

Office of Clinical Psychology at Columbia University Medical Center, Department of Psychiatry  
Predoctoral Clinical Externships

**Pre-doctoral Externships in Child and Adolescent Psychology**

The Columbia University Clinic for Anxiety and Related Disorders (CUCARD) specializes in evidence-based outpatient treatment for individuals of all ages struggling with anxiety, mood, and related disorders. CUCARD is overseen by Director Dr. Anne Marie Albano and is staffed by senior clinical psychologists who are highly skilled in cognitive behavioral therapy. Externs will learn about the implementation of cognitive behavioral therapy through a range of specialized experiences including individual therapy, group therapy, conducting in vivo exposures within and outside the clinic, and assisting with school observation visits. Trainees will consult directly with our staff psychiatrist to learn effective models of collaborative, team-based care. In addition, externs will participate in weekly group and individual supervision. This will provide the opportunity for intensive training on their own cases as well as the opportunity for seeing how senior clinicians handle problems they encounter when implementing and adapting evidence-based practice to meet the needs of their patients. CUCARD further enhances training through weekly seminars focusing on a variety of topics, including case formulation-based treatment for anxiety and related disorders, ADHD & behavioral disorders, ethics, and a variety of other theoretical and practical topics focusing on the development of young professionals. Finally, as research and the conduct of empirically-supported treatment is a core value of the clinic, students will have the opportunity to prepare a case study for publication.

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The Columbia University Clinic for Anxiety and Related Disorders (CUCARD) - Westchester is an outpatient treatment clinic in the Child and Adolescent Division of Columbia University's Psychiatry Department and is located in Tarrytown, NY. CUCARD Westchester specializes in the diagnostic assessment and evidence-based treatment of anxiety, OCD, and related disorders in children, adolescents and young adults, with dedicated accelerated treatment programs for youth exhibiting school refusal behavior or marked impairment in other domains. The psychology externship at CUCARD Westchester provides extensive training in cognitive-behavioral treatment for anxiety disorders and OCD as well as training in the treatment of children and adolescents. Externship duties will include individual treatment, diagnostic assessment, group treatment, and opportunities to assist staff clinicians in providing accelerated treatment for school refusal. Psychology externs will receive two hours of weekly supervision and will attend weekly didactic seminars.

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School-Based Mental Health Program (SBMHP) - CHONY

The School-Based Mental Health Program (SBMHP) is an outpatient mental health service that is part of the Department of Pediatric Psychiatry in Morgan Stanley Children's Hospital of New York-Presbyterian. SBMHP works in collaboration with the New York City Department of Education and state and city public

mental health authorities to provide school-based mental health services in public schools throughout Northern Manhattan. The School-Based Mental Health Program provides on-site clinical, psychiatric, case management, and school-consultation services to children from pre-Kindergarten to 8th grade and their families. Patients have a variety of externalizing and internalizing disorders. The 16 hour per week psychology externship provides opportunity for 4-5 individual therapy cases, family therapy, parenting support, group therapy, teacher/staff consultation, diagnostic evaluations, neuropsychological testing, and linkage to appropriate community-based services. Most services are provided on-site at the school with the exception of neuropsychological testing, which will take place at the hospital. Psychology externs receive weekly individual supervision, neuropsychology testing supervision with the Promise Program, and attend weekly multidisciplinary team meetings, Grand Rounds presentations, and a monthly didactic seminar.

