

**COLUMBIA UNIVERSITY MEDICAL CENTER  
NEW YORK PRESBYTERIAN HOSPITAL  
ADULT OUTPATIENT PSYCHIATRY CLINICS  
Clinical and Counseling Psychology Externship in  
Community Psychiatry**

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## **DESCRIPTION OF THE EXTERNSHIP IN CLINICAL AND COUNSELING PSYCHOLOGY**

The Externship is designed to provide externs with unique and extensive training working with a patient population that is particularly vulnerable and at risk for mental health problems. These patients experience an incredibly broad range of psychopathology including severe mood disorders, schizophrenia spectrum disorders, and personality disorders. Patients treated come from diverse populations with respect to socio-economic, racial, ethnic, religious and age groups who have a myriad of psychosocial stressors that serve to exacerbate underlying psychiatric and psychological disorders.

The activities that externs will receive training in includes: individual psychotherapy, group psychotherapy, family/couple psychotherapy, and psychological evaluations. The Externship typically runs from 16-20 hours per week. The caseload includes the following: 5-7 individual patients for both long term and short term treatments, one psychotherapy group, two psychological evaluations per month and one family/couple psychotherapy case if possible. Externs receive approximately 2-3 hours of supervision for individual cases, one hour of supervision for group psychotherapy and one hour of supervision of evaluation cases. The clinical population that externs work with is very diverse demographically and psychiatrically. All of the training takes place in the Adult Outpatient Psychiatry Service located in the Eye Institute, 4<sup>th</sup> and 6<sup>th</sup> floors. Externs utilize office space allocated on these two floors.

### **THE EXTERNSHIP IN CLINICAL AND COUNSELING PSYCHOLOGY OFFERS TRAINING IN THE FOLLOWING AREAS**

1. Counseling and psychotherapy for adult outpatients.
2. Competence in working with diverse cultural and linguistic populations.
3. Exposure to a wide range of mental illness and psychopathology.
4. Experience in working in a large comprehensive urban medical center.
5. Supervision representing various clinical orientations and psychiatric specialties.
6. Provision of psychological and psychiatric services as part of a clinical team.
7. Specialized track trainings available for externs interested in working with patients who have severe and persistent mental illness, who are monolingual Spanish speakers, who are

pregnant or post partum, who are HIV + or have AIDS and who have the dual diagnosis of mental illness/chemical abuse and in integrated mental healthcare.

8. Coordination of and case presentation at the Annual Multicultural Behavioral Medicine Symposium

### **THE CLINICAL SKILLS TRAINING COMPONENT OF THE EXTERNSHIP INCLUDES**

1. Performing and completing psychological evaluations of patients as part of an evaluation team where will be conducting a new evaluation every two weeks for the length of the year.
2. Diagnosing with the use of the DSM5 and ICD 10 in the context of evaluating and treating patients.
3. Formulating appropriate treatments and dispositions for patients.
4. Co-facilitating a weekly psychotherapy group using a range of treatment models.
5. Conducting individual and couples/family therapy.
6. Incorporating cultural issues in the psychological treatment of patients.
7. Demonstrating competence in the electronic documentation of all aspects of patient care.
8. Providing ethical care to all patients.
9. Working in multidisciplinary teams with different psychiatric disciplines.

## **THE DIDACTIC TRAINING COMPONENT OF THE EXTERNSHIP INCLUDES**

- *Clinical Screening*: addresses how to obtain preliminary information on patients referred for treatment.
- *Clinical Evaluation*: addresses issues of initial intake evaluation, emphasizing general principles in case formulation and clinical problems.
- *Intensive Treatment*: addresses issues of crisis work and short term treatment for patients who are acutely symptomatic and at risk.
- *Cultural issues*: focuses on multicultural issues in the provision of services to the patient population in the medical center's catchment area.
- *Group, individual, couples and family psychotherapy*: focuses on basic issues in conducting these psychotherapies with the target population.
- *Clinical Team and Staff meetings*: attendance is required to these meetings, which pertain to direct clinical services and case presentations.
- *Psychopharmacology*: introduction to use of psychiatric medications.
- *Supervision*: in a broad range of treatment modalities. Supervision occurs both individually and in groups.

## **WHO SHOULD APPLY TO THE EXTERNSHIP PROGRAM?**

Applicants must be currently enrolled in an accredited doctoral program in counseling or clinical psychology and must have completed a 1-year practicum in clinical training. Applicants should be interested in working with diverse clinical populations. Training opportunities are available for those applicants interested in providing services in Spanish.

## **SPECIALIZED TRACKS**

The clinical and didactic training components are equivalent for all four tracks. Each track has a separate team meeting and supervisors.

