

Externship in Community Psychiatry

The Externship in Community Psychiatry, for the academic year 2020-2021 will be offering two training tracks. **The Latinx Language and Culture Track** is situated in the Adult Outpatient Psychiatry Department which is located in Washington Heights and serves a linguistically, culturally and socioeconomically diverse population. Individuals receiving treatment have a range of chronic and acute psychiatric disorders. **The Integrated Primary Care and Mental Health Track** is situated in the Farrell Center for Family and Community Medicine (CFCM) is an outpatient primary care clinic within the Ambulatory Care Network (ACN) of the New York Presbyterian Hospital/Columbia University Irving Medical Center (NYP/CUIMC). Farrell CFMC is the home of the Family Medicine residency program at NYP/CUIMC and serves the community of Washington Heights, New York.

Psychologists, social workers, and psychiatrists work together to provide comprehensive psychiatric services to this community. The communities served by the Medical Center reside in a federally designated poverty area and as such, experience a multitude of psychosocial stressors that serve to complicate and exacerbate their underlying psychological problems and mental illness. Externs will have opportunities to interact with colleagues from a variety of disciplines including: collaborative care/depression care management, social work, pharmacology, family medicine, and specialty clinics. Collaboration will take place via participation in clinics' interdisciplinary meetings, case supervision and participation in psychology interns, resident and medical student didactics. While the primary orientation of the Externship tends to be psychodynamic and multicultural, there are multiple opportunities to work with patients integratively and with a range of modalities including but not limited to CBT, skills based treatments and motivational interviewing. Externs will become familiar with the culture of a large medical center, and ambulatory care clinics in the community. The externship program offers training in psychological evaluations and screenings, crisis counseling and safety planning, group psychotherapy, and individual psychotherapy and family consultations. For each track, the training program is both experiential and didactic. All externs are provided with clinical supervision by licensed psychologists in a broad range of treatment modalities representing various psychological and psychiatric specialties.

General information about externship site:

Director of the Program: Diana Puñales (dip9012@nyp.org)

Training Director, (degree): PhD

Website: <https://www.columbiapsychiatry.org/education-and-training/clinical-psychology/psychology-externships>

Length of externship (in months):

12 months for the ***Latinx Language and Culture Mental Health Track***

10 months for the ***Integrated Primary Care and Mental Health Track***

Start Date:

July 1st for the ***Latinx Language and Culture Mental Health Track***

July 1st for the ***Integrated Primary Care and Mental Health Track***

End Date:

June 30th for the *Latinx Language and Culture Mental Health Track*

May 30th for the *Integrated Primary Care and Mental Health Track*

How many hours a week are expected of extern?: 16 hours for each of the two tracks that are offered for the externship academic year

Specialty tracks:

1. *Latinx Language and Culture Mental Health Track* provides psychological services in Spanish for monolingual patients. Psychotherapy for patients treated in this experience will address a range of dynamic and multicultural issues which include: acculturation, immigration trauma, deportation, forced migration, discrimination, identity development, intergenerational transmission of trauma and conflict, cultural stigma for mental illness, separation and individuation, character pathology, medical co-morbidities and substance use. Treatment is provided using short term and longer term modalities. Externs will participate in clinical and didactic activities. Required days on this track are Mondays and Thursday 9am - 5pm. This track will take place at the Adult Outpatient Psychiatry Service in the Eye Institute at 625 West 165 St. NY, NY, 10032.

2. *Integrated Primary Care and Mental Health Track* provides training in integrated primary care and health psychology. Psychotherapy will focus on short term, evidence based, behavioral medicine interventions for patients suffering from significant psychiatric/medical comorbidities, commonly encountered in primary care settings (eg. chronic pain, insomnia, health related anxiety, chronic illness management, etc. Externs will participate in clinical, research and didactic activities. Required day on this track is Thursday, the other day to be arranged. This track will take place at the Farrell Center for Family and Community Medicine located at 610 West 158th St, NY, NY, 10032.

Minimum level of readiness (any prior experiences or level of training required for applicant

- All applicants must be currently enrolled in doctoral programs in psychology
- All applicants must be in good standing with their training programs
- All applicants must receive practicum support through their training programs in the form of liability insurance coverage

Preferences: For the *Latinx Language and Culture Track Mental Health* all applicants must be bilingual Spanish/English speakers. For the *Integrated Primary Care and Mental Health* track, monolingual English speaking applicants will also be considered.

Interviews:

When do you expect to begin interviews? (Applications can be submitted no earlier than Jan 13): No earlier than February 3rd

Interview process (provide information about interview process- time frame, how decisions are made) Interviews will usually entail meeting with Externship Director as well as Track Supervisors. This means possibly 2 separate interviews, however efforts will be made to arrange interviews on the same date.

Also, do you conduct individual and/or group interviews; case presentation, other information?: All interviews are conducted individually

What application materials are required (i.e., cv, transcript, how many reference letters, case summary, test report, other?:

Please upload: CV, two letters of recommendation (one academic, one clinical), , case writeup, cover letter and letter of good standing.

Applicants need to email a copy of their unofficial transcript to: Please do not email. Please bring a copy of your transcript (unofficial is fine to bring!) to the interview. **Please state clearly which track the doctoral student is applying to.**

Intervention and Assessment:

Intervention training experiences offered: short and long term individual and group psychotherapy, psychological evaluations, crisis management, safety planning, treatment planning (experiences will be tailored based on the externship specialty track)

Clinical Expectations:

- For the ***Latinx Language and Culture Mental Health Track***, externs are expected to carry a caseload of 4-5 weekly individual psychotherapy cases, co-lead one psychotherapy group, conduct psychological evaluations
- For the ***Integrated Primary Care and Mental Health Track***, externs are expected to carry 6 weekly individual patient care cases

Estimate hours/week of individual supervision: 1 hrs per week for the ***Latinx Language and Mental Health Track*** and 2 hours per week for the ***Integrated Primary Care and Mental Health Track***

Estimated hours/week of group supervision: 30 minutes per week for group work and 1 hour of group supervision in the ***Latinx Language and Culture Mental Health Track*** and 1 hour

Estimated hour/week of didactics: 1-4 hrs per week depending on the training track

Estimated co-therapy hours with supervisors: 1 hr for group psychotherapy in the ***Latinx Language and Culture Mental Health Track***

Context of didactics (seminars, Grand Rounds): seminars on: individual psychotherapy, group psychotherapy, brief dynamic psychotherapy, clinical psychiatric interviewing, psychopharmacology, multicultural issues in treatment and diagnosis, psychiatric and medical co-morbidities, interdisciplinary/collaborative work, pain management, sleep hygiene, safety planning, electronic medical documentation

Estimated informal open door "curbside" supervision: as indicated and needed with access to supervisors on site as well as off line

Describe direct supervision: Supervision is provided in vivo for externs that are co-leading a psychotherapy group and conducting psychological evaluations. Additionally, supervision is provided post individual, group sessions and psychological evaluations as well.