

Columbia Day Program

This externship is located within the Faculty Practice Organization at Columbia University Irving Medical Center (CUIMC) in Midtown Manhattan. The Columbia Day Program primarily serves adults 18 and older. The externship provides clinical training in psychiatric assessment and interviewing, treatment planning and progress monitoring for various psychiatric disorders, and instruction and experience in conducting group psychotherapy utilizing empirically supported treatments for anxiety and depressive disorders, substance use disorders, and personality disorders.

Externship Experience

All externs will see patients in the Faculty Practice Organization, conducting intake evaluations/diagnostic assessments of patients presenting with a wide range of psychiatric disorders and psychological distress. Externs will participate once weekly in multidisciplinary team meetings, where they will have opportunities to present cases and participate in treatment planning for incoming patients.

Additionally, externs will co-lead evidence-based psychotherapy groups with a staff therapist. Groups include Dialectical Behavior Therapy (DBT) skills groups and Cognitive Behavioral Therapy (CBT) groups focused on depression, anxiety, obsessive compulsive disorder, eating disorders, and substance use. Externs may have the opportunity to co-lead process groups centered around specific themes, such as gender and sexuality. Externs will also have the opportunity to co-lead multifamily groups. Externs in the DBT program will participate in weekly DBT consultation team meetings (DBT team meetings are held on Fridays, so availability on Fridays is highly recommended).

In addition to conducting diagnostic assessments and running multiple groups, externs will have the opportunity to carry a caseload of two individual cases.

Supervision, Seminars and Meetings

Externs will participate in weekly interdisciplinary clinical meetings, where they will learn case presentation format, interviewing techniques, and generating a differential diagnosis. Didactic instruction will be provided on selected issues in psychiatry and psychology including group psychotherapy, crisis intervention, safety planning, DSM diagnoses, ethics, confidentiality, psycho-pharmacology, current research issues, charting and maintenance of psychiatric records. Didactics are provided as part of clinic meetings, in once weekly Grand Rounds presentations, and in once monthly trainee didactic seminars. Externs will participate in at least 3 psychotherapy groups weekly, one diagnostic evaluation, two individual therapy cases, and a minimum total of 10 hours per week of direct patient care. Supervision is provided directly by licensed clinical psychologists and the Clinical Director of the Program will oversee the training. Externs are provided with two hours of weekly clinical supervision.

Requirements

This is a one year externship from July to July, with a weekly maximum of 20 hours, Monday through Friday. Applicants must be currently enrolled in at least their second year in an APA-accredited doctoral program in 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. Ideal applicants will have experience, familiarity and comfort working with high-risk patients, as well experience in group psychotherapy and evidence-supported treatments, such as Cognitive Behavior Therapy.