***Community Treatment Services Track*** provides individual and group psychotherapy for English-speaking adults seeking outpatient individual and group psychotherapy. Externs on the CTST track see three individual patients through CTST and co-lead one weekly group. Additionally, externs work with two individual patients through the Intensive Treatment Team, which provides psychotherapy to individuals in acute distress. Externs also participate in a weekly evaluation team and in a range of seminars and supervisions (both individual and group).

***The Women's Program Track*** is a multidisciplinary specialty team treating high-risk perinatal and postpartum women. Externs will be trained in performing comprehensive evaluations, making diagnostic assessments, and formulating appropriate dispositions of patients as part of the Women's Program evaluation team. Patients from the Women's Program are treated in group, individual, and family therapy formats using a variety of therapeutic techniques including psychodynamic psychotherapy, IPT, DBT, and supportive therapy. Externs will have the opportunity to work with 3 patients, both short-term and long-term, managing a range of psychiatric conditions including: adjustment disorders, trauma, comorbid substance abuse, mood disorders, characterological psychopathology, and grief associated with perinatal loss. Externs will also co-lead the weekly Mindful Mothering group that allows for patients to bring their newborns through one year olds to the group therapy. Incorporated into the training are management techniques for dealing with patient family issues, financial problems, ACS involvement, and coordinating care with supportive community programs. Additionally, externs work with two individual patients through the Intensive Treatment Team, which provides psychotherapy to individuals in acute distress. Externs will participate in weekly team meetings, didactics and clinical rounds with leading experts in the field where new and ongoing cases are discussed and current research is reviewed. Each extern will receive weekly supervisions emphasizing the use of theory and technique to best affect therapeutic change.

***The Tavares Mental Health Track*** provides individual and group psychotherapy for adults seeking outpatient individual and group psychotherapy in Spanish. The focus of this track is to provide Spanish Speaking Externs with training on developing linguistic and cultural skills necessary for working with a Latino population. Supervision and team meetings directly address issues related to working with this specific population and on developing multicultural competence for working with Latino patients. Externs on the Tavares track see three individual patients through the Tavares team and co-lead one weekly psychotherapy group. Additionally, externs work with two individual patients through the Intensive Treatment Team, which provides psychotherapy to individuals in acute distress. Externs also participate in a weekly evaluation team and in a range of seminars and supervisions (both individual and group). The training will also help the student develop proficiency in providing a range of clinical services and supervision in Spanish.

***The LAW/MICA Track*** takes place as part of a specialty clinic, which treats patients affected by HIV and patients with substance abuse problems (not HIV only). Externs should have a strong interest in LGBT issues, health psychology, and substance abuse. Our patients are both English speaking and Spanish speaking (a bilingual extern is preferred but not required). Patients in crisis are often seen several times a week by more than one provider. Externs in this track see 3 individual patients and co-lead a psychotherapy group. The extern will evaluate patients in the LAW/MICA Clinic who will usually become part of his/her caseload. Externs in this track also participate in a weekly evaluation team and in a range of seminars and supervisions (both individual and group).

***The Integrated Mental Health Track*** allows student to experience the provision of mental health care in a community medical clinic which integrates psychological and psychiatric treatment of patients into their existing services. Externs in this track will see individual patients for short term treatment using integrated techniques and co-lead a psychiatric illness/medical diagnosis weekly psychotherapy group. Externs in this track also participate in a weekly evaluation team and in a range of seminars and supervisions (both individual and group).

#### **WHAT IS THE LENGTH OF THE EXTERNSHIP?**

Applicants that are accepted for training will be expected to commit to a **minimum** of 16-20 hours per week for a 1-year period from **July 1 to June 30**.

#### **TIME COMMITMENTS**

Mandatory team meetings and seminars are on Monday afternoons, and Tuesday and Wednesday mornings. All externs must be able to attend these meetings/seminars for the entire year. No exceptions.

**TO APPLY**

*Please mail the following materials to the Director of Externship at the following address:*

**Diana Puñales Morejon, PhD**

**Adult Outpatient Psychiatry**

**Eye Institute, 6<sup>th</sup> floor, Room 630**

**Department of Psychiatry**

**Columbia University Medical Center/New York Presbyterian Hospital**

**635 West 165<sup>th</sup> Street, 6<sup>th</sup> Floor**

**New York, NY 10032**

**(212) 305-5977**

- Letter of intent expressing reasons for applying to the externship program including which track the student is applying to (TRACKS: Community/English, Tavares, Women's Program, Lucy Wicks/MICA)
- Curriculum Vitae
- 2 Letters of Recommendation (one from a clinical supervisor and the other from an academic professor who is familiar with student's clinical work)
- Current graduate transcript
- Letter of good standing from your Director of Training
- Deidentified case writeup (either an intake or testing report)
- Documentation of Mandated Reporter Training
- Liability Insurance coverage