating senior staff. Approximately 10-12 applicants are invited to interview for half-day onsite interviews with CUCARD staff, postdoctoral fellows and current externs. Interviews include individual meetings with at least 3 CUCARD team members, and a group discussion over lunch. Interviewers provide ratings of applicants (e.g., knowledge of evidenced-based literature and cognitive behavioral principals, evidence of preliminary CBT skills, social engagement, etc.). From this applicant pool, the selection subcommittee agrees on two candidates who are then invited via email by Dr. Frankel after the appropriate notification date.

Contact: Sarah Frankel, Ph.D.

Address: CUCARD, 3 Columbus Circle, Suite 1425, New York, NY 10019

Phone: 212-342-0203

E-mail: sf2828@cumc.columbia.edu