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#### Children's Hospital of NY Presbyterian (NYPH) - General Outpatient Child and Adolescent Psychology Externship

The General Outpatient Child and Adolescent Psychology Externship is an outpatient mental health service located in the Children's Hospital of NYPH. The Pediatric Outpatient Clinic primarily serves children ages 4 to 18 years old who present with an array of psychiatric issues. The externship provides clinical training in psychiatric diagnosis and interviewing, treatment planning for various psychiatric disorders, instruction and experience in conducting short- and long-term psychotherapy (cognitive-behavioral, interpersonal, dialectical behavior and psychodynamic) treatments for anxiety and depressive disorders, as well as externalizing disorders. Externs gain experience designing and running short-term parenting and/or socialization groups. This is a one-year externship from July to July with a weekly maximum of 20 hours per week. Externs are provided with two hours of supervision for individual treatment cases, one hour for group therapy, and one hour for diagnostic evaluations. Externs participate in weekly interdisciplinary clinic case conferences, didactic instruction (as part of the clinic meetings), once weekly Grand Rounds presentations, and once monthly trainee didactic seminars.

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The Family PEACE Trauma Treatment Center (FPTTC) is an outpatient mental health service in the Ambulatory Care Network of New York Presbyterian Hospital. The primary mission of the FPTTC clinic is to provide treatment services to infants, toddlers and pre-school age children who have suffered traumatic exposure (domestic violence, child abuse/neglect). The externship at FPTTC provides trainees with the opportunity to train in two evidence-based, trauma-informed models of treatment: Child-Parent Psychotherapy (CPP) and Attachment, Self-Regulation, and Competency (ARC). In this 15-20 hour per week externship for 4<sup>th</sup> year graduate students, trainees will conduct intake assessments and provide psychotherapeutic treatment to a minimum of 4 child-parent dyads, including collateral individual work with parents/caregivers, as well as 1-2 latency age siblings. Externs will receive weekly individual and group supervision, attend weekly didactic seminars, participate in weekly team disposition and case conference meetings, and have the opportunity to attend community trainings on such topics as early childhood mental health, domestic violence, and child welfare.

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### **Predoctoral Externships in Adult Psychology**

#### Lieber Recovery Clinic Externship

The Lieber Recovery Clinic is an outpatient mental health service located at Columbia Doctors Midtown, near Rockefeller Center. The primary mission of the Lieber Recovery Clinic is to provide state of the art, personalized recovery services to adults with severe mental illnesses. The externship provides students with training in evidence –based behavioral treatments to help people with serious mental illnesses lead productive lives. The extern's clinical work will involve providing cognitive remediation, social skills training, CBT and DBT therapy groups, individual therapy, and assessment to people with psychotic disorders, high functioning autism, and executive functioning problems. Externs will receive weekly individual and group supervision, and participate in didactic seminars and team meetings. There will be opportunities to attend trainings on topics related to treatments for people with severe mental illnesses.

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#### Columbia University Medical Center/New York Presbyterian Hospital Adult Outpatient Service

The Clinical and Counseling Psychology Externship in Community Psychiatry is based in an adult outpatient mental health service located at Columbia University Medical Center/New York Presbyterian Hospital. This service provides treatment to adults who present with an array of psychiatric issues. The externship provides clinical training in psychiatric diagnosis and interviewing, treatment planning for various psychiatric disorders, instruction and experience in conducting short- and long-term psychotherapy, group psychotherapy, and psychological evaluations for a full range of psychiatric disorders. Externs gain experience in one of four training tracks: 1) Tavares Mental Health Clinic which provides psychological services in Spanish for monolingual patients; 2) Community Services Clinic which provides psychological services in English for patients; 3) Women's Program Clinic which provides psychological and psychiatric services for women who are either pregnant or up to 2 years post partum; and 4) Lucy Wicks HIV/MICA Clinic which provides psychological and psychiatric services for patients who are HIV + and also for patients who are diagnosed with mental illness and chemical abuse. This is a one-year externship from July 1 to June 30 with a weekly maximum of 20 hours per week. Externs are provided with a minimum of two hours of supervision for individual psychotherapy cases, one hour for group psychotherapy, and one hour for diagnostic patients. Externs participate in weekly team meetings, externship seminar, individual and group psychotherapy seminar, other didactic instructions and present at the Annual Multicultural Behavioral Medicine Symposium.

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