

Children's Hospital of New York Presbyterian/Columbia University Irving Medical Center –

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. ***Please note that during our current 2021-2022 training year, externs are participating in a hybrid model of in person, in clinic work as well as remote work via video conference and secure telehealth platforms. At this time, we have not yet confirmed whether we will continue to provide services via the hybrid model for the upcoming 2022-2023 training year.**

General Information about Externship Site

Length of externship: 12 months

Start date: July 1, 2022

End date: June 30, 2023

Number of positions: 2 externs

Externship Coordinator: Shayne Ragbeer, Ph.D.

Detailed Information Regarding Specialty Site and Clinical Opportunities:

The Child and Adolescent Behavioral Health Outpatient Clinic at Morgan Stanley Children's Hospital of New York Presbyterian (CHONY-6) primarily serves children between the ages of 4 to 18 and their families, although children 0 to 3 and up to 21 are seen as well. We serve Washington Heights, Inwood, Harlem, and all other areas of Upper Manhattan, with many folx identifying as members of the Latine/Latinx, Spanish-speaking, Black, Indigenous, Immigrant, Queer, Transgender and Gender Non-Binary communities, in addition to serving folx representing myriad other diverse communities, identities, and neighborhoods across all boroughs of New York City and New Jersey. We are committed to offering training that is grounded in cultural humility, respect for intersecting identities and how these influence individual, family and community needs, and utilize approaches that are informed by awareness of trauma and its impact on development. In line with the needs of our community, we are committed to growing and supporting representation of clinicians who share more identities, particularly identities affected by marginalization, with our youth and families. We warmly encourage folx who identify as Latine/Latinx, Spanish-speaking, Black, Indigenous, Transgender, Gender Non-binary, Queer, and/or who identify with many other diverse systemically marginalized identities and backgrounds to apply to join our team.

The externship provides clinical training in clinical interviewing, assessment, and treatment planning for various presenting needs and concerns, conducting short- and long-term evidence-based interventions for anxiety and depression, as well as externalizing behaviors, and experience designing and running short-term parenting and/or social skills groups.

- Both externs will work with children and families in the Disruptive Behavior Disorders (DBD) Clinic, working with youth who experience difficulties with externalizing behaviors and who may carry diagnoses such as Attention-Deficit/Hyperactivity Disorder (ADHD), obtaining experience in behavioral parenting interventions, and learning and contributing in the role of group co-leaders in the Incredible Years program.
- Both externs will also participate for approximately 5 months each in the Diagnostic Intake Service as part of a diagnostic team, where they will interview youth and families, conduct diagnostic decision-making, create treatment plans and provide recommendations.

Externs are offered the opportunity to engage in an additional elective rotation, which may include one or more of the following opportunities:

- Conducting individual therapy within the Child Anxiety and Depression Clinic, thereby gaining experience with affective/internalizing disorders and obtaining experience in interventions for internalizing difficulties (e.g., Coping Cat/CBT for Anxiety) that are culturally attuned, trauma-informed and based in available scientific evidence
- Gaining experience with family therapy interventions
- Conducting attachment-oriented dyadic therapy using Child-Parent Psychotherapy (CPP) to caregivers and children ages 0-5, and possible opportunities to provide support for adults during the perinatal period.
- Training in assessment and evaluation of trauma and trauma and stressor-related responses
- More specialized training in behavioral interventions for externalizing behaviors, e.g., Parent-Child Interaction Therapy (PCIT) may be offered
- Additional experience in psychoeducational and/or neuropsychological testing and report writing is offered as an additional training experience, if desired

Supervision, Seminars and Meetings

- Didactic instruction will be provided on a variety of issues in psychology, social work and psychiatry including multicultural and systems considerations, understanding power, privilege and cultural humility, diagnostic decision making, ethics, confidentiality, crisis intervention, psychopharmacology, educational advocacy, trauma-informed care, among other topics. Seminars will also focus on a variety of therapy approaches that are supported by empirical literature while emphasizing a culturally humble approach. Didactics are provided as part of the

clinic orientation and in weekly trainee didactic seminars. We hope to provide an experience for everyone that fosters multicultural, multi-systemic approaches informed by awareness of the experiences shaped by intersecting identities and culture.

- Monthly peer supervision/process groups with other psychology externs and social work interns in our broader department/division.
- Externs who are seeking to further their professional development as bilingual (Spanish/English or English/Spanish) clinicians are also welcome to participate in a weekly seminar focused on building linguistic skills and multicultural considerations in providing therapy to children, adolescents, and families who identify as Latine and Spanish-speaking.
- Trainees interested in additional training in neuropsychological and psychoeducational assessment may also be able to participate in a weekly neuropsychological assessment seminar, in addition to or as part of the optional elective to obtain more experience in testing and integrated report writing.
- Externs are also invited to participate in various summer boot camps, including in Dialectical Behavior Therapy (DBT), Parent-Child Interaction Therapy (PCIT), among a range of other didactic series.
- Externs have regular official meetings (approx. 2x/month, or as often as needed) with the externship coordinator to focus on issues related to professional development and general support, in addition to ongoing and frequent “curbside” supervision and support (by phone/video conference while remote).
- Columbia Psychiatry grand rounds presented by experts in our field are also viewed as a component of the learning experience.
- Externs will carry a weekly caseload of approximately 6 individual psychotherapy patients, one diagnostic patient, one group and a minimum total of 8 hours per week of direct clinical care.
- Supervision is provided directly by licensed psychologists and indirectly by our interdisciplinary staff including the directors of the clinics, voluntary supervisors, case managers, social workers, psychiatric nurse practitioners, and psychiatrists, as well as the externship coordinator. Externs are provided with two hours of individual supervision for therapy cases and approximately half an hour for group per week, in addition to supervision for diagnostic intakes, psychoeducational and/or neuropsychological assessment, and other activities. There are also multidisciplinary case conference meetings.

Commitments

This is a one-year externship from July to July.

Externs typically spend 20 hours per week in our program, usually across two days.

Wednesday is an important training day, as are Tuesdays OR Thursdays. As such, availability to attend all day Wednesdays and either Tuesdays/Thursdays will be needed for participation in our training schedule.

Given the amount of time and involvement asked of externs in our program, this externship tends to be a more effective fit for students who will be in at least their third and preferably fourth year of their doctoral training.

A prior hospital-based and/or community-based externship may be beneficial, and are not required.

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).