

Children's Hospital of New York Presbyterian - General Outpatient Child and Adolescent Psychology Externship

Overall Description of Externship:

This externship is located at Morgan Stanley Children's Hospital of New York-Presbyterian, Columbia University Irving Medical Center.

For the upcoming academic year 2020-2021, in addition to offering our two externship positions in our general Pediatric Psychiatry Outpatient Service, we are offering a third position within this service with a focus on Women's Mental Health, and are delighted to offer a fourth externship position within Pediatric Oncology and Stem Cell Transplantation (please see descriptions of each track below).

GENERAL OUTPATIENT CHILD AND ADOLESCENT PSYCHIATRY TRACK (3 externs)

Externship Coordinator: Shayne Ragbeer, Ph.D.

The Pediatric Psychiatry 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 interviewing, diagnosis, and treatment planning for various presenting problems, conducting short- and long-term evidence-based treatments for anxiety and depressive disorders, as well as externalizing disorders, and experience designing and running short-term parenting and/or social skills groups.

Externship Experience

All externs in the General Pediatric Psychiatry Outpatient service 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 co-leaders. Externs will participate for approximately 5 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 are offered the opportunity to engage in an additional elective rotation, which may include the following opportunities:

- Seeing patients in the Child Anxiety and Depression Clinic, thereby gaining experience with affective/internalizing disorders and treatments and obtaining more experience in a short-term CBT-based treatment (e.g., Coping Cat) in a mini-elective rotation
- Treating a family therapy case and gaining experience with family therapy interventions
- This year an extern with particular interest in the Women's Mental Health Program may choose this specialization for more dedicated opportunities providing support for adults during the perinatal period as well as dyadic therapy work following birth (e.g., within the TIPP program; see below).

- The Toddler-Infant Psychotherapy Program (TIPP) may be offered to the extern participating in the Women's Mental Health Program and may be available to other externs interested in gaining experience providing dyadic therapy to caregivers and children ages 0-5. Supervision within the framework of Child-Parent Psychotherapy (CPP), an evidence-based intervention aimed to support and strengthen the relationship between child and caregiver, will be provided.
- Additional experience in psychoeducational and/or neuropsychological testing and report writing is offered as an additional training experience, if desired

Supervision, Seminars and Meetings

Externs participate in weekly clinic case conferences and learn case presentation format and interviewing techniques from senior clinic members. Externs also attend weekly grand rounds. Didactic instruction is provided on a variety of issues in psychiatry, psychology and social work including DSM diagnoses, ethics, confidentiality, crisis intervention, psychopharmacology, educational advocacy, current research issues, charting and maintenance of psychiatric records. Didactics are provided as part of the clinic meetings and in twice monthly trainee didactic seminars. Externs also meet regularly with the externship coordinator to focus on issues related to professional development and general support. Externs will carry a weekly caseload of at least six 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 psychologists and indirectly by the directors of the Clinics, Diagnostic Intake Service team leaders and the externship coordinator. Externs are provided with two hours of individual supervision for treatment cases and one hour for group per week, in addition to supervision for diagnostic cases and other activities.

Requirements

This is a one-year externship from July to July (a later start date is not possible), which abides by the minimally acceptable standard of at least 16 hours/week (typically up to 20 hours) across two days. Wednesday is a required day throughout the year, without exception. The other day will need to be a Tuesday or Thursday. 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 recommended** that students are in their **third or preferably fourth year** at the time they begin their externship. Moreover, a student's specific hours of participation will be determined by the graduate year they are enrolled in at the beginning of externship. A prior hospital-based externship is preferable but not necessary, as are bilingual (English/Spanish) or multilingual competence. There will be three externship positions available in the general pediatric outpatient psychiatry service in the 2020-2021 academic year, with one position more focused on the Women's Health Program.

ONCOLOGY AND STEM CELL TRANSPLANTATION TRACK (1 extern)

Track Supervisor: Dara Steinberg, Ph.D.

Position: The externship program in Pediatric Oncology & Stem Cell Transplantation, partnering with the Division of Child and Adolescent Psychiatry is designed to provide the extern with exposure to and training in multidisciplinary care for pediatric patients with cancer and other blood disorders.

Patients presenting to our program have diagnoses of leukemia, lymphoma, brain tumors, bone tumors, and are bone marrow transplant candidates (e.g., sickle cell anemia, aplastic anemia). They are in various stages of treatment from diagnosis into survivorship, and including end-of-life.

The extern will gain supervised experience in outpatient consultation, assessment (clinical interview, medical chart review) and intervention. Specific intervention strategies include cognitive behavioral therapy (CBT), parent management training (PMT), motivational interviewing, and supportive intervention to promote improved adjustment, adherence, coping and functioning to children and families. The extern may also gain exposure to inpatient consultation, assessment and intervention with this population.

The extern will have the opportunity to participate in multidisciplinary rounds with leagues from the medical team, nursing, social work, education, and child life if his/her schedule allows.

Weekly individual supervision including live-supervision will be provided. Externs will participate in didactics that are disease-specific and that focus on pediatric psychology and working in a multidisciplinary setting.

Start date: July 2020; 2 days week/16 hours; option for 1 day week/8 hours for advanced graduate students looking to increase pediatric psychology experience before applying to internship (with approval of DCT).

If you have questions about this externship, please contact: Shayne Ragbeer, Ph.D.

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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) 